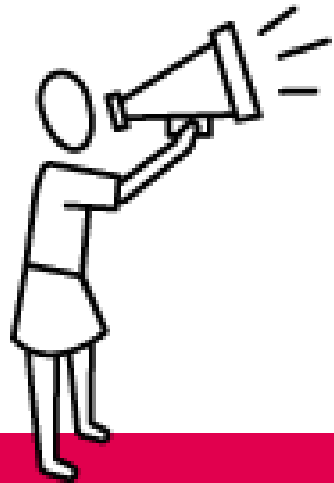


# Lifeworks - SUMMER - 2022

Family Events - Music - Holiday Project - Youth Group - YASS - Safe-Space





## LIFEWORKS FREE FAMILY FUN DAY

Torbay Leisure Centre & Velopark  
Saturday 09 April, 2022, 11am-4pm

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](mailto:communityprojects@lifeworks-uk.org) Tues-Thurs 8.30am-2.30pm.

## JAM BUDDIES

The Barrel House, Totnes  
Every Monday night, 5-7pm from Monday 25 April, 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](mailto:rachel.ttp@outlook.com)



## IMAGINE THIS FREE FAMILY FESTIVAL

Lupton House, Brixham TQ5 0LD  
28 & 29 May 2022

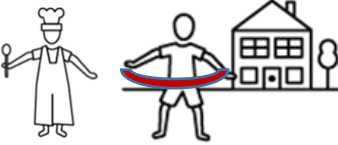

MUSIC - DRAMA- WORLD FOOD - WORKSHOPS - INCLUSIVE ACTIVITIES AND LOTS MORE  
- to find out more visit: <https://www.facebook.com/ImagineThisTorbay/>



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# Lifeworks Easter Holiday Project WEEK 1 for young people 11-18

Programme subject to change


Monday 11 April At Rushbrook	Tuesday 12 April Meeting at Rushbrook	Wednesday 13 April Meeting at Rushbrook	Thursday 14 April At Rushbrook
<p>AM: Cooking with Sima at <a href="#">The Kitchen Table</a> PM: Hula-Hoop with Sophie</p> 	<p>A day out in <a href="#">The Orchard at Lupton</a> A real life survival day: Bushcraft – Den Building, Wood Work + Pizza Making</p> 	<p>A Day out at <a href="#">The High Nature Centre</a> Welcome to the world of permaculture. Plant seeds, forage for lunch and connect with nature.</p>	<p>Tennis session at <a href="#">Totnes Community Tennis Club</a>  Picnic lunch  PM: Karaoke Tea Dance with <a href="#">Food in Community</a> Whole family welcome including Gran and Pops</p>



# YOUNG CONSTRUCTOR Easter Residency Dartington

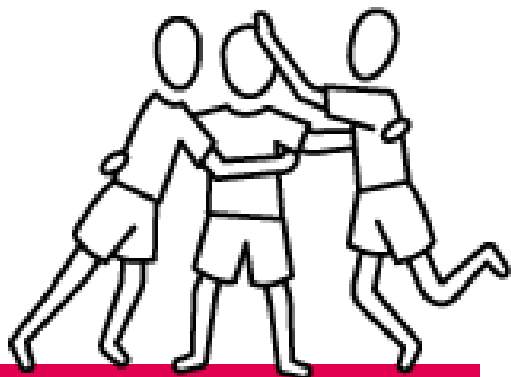
for young people & young adults 11+

Programme subject to change

Monday 11 April	Tuesday 12 April	Wednesday 13 April	Thursday 14 April
<p><b>CO-CREATE:</b> Meet more musicians and ask them to 'play it your way' Explore playing instruments in different ways, blend sounds and work together to create moods with music. Make NEW MUSIC led by you. Use MOVEMENTS, DANCE, ART, GRAPHIC SCORES &amp; COMPUTERS to communicate music to musicians. Explore the site at Dartington and look at some of the places where music is performed, inside and outside plus we're off to The Tate ST IVES to see a <a href="#">SOUND SCULPTURE</a> in action.</p> 			




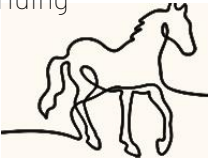


Both projects are FREE for young people age 11-16 in receipt of free school meals.



## Lifeworks Easter Holiday Project WEEK 2 for young people 11-18

Programme subject to change.

Tuesday 19 April Meeting at Rushbrook	Wednesday 20 April At Rushbrook	Thursday 21 April At Rushbrook	Friday 22 April Meeting at Rushbrook
<p>A day out at the <a href="#">Apricot Centre</a> Foraging &amp; cooking lunch over and open fire in the Woods</p> 	<p>Football Training with Lift-the-Lid</p>  <p>Karaoke sounds with Paula T Singing workshop</p>	<p>Free running with <a href="#">Parkour Experiences</a></p> 	<p>AM: Horse riding</p>  <p>PM: A Family Forage with Wild &amp; Curios Whole family invited</p>

This project is FREE for young people age 11-16 in receipt of free school meals.

