



lifeworks
Learning disability champions

12 December 2pm:
Lifeworks Torbay
Youth Bubble Hula
Panto LIVE FROM
TORRE ABBEY +
LIFEWORKS
LOCKDOWN DISCO

Helping raise funds for charities in
Torbay supporting homeless young
people at Christmas.



19 December 2pm:
Lifeworks Totnes
Youth Bubble Hula
Panto LIVE FROM
RUSHBROOK +
LIFEWORKS
LOCKDOWN DISCO

Helping raise funds for charities in
Torbay supporting homeless young
people at Christmas.



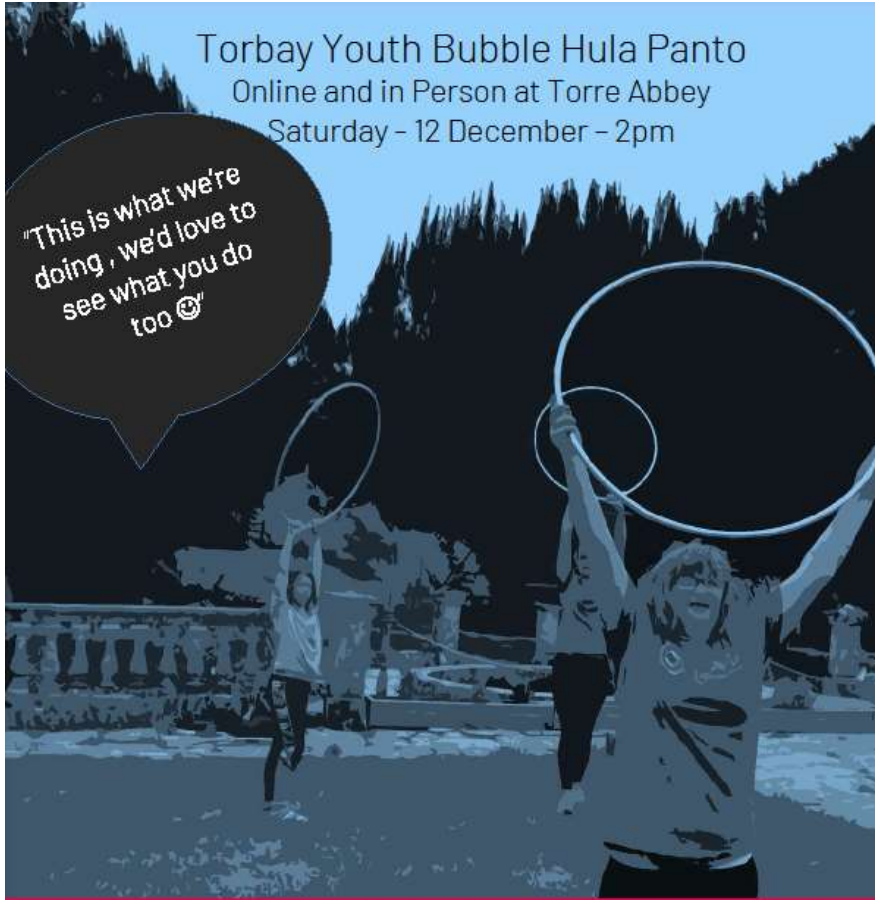
Safe-Space Christmas Programme

Monday 21 December	Tuesday 22 December	Wednesday 23 December
<p>10am: Healthy Christmas Baking with Chef T</p> <p>11am: Music making with Moor to Sea</p> <p>1pm: Christmas Zumba with Sophie C</p> <p>2pm: Festive mindfulness with the Mindful Choice</p>	<p>10am: Chef Michela IS BACK for a special Christmas Cook off with Chef T live from Meadowbrook</p> <p>11am: Music making with Moor to Sea (in person not online)</p> <p>1.30pm: Music making with Moor to Sea (in person not online)</p> <p>3pm: Moor to Sea 'Playback': A chance to listen to what the gang have been up to at Meadowbrook, online.</p>	<p>10am: Christmas Stamina Workout with Lift the Lid</p> <p>11am: Christmas Crafts with Lift the Lid</p> <p>1.30pm: Cooking with Chef T</p> <p>3pm: Christmas Sing-along with Paula T</p>
Monday 28 December	Tuesday 29 December	Wednesday 30 December
<p>10am: "I'm feeling good" cooking with Chef T</p> <p>11am: Drumming the new Year in with Paula T (TBC)</p> <p>1pm: Hula-Hooping with Sophie C</p> <p>2pm: Reflective Mindfulness with the Mindful Choice</p>	<p>11am: POST Christmas Stamina Workout with Lift the Lid</p> <p>12.30pm: What do you want 2021 to look like? Creating Mood Boards mapping your ideas and aspirations for 2021 with Artist Rowan G</p> <p>2pm: Lifeworks VERY SPECIAL Christmas Lockdown Disco</p>	<p>11am: Revive and Restore: Yoga with Sophie C</p> <p>2.30pm: Bollywood dancing with Kay Crook and Dance in Devon</p>



Torbay Youth Bubble Hula Panto
Online and in Person at Torre Abbey
Saturday - 12 December - 2pm

"This is what we're
doing, we'd love to
see what you do
too 😊"



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With thanks to our partners for helping make Safe-Space and the Holiday Bubble happen this Christmas:



With thanks to our supporters for helping make Safe-Space and the Holiday Bubble happen this Christmas:

