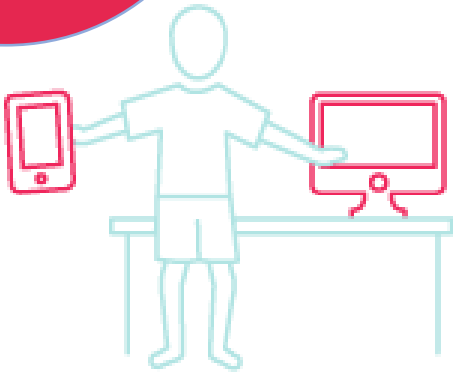


Coming Soon:
Safe-Space
Resource Library.
All your favourite
recipes, workshops
and HOW TO videos
ON TAP!











Safe-Space Autumn 2020 Workshop Programme



A safe-space for you to connect with your friends, learn new skills and try something new. Safe-Space workshops are moderated by the Lifeworks Community Program team. Safe-Space will be there for you whatever happens. If we go back into Lockdown we will bring all our workshop leaders online and bring you a day time programme but for now...

Inside Safe-Space you'll find a range of activities in the evenings and at the weekend to help you and your family:

Get Involved
Get Creative
Get Together

Time	Tuesdays	Wednesdays	Thursdays	Saturdays
AM		 10.00-11.30am: Mindfulness for Parents & Carers		 11am: Mindfulness for young people - Live Stream
PM	 5pm: Creative Movement with Dance on Devon	 5pm: Cooking with Chef T	 5pm: Music Making with Moor to Sea	 1pm: Keep fit with Sophie C - Live Stream 2pm: Lockdown Disco with Mark T
EVE	 7pm: BtB Stamina Challenge with Lift-the-lid	 7pm: Ways of Seeing Art Workshop with Rowan G	 7pm: Mindfulness for Parents & Carers	



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Safe-Space Workshop Leaders

<p>Get Active</p>	 	<p>BtB Stamina Workout with Lift the Lid Lift the Lid CIC Director, Matt Jefferies, has always had a passion for helping to lift the lid on the potential of young people, especially anyone deemed to have 'special educational needs'. With Matt on a Tuesday evening you'll get a warm up and warm down and the chance to choose from a carousel of physical activity: Circuit training, Hula hoop, Zumba and Jogging. All to help you stay active over the winter.</p> <p>Meet Fitness Instructor, Sophie Carr. Sophie is going to take us through our moves every Saturday – the following classes will run in rotation: Yoga: Balances, strength poses and flow sequences. Zumba: A fun and energetic dance session great for staying fit and strong. Hula-hoop: Helps you get strong and improve coordination. If you haven't got a hoop Sophie can make you one ☺ "Oh my word!" "I'm out of breath now" "But it's worth it!" Keep Fit Participants 2020</p>
<p>Get Involved</p>		<p>Meet Jem and Emma Safe-Space Mindfulness Trainers. Mindfulness has many benefits, it may help you focus, feel happier, and more at ease. It can also help you manage your worries and could help you sleep. Jem and Emma will be running their sessions as a course, so you sign up for an 8-week course and learn a different mindfulness skill each week. Emma and Jem would love to meet you, teach you some mindfulness practices and have some fun!</p> 
<p>Get Creative</p>	 	<p>Ways of Seeing Art Workshop with Rowan Artist, Rowan Gatherer "will be using a variety of creative techniques from drawing to painting, collage to sculpture, to explore our different ways of seeing and connecting with nature, each other and our landscapes around us."</p> <p>Creative Movement with Kay Crook, Artistic Director of Chhaya collective: Kay uses contemporary dance to reach out and discover collaborative ways of working. "Each collaboration may challenge, surprise or shock, it can allow us to discover and overcome boundaries, to play and manipulate the borders of our art form and our culture, it can allow us to see for the first time things that we may otherwise overlook."</p> <p>Music making with Moor to Sea Music Collective: "Music is for everyone" That's what Debs and Rachel, Moor to Sea Founders, believe and that's what they have dedicated a lot of their time to making so. Come and explore music-making with an expert</p> 
<p>Get Together</p>		



To join Safe-Space and book onto Safe-Space Workshops

Contact Tracey Hubbard

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Safe-Space Partners Autumn 2020



Space Supporters Autumn 2020



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