## YOUNG CONSTRUCTOR 2-DAY RESIDENCY - DARTINGTON

for young people & young adults 11+

Subject to funding

MAY HALF TERM

Monday 30 May

Tuesday 31 May

**CO-CREATE:** Time to get busy and 'construct composition' - decide the instruments you want in your ensemble/orchestra and work with real musicians you've met during the CONSTRUCTOR project to CREATE NEW MUSIC ready for performance in July at Dartington



## Lifeworks Safe-Space Online for all ages

Every Saturday from Saturday 23 April 2022

1-2pm:  
**Keep Fit** with Sophie C



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







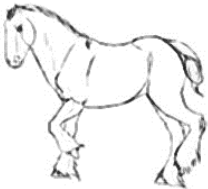


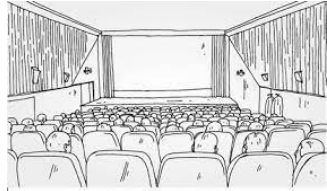
Safe-Space is a free easy to use web-based platform for young people with learning disabilities. There you will find resources you can use every day including cooking, music and keep fit videos. Each week we provide a free LIVE programme. Safe-Space is a moderated space - Lifeworks staff are there with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



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# Totnes Youth Group Summer Term 2022 for young people 11-18

Programme subject to change

Saturday 23 April	Saturday 07 May	Sunday 22 May	Saturday 04 June
<p>Hula-Hoop with Sophie Carr DJ Workshop with Louis D</p> 	<p>Ferry Trip &amp; Crazy Golf</p> 	<p><u>YOUNG CONSTRUCTORS</u> go to Poole... to see <u>RESOUND - NATIONAL OPEN ORCHESTRA</u></p> 	<p>A day out at <u>Crealy Theme Park</u></p> 
<p>Saturday 18 June</p> <p>Time to see how they used to toil the land and meet a working horse at Common Flora</p> 	<p>Saturday 02 July</p> <p>Time to harvest the woad seed and make our own dye at Common Flora</p> 	<p>Saturday 16 July</p> <p>Canoeing with <u>Totnes Canoe Club</u></p> 	<p>Wet Weather Options: <b>Quasar Cinema</b></p> 



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# Torbay Young Adults Saturday Social (YASS) Summer Term 2022 18+

Programme subject to change.

Saturday 30 April	Saturday 14 May	Saturday 28 May	Saturday 11 June
<p>Football training with Lift-the-Lid</p> 	<p>A day out at <a href="#">Crealy Theme Park</a></p> 	<p>IMAGINE THIS FESTIVAL TORBAY</p> <p>Young people led Children &amp; Young Peoples Festival with World Food-LIVE: Music-Dance-Drama-Quests-Interactive Workshops &amp; the first ever YASS INCLUSIVE with DJ Louis D</p>	<p>YASS BEACH PARTY AT BROADSANDS</p> <p>BBQ with Jerk Chicken &amp; Ketchup Water fight DJ's Louis D &amp; Steve Rogers Paddleboard Volley Ball Dodge Foam</p> 
<p>Saturday 25 June</p> <p>YASS INCLUSIVE at ONE WORLD CAFÉ Music - Dance - Scrummy Food</p> 	<p>Saturday 09 July</p> <p><a href="#">YOUNG CONSTRUCTORS</a></p> <p>Prepare for Performance!</p> 	<p>23 July</p>  <p>Help Newton Abbot Council turn scary pedestrian subways into beautiful spaces to walk</p>	<p>Wet Weather Options: <b>Quasar Cinema</b></p> 



## Youth, Holiday & Safe-Space Workshop Team:

	<p>Sima, founder of <a href="#">The Kitchen Table</a> 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>Meet Rachel and Debs from <a href="#">Moor to Sea Music Collective</a> "Music is for everyone" That's what Rachel and Debs believes and that's what they dedicate their time to making so. This Summer we are partnering with Moor to Sea to bring you <a href="#">CONSTRUCTOR</a>. 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>DJ's Mark &amp; 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 <a href="#">Ocean Youth Radio</a> 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 in all our spaces this summer term; you'll get a warm up and cool down &amp; the chance to choose from a carousel of physical activity: Circuit training, Hula hoop, Zumba &amp; Jogging.</p> <p><a href="#">Totnes Community Tennis Club</a>: Believe tennis is for "all ages and abilities". Currently working in partnership with Lifeworks &amp; Bidwell Brook School to make tennis accessible for all!!</p> <p><a href="#">Totnes Canoe Club</a>: The Club offers the opportunity for people of all abilities, from the age of 8 years upwards, to enjoy learning to kayak and canoe in safety with qualified coaches.</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. Sophie is also making guest appearances at all our events this summer 😊</p> <p><a href="#">Parkour Experiences</a> 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>With all of these wonderful organisations we will celebrate our natural environment &amp; fresh seasonal food from harvest to plate:</p> <p><a href="#">Food in Community</a> Every week of the year, in all weathers, volunteers collect and sort surplus fresh fruit, vegetables and other nutritious, sustainably produced food, then deliver food boxes to individual households and to charities and community groups across South Devon. They also glean surplus food directly from farmers' fields.</p> <p><a href="#">Orchard Forest School</a> Leaders provide stimulating outdoor activities for local families and organisations serving the community.</p> <p><a href="#">Common Flora</a> 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> <p><a href="#">Wild &amp; Curious</a>: facilitates playful &amp; immersive wild food walks &amp; courses in South Devon &amp; beyond. Makes wild snacks &amp; treats. Plant talking, walking &amp; vegetative stalking.</p> <p><a href="#">The High Nature Centre</a> enhancing peoples mental and physical health increasing access to the countryside and wellbeing within the community.</p> <p><a href="#">The Apricot Centre</a> grow a wide range of Biodynamic and Organic produce including vegetables, fruit, jams, chutneys, juices and flours on their farm and provide a Wellbeing Service.</p>	



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



To book a place or register please contact:  
[communityprojects@lifeworks-uk.org](mailto: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:



With thanks to our Supporters - without you this programme would not be possible:

