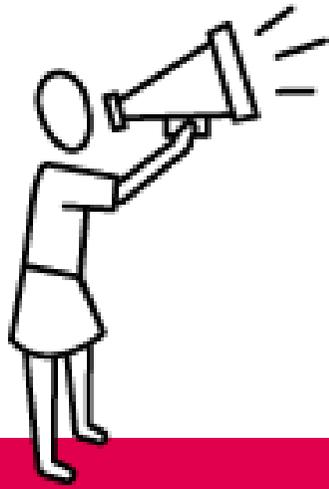


Lifeworks Community Programmes Spring Term 2022

Music - Family Events - Youth Groups - Holiday Project - Safe-Space Online





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Learning disability champions

JAM BUDDIES

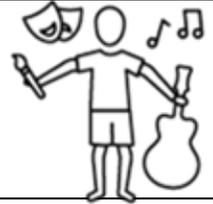
The Barrel House, Totnes

Every Monday night - 5-7pm from Monday 17 January, 2022

Inclusive music sessions with Rachel Thame and [The Turning Tides Project](#).

Come and play music in a much loved community space ☺

To find out more contact: rachel.ttp@outlook.com



LIFEWORKS SUPPER CLUB

The Barrel House

Monday 21 March 2022 6.30-9pm

Come and enjoy a three course 'Spring Has Sprung' Sharing feast

cooked by Lifeworks Youth Group and Chef Sima from [The Kitchen Table](#) £25 per head

+ **Lifeworks LOVE Auction:** Have you got something other people might want?

Are you a gardener, hairdresser, do you work in a bakery or run a cinema? What can you put in the auction to **help raise funds for a fab trip for the Youth Group in the Summer Term?**

To book and/or pledge an auction item contact sarah-janelowson@lifeworks-uk.org



LIFEWORKS FAMILY FUN DAY

Torbay Leisure Centre & Velopark

Saturday 09 April, 2022, 11am-3.30pm

Dust off your trainers, it's time to get on your bike, play football, boccia, basketball and multisport, Hula-hoop, go on a treasure hunt, build dens, enter a talent show and eat some healthy scrumptious food, its all going on and its ALL free and open to children with disabilities & their families.

To book contact communityprojects@lifeworks-uk.org Tues-Thurs 8.30am-2.30pm.



CONSTRUCTOR Music Project led by Moor to Sea

An amazing opportunity for young people with learning disabilities to work with musicians from all over the UK.

To challenge musicians to think about music in new ways.

To co-create new work and explore composition, orchestral arrangement and conducting - we'll find our own new ways from your ideas!

Anyone involved in Lifeworks Community Programmes can come along to *any* of the sessions listed below but we do need you to book on if you're not a regular attendee of the session.

To book email: communityprojects@lifeworks-uk.org or phone: 01803 861 069 Tuesdays-Thursdays 8.30am-2.30pm

We are working towards a performance/sharing in the Summer of 2022

To find out more contact:

Rachel & Debs at Moor to Sea info@moortoseamusic.org.uk

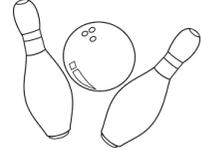


CONSTRUCTOR CALENDER SPRING 2022

Date and time	Where	What
Saturday 29 January 10am-4pm	Lifeworks YASS (Young Adults Saturday Social), Learning Lab, Torre Abbey, TQ2 5JE	A One-Day session where all of the people involved; young people, volunteers, staff, musicians and artists can come together, learn together, agree CONSTRUCTOR principles/ground rules together and most importantly; make music together.
Saturday 19 Feb 10am-2.45pm	Lifeworks Youth Group, Rushbrook Centre, Totnes, 5HW	A slightly shorter one day session, where we get to meet a real-life band - LIVE ON ZOOM as they get ready for their show.
Monday 21 & Tuesday 22 February 10am-4pm	Studio 33, Hex & Gym, Park Road, Dartington Hall Estate	Two-Day Residency for young people and young adults with an interest in music. Multi-sensory workshops exploring different ways of creating music and making an orchestra MUSIC - DANCE - VISUAL ART

EASTER DATES COMING SOON...



