

# Lifeworks Community Programmes Autumn-Winter 2022



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





Totnes Youth Group Autumn/Winter 2022 for young people 11-18			
Programme subject to change			
Saturday 03 September	Saturday 17 September	Saturday 01 October	Saturday 15 October
LEARN NEW SKILLS	BE ACTIVE	CONNECT WITH OTHER PEOPLE/LEARN NEW SKILLS	BE IN THE MOMENT/LEARN NEW SKILLS
<p>Welcome back!! We are kick starting our Football Programme with Matt from Lift-the-Lid and our very own Dan! &amp; Anyone for Tennis? In partnership with <a href="#">Totnes Tennis Club</a></p>	<p>Football with Lift-the-Lid  Keep fit Online with Sophie C</p>	<p>FERMENT: Arts &amp; Ecology Festival Dartington  Taking a stroll down the FERMENT Arts Trail exploring art, science and nature all at once!</p>	<p>COMMON FLORA  Nature based arts &amp; crafts and learning how to look after young trees.</p>
Saturday 29 October	Saturday 12 November	Saturday 26 November	Saturday 10 December
GIVE TO OTHERS /BE ACTIVE	CONNECT WITH OTHER PEOPLE/LEARN NEW SKILLS	GIVE TO OTHERS /BE ACTIVE	BE IN THE MAGICAL MOMENT
<p>Pantomime Rehearsal with Jonathan #oh-yes-we-are  &amp; Football with Lift-the-Lid</p>	<p><b>9am-3pm:</b> Dartmoor National Park  Helping the Dartmoor National Park Junior Rangers conserve archaeological sites</p>	<p>Pantomime Rehearsal with Jonathan #oh-yes-we-are  &amp; Football with Lift-the-Lid</p>	<p>Pennywell Farm Christmas Experience</p>

**Wet Weather Options:**  
4DX Extreme 'Sensory Cinema'  
Bowling

# Torbay Young Adults Social Autumn/Winter 2022 18+

Programme subject to change.

Saturday 10 September	Saturday 24 September	Saturday 08 October	Saturday 22 October
BE IN THE MOMENT	LEARN NEW SKILLS	BE ACTIVE	CONNECT WITH OTHER PEOPLE
<p><b>4pm Saturday-1pm Sunday</b>  <b>Night Under the Stars with the Dartmoor National Park Rangers</b>                      Night orienteering, bat walk, star gazing, campfire quizzes/games + litter pick the next day to say thank you to the Moor!</p>	<p>CIRCUS SKILLS &amp; PANTO DEVISING WORKSHOP with Jonathan  <b>#oh-yes-we-are</b></p> <p>We are putting on a panto at Christmas for older folk in partnership with Totes Caring.</p>	<p>Pantomime Rehearsal &amp; making with Jonathan &amp; the YASS Team  <b>#oh-yes-we-are</b></p> <p>+ Football with Kerry</p>	<p>ALL ABOARD FOR A HALLOWEEN ADVENTURE in partnership with <a href="#">SDR</a></p>
Saturday 05 November	Saturday 19 November	Saturday 03 December	Saturday 17 December
CONNECT WITH OTHER PEOPLE	GIVE TO OTHERS/LEARN NEW SKILLS	BE ACTIVE	GIVE TO & CONNECT WITH OTHER PEOPLE
<p><b>1-7pm</b>  <b>Trip to the <a href="#">Ivybridge Brewing Company</a></b></p> <p>To learn about the art of brewing from Masters!</p>	<p>Pantomime Rehearsal &amp; making with Jonathan &amp; the YASS Team <b>#oh-yes-we-are</b></p> <p>&amp; Make-up and Make-over with the YASS team</p>	<p>CYCLE &amp; SWIM at the Torbay Velopark &amp; Leisure Centre</p> <p>A chance to 'case the joint' ahead of the YASS Sponsored Swim next term.</p>	<p>Pantomime Rehearsal with Jonathan &amp; the YASS Team <b>#oh-yes-we-are</b></p> <p>&amp; Homemade Lemonade Testing</p> <p>&amp; Lifeworks Christmas Disco with DJ Mark T</p>

## Wet Weather Options:

Indoor Climbing  
4D Cinema





**lifeworks**  
Learning disability champions

## Lifeworks Safe-Space Online for all ages

Saturdays from 10 September

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 😊













**LIFEWORKS WINTER HOLIDAY PROJECT**  
for young people with learning disabilities age 11-18  
Programme subject to change



Monday 19 December	Tuesday 20 December	Wednesday 21 December <i>Subject to funding</i>	Thursday 22 December
<p><b>NB: Youth Group &amp; YASS to join</b> <b>#oh-yes-we-are</b> Pantomime Rehearsal with Jonathan and the Lifeworks Team!</p> <p>Lifeworks Mini Football Tournament Youth Group V YASS</p>	<p><b>NB: Youth Group &amp; YASS to join</b> AM: Dress rehearsal &amp; Event Prep</p> <p>2PM: Totnes Caring &amp; Lifeworks Presents: <b>#oh-yes-we-are</b></p> <p>A Community Pantomime Devised and Performed by Lifeworks Young People</p> <p>Event Catering: The YASS Lemonade Stall The Ivybridge Brewing Company Bar</p>	<p>"All Aboard" <b>The Polar Express</b></p> <p>Wear your pyjamas, we're off on a fantasy adventure!</p> <p>Lunch at the Station + with special permission from <b>SDR</b> a festive Hula-Hoop with Sophie C</p>	<p>SAFE-SPACE ONLINE: Sophie C DJ Charlie C Guest Chef</p>
Tuesday 27 December	Wednesday 28 December	Thursday 29 December	Friday 30 December
<p>SAFE-SPACE ONLINE Sophie C DJ Charlie C Guest Chef</p>	<p>Healthful Cooking with Lucy M Post-Christmas Work-out &amp; Yoga with Lift-the-Lid</p>	<p>Ice-skating at the Eden Project</p> <p>Lunch at the Eden Project</p>	<p>Drumming in the New Year with Paula T</p>

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

	<p><a href="#">Dartmoor National Park Rangers</a>: The Ranger Service cares passionately about Dartmoor, and encourages people who enjoy it to join them in their appreciation and upkeep of this special place.</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." This Autumn Jonathan is helping us construct our first ever panto #oh-yes-we-are</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 Lifeworks Disco every other week 😊</p>  <p>Paula Thomas of Singing Drum has been connecting people since 2012. Her aim is to uplift, empower and bring joy. A mother of three one attending Lifeworks she knows how to help people feel at ease. Paula is going to help us drum in the New Year in the Holidays and be our Musical Director for our pantomime #oh-