



## WHEN IS SAFE-SPACE LIVE?

You can log into Safe-Space at these times:

Monday: 10am-12noon + 2-5pm

Tuesday: 2-5pm

Wednesday: 10am-12noon + 2-5pm

Thursday: 2-4pm + Jam Buddies 5-7pm

Friday: 2-5pm

Saturday: 1pm – 3pm

THIS WILL BE CHANGING SOON

SEE BELOW ☺

## ADDRESS

<https://lifeworks-uk.org/safespace>

## CONTACT US

To book onto workshops email:

[communityprojects@lifeworks-uk.org](mailto:communityprojects@lifeworks-uk.org)

To learn as you go and to become a young leader contact EYP Coordinator: Mark

Thorneywork M: 07964 710 894

Worried about Safeguarding or if you've got






an idea for Safe-Space? Contact

Development Lead & Designated

Safeguarding Officer: Sarah-Jane Lowson

M: 0750 086 0288

## BRAND NEW: SAFE-SPACE OUTDOOR HOLIDAY BUBBLE

-  Music
-  Movement
-  Mindfulness
-  Forest School
-  Finding new ways to Connect

With Richard Chappell, Lift-the-lid, Sophie Carr, Moor to Sea, the Mindful Choice and the Lifeworks Community Projects Holiday Project Team in person ☺

We are delighted to announce our Holiday Bubble will be running in the grounds at [Lupton](#) from 28 July to 28 August. Lifeworks Services Users may book 4 days during either 28 July to 7 August 2020 **OR** 17 August to 28 August, on a Tuesday and Wednesday or Thursday and Friday.

For further details and to book a place please contact: [communityprojects@lifeworks-uk.org](mailto:communityprojects@lifeworks-uk.org)

## Changes in Safe-Space: From Monday 27 July

Safe-Space will be available for all young people registered to the service AT ALL TIMES 😊

Young people can upload pictures videos and stories

and we will post them the very next day (except Sundays) for everyone to enjoy 😊

Safe-Space Zoom Workshops will continue to run on Monday and Saturday over the Summer

and we will live stream from the Holiday Bubble for 4 hours during the week 😊

**SAFE-SPACE IS FREE  
FOR LIFEWORKS SERVICE USERS.  
LIFEWORKS HOLIDAY BUBBLE DAILY CHARGE:  
£50 PER DAY OR £100 FOR 1:1 SUPPORT.**

To get started right away contact the Community Projects team for log in details.

- **LEARNING AT HOME**

Lifeworks EYP Coordinator is there to support Young Volunteers to explore vocational qualifications whilst leading project work inside of Safe-Space.

- **MENTAL WELLBEING**

COVID-19 may impact on the mental wellbeing of Lifeworks Service Users in many ways. To help, Lifeworks is working with a local child psychologist to provide Group and 1:1 therapy sessions. To book a session contact: [communityprojects@lifeworks-uk.org](mailto:communityprojects@lifeworks-uk.org)

- **FLEXIBLE FUNDERS**

We have only been able to do this because of incredibly flexible funders: Children in Need, The Sobell Foundation and Imagine This, thank you for supporting SAFE-SPACE.

help



### DO I NEED TO KNOW HOW TO READ?

Inside Safe-Space we use Makaton Symbols and Widgits to help you move around the site. Easier for sure, but there'll be bits where you'll need help. All workshops take place on Zoom. The Safe-Space Events Programme is updated weekly. To book on a session contact [communityprojects@lifeworks-uk.org](mailto:communityprojects@lifeworks-uk.org)



### WHAT CAN I DO IN SAFE-SPACE?

A wide variety of workshops across the 5 themes are on offer: From learning how to vlog, cook, make music and garden to signing up to a stamina challenge, from participating in a group therapy session to undertaking regular mindfulness practice - all from local providers, some that you know.



### WILL I BE ON MY OWN?

Using Zoom, we'll do a lot of group work so you can be together. Sometimes one on one support is good and we can do that too.

“I feel happy and good in my heart, calm and relaxed. It makes me feel proud. I feel it all over my body. When I am curled up it makes me feel safe, when I stretch I feel joy.” Young person's feedback after participating in a Mindfulness session

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10am-11am: Breaking the Barrier Stamina Workout



Our objective now is to stay active ready for a Mini-BtB-Challenge event at the end of the summer hols... 😊

11.15am: Smoothie Making with Michela Today it's a chocolate orange smoothie. This is the last smoothie session, next week it will be healthy and yummy snacks.

2.00pm: A BRAND NEW SERIES OF MINDFULNESS WORKSHOPS with Emma and Jem from the Mindful Choice

3.15pm: VLOGGING WORKSHOP SHOW & TELL with Anna and George from Double Elephant Print



2.00pm: Drumming and Singing Workshop with Paula Thomas. This week your taking on [THIS IS ME](#) from The Greatest Showman

Michela Delamere is a Chef, restaurateur and cookery workshop facilitator based in South Hams, Devon, where she has lived and worked for the past 13 years. Growing up in Tuscany, Italy, where her family ran a hotel and restaurant, greatly influenced her passion for food and cookery. Over the years she has worked in a number of restaurants including her own wholefood cafe in the North West of England, before moving to Devon with her husband and son, in 2007. She worked as a teaching assistant at Bidwell Brook Special needs school for 6 years where she unlocked a passion for teaching cookery.



2.00pm: Make your own Podcast with Sound Communities

3.15pm: Cooking with Chef Michela - today your making Flatbread pizza 😊



3.00-5.00pm: Music Making with Moor to Sea

5.00-7.00pm: Jam Buddies – contact [markthorneywork@life-works-uk.org](mailto:markthorneywork@life-works-uk.org)



NO WORKSHOPS on Friday THIS WEEK 😊



Meet local Fitness Instructor - Sophie Carr. Sophie is going to take us through our moves every Saturday – the following classes are running in rotation: Zumba, Hula-hoop and Yoga



Meet Moor to Sea – expert and inclusive Musicians and Facilitators working with you to make music over the airwaves 😊



1.00pm: Zumba with Fitness Instructor - Sophie Carr



2.00pm: Lifeworks Lockdown Disco with MC MT



## SAFE-SPACE EVENTS PROGRAMME

WEEK COMMENCING: 13 July 2020