



## SAFE SPACE ACTIVITIES ON LINE

Lifeworks Safe-Space Autumn Programme

	Tuesdays	Wednesdays	Thursdays	Saturdays
AM		10.30-12 noon: Online 8-week Mindfulness Course for Parents & Carers		10am: Mindfulness (Live Stream) 11am: Cooking with Chef Mark
PM	5pm: Creative movement with Dance on Devon (to be confirmed)	5pm: Arts & Crafts with Rowan G	5pm: Music Making with Moor to Sea	1pm: Keep fit with Sophie C (Live Stream)
EVE	7pm: BtB Stamina Challenge with Lift-the-lid		7pm: Online 8-week Mindfulness Course for Parents & Carers	2pm: Lockdown Disco with Mark T

### Mindfulness Tasters for Parents and Carers on line

**Daytime:** Wednesday, 30 September: 10.30 a.m. – 12 noon

**Evening:** Thursday, 01 October: 7.00 p.m. - 8.30 p.m.

### Mindfulness Courses FOR Parents and Carers on line

8-week course Daytime: Wednesday, 14 October 10.30 a.m. - 12 noon – Last session Wednesday 02 December

8-week course: Evening: Thursday, 15 October 7.00 p.m. - 8.30 p.m. - Last session 03 December

**Youth Bubble Team Leaders:** Tim Chapman (Torbay) [timchapman@lifeworks-uk.org](mailto:timchapman@lifeworks-uk.org) and Richard Hard (South Devon) [richardhard@lifeworks-uk.org](mailto:richardhard@lifeworks-uk.org)

For more information about Youth Bubbles visit: <https://lifeworks-uk.org/community-projects/kool-club-youth-club/>

Or contact Lifeworks Community Projects Development Manager and Senior Safeguarding Officer:

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