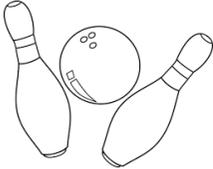
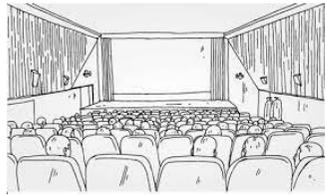
Totnes Youth Group Spring 2022 for young people 11-18			
Programme subject to change			
Saturday 08 January	Saturday 22 January	Saturday 05 February	Saturday 19 February
Welcome back!!	Arts & Crafts Football With Lift-the-Lid 	Bowling 	AM/PM: CONSTRUCTOR Musical explorations with Moor to Sea, introducing the Constructor project, thinking about what "an orchestra" could possibly be and who's in charge of that or Arts & Crafts
Saturday 05 March	Saturday 19 March	Saturday 02 April	
AM: Drama with Jonathan  PM: Dance with Lauren	Operating 10.30-4.30 AM: Cooking with Sima at The Kitchen Table Preparing for the FIRST EVER LIFEWORKS SUPPER CLUB 2.30-4.30pm: Back by popular demand, Parkour Experience	Seeds and Sowing at Common Flora: Come and help us start the growing season at this working horticultural site. Spend time in the polytunnel and have activities which make us think about how life starts in plants and how we might use and learn from plants. 	 3-4PM: SIMA FROM THE KITCHEN TABLE popping in to talk Supper Club Menus 

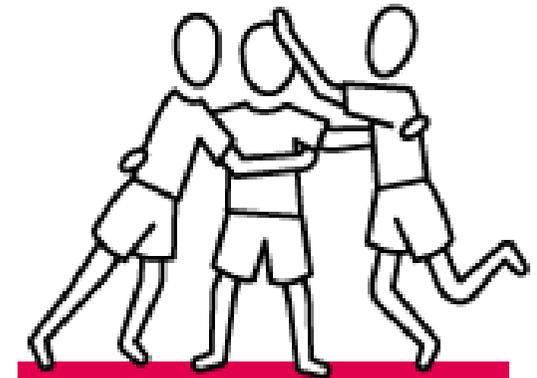
Wet Weather Options:
Quasar Cinema



Torbay Young Adults Social Spring Term 2022 18+

Programme subject to change.

Saturday 15 January	Saturday 29 January	Saturday 12 February	Saturday 26 February
<p>Bounce back to YAS With a trip to I-Bounce. We will be going on train bring your rail card if you have one. Session booked for 12 noon</p>	<p>CONSTRUCTOR Musical explorations with Moor to Sea, introducing the Constructor project, thinking about what "an orchestra" could possibly be and who's in charge of that or Arts & Crafts</p> 	<p>Cooking at Lifeworks College Bring your Bus Pass if you have one - we'll be travelling on the bus.</p> 	<p>Bowling</p> 
Saturday 12 March	Saturday 26 March	Saturday 09 April	
<p>9.30am-3.30pm* Trip to Newton Abbot Museum Looking at objects and their stories with Museum Community Artist. Make your own little book.</p>	<p>Street Dance with Eve.</p> 	<p>FREE Family Fun Day Time to pull on our trainers ready for the summer: cycling, dance, football, multisport, Boccia, Hula-hoop. This is a family event - everyone welcome</p> 	<p>Wet Weather Options: Quasar Cinema</p> 



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Lifeworks Holiday Project
FEBRUARY HALF TERM
For young people age 11-18
Programme subject to change

Wednesday 23 February
At the Windmill Centre Torquay



AM: Healthful cooking and lunch with TURNING HEADS

PM: TURNING HEADS ARTS CLUB looking at [COP 26](#)
and/or TABLE TENNIS, POOL & OUTDOOR SPORTS



Friday 25 February
At Seale Hayne

AM: TAIKO DRUMMING
With TAIKO SOUTH WEST



PM: A SPLASH IN THE HYDRO POOL



Safe-Space is a free easy to use web-based platform for young people with learning disabilities. There you will find resources you can use every day including cooking, music and keep fit videos. Each week we provide a free LIVE programme. Safe-Space is a moderated space - Lifeworks staff are there with you 😊



Lifeworks Safe-Space Online for all ages

Saturdays from 08 January

1-2pm:
Keep Fit with Sophie C



2-3pm:
LOCKDOWN DISCO
with DJ's Mark T or Charlie C



A HAPPY NEW YEAR FROM [COMMON FLORA](#):

"The WOAD SEEDS are ready" We have been invited by local community growers, Common Flora, to participate in the BLUE project. If you would like some free WOAD seeds to grow at home ahead of a celebration at Common Flora on a weekend in July where we will be 'harvesting the woad' to make stunning and natural blue dye all together. We will be distributing woad via our Saturday Clubs and Holiday Projects, but we can mail them to you - just let us know. Contact: sarah-janelowson@lifeworks-uk.org



Youth, Holiday & Safe-Space Workshop Team:

	<p>Sima, founder of The Kitchen Table has been catering for the Totnes Community for 10 years. Sima wants to help young people with learning disabilities learn how to cook good and wholesome food for themselves.</p> <p>Turning Heads have created and produced a number of Cooking programmes with and for people with learning disabilities which have been highly successful, and as of August 2021 have run day opportunities from The Windmill Centre in Torquay.</p>	
	<p>Meet Rachel and Debs from Moor to Sea Music Collective "Music is for everyone" That's what Rachel and Debs believes and that's what they dedicate their time to making so. Come and explore music-making with experts. Rachel also works with the Turning Tides Project and is Band Lead for Jam Buddies</p> <p>Jonathan Mason: "I've been a Drama and English teacher for the last 30 years and I've loved working with and being inspired by the incredible young people I've encountered. I'm also an occasional actor, a performance poet and an experimental vegetarian."</p> <p>Lauren Pomfret believes everyone can dance and should enjoy moving to express themselves. Lauren is a Dance and Theatre Practitioner, teaching everyone from all walks of life, including at the Theatre Royal Plymouth and Far Flung Dance Theatre (partnership with Funky Llama).</p> <p>DJ's Mark & Charlie with us every weekend: Mark is the original Lock Down DJ - with us from the start - he is a superstar - dedicating his whole working life to young people with LD. Charlie C, Guest DJ works with local broadcasters Ocean Youth Radio and we are delighted to have him with us for the Lockdown Disco every other week 😊</p>	 
	<p>Lift the Lid CIC helps to lift the lid on the potential of young people, especially anyone deemed to have special educational needs. Director, Matt Jefferies will be running sessions online AND in person this Autumn Term; you'll get a warm up and cool down & the chance to choose from a carousel of physical activity: Circuit training, Hula hoop, Zumba & Jogging.</p> <p>Fitness Instructor Sophie Carr is going to take us through our moves every week - 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 😊</p> <p>Parkour Experiences was founded February of 2011. Since then it has been through significant growth and has taught a great number of people about the art of Parkour (AKA Free-running) and all of its great benefits. They have a number of experienced coaches who also have great backgrounds in rock climbing, martial arts and breakdancing.</p>	
	<p>Common Flora Everywhere and under our noses, some plants seem common to us and yet are extraordinary, humble, powerful and resilient. Our focus here is herbs and spices.</p>	

To find out more about our services contact:
Sarah-Jane Lowson, Lifeworks Community
Programmes Development Manager:
Email: sarah-janelowson@lifeworks-uk.org
Mobile: 0750 086 0288



To book a place or register please contact:
communityprojects@lifeworks-uk.org
Telephone: 01803 861 069
Tuesday - Thursday 8.30am-2.30pm

This program is brought to you in partnership with these wonderful local organisations, their expertise and investment enriches our delivery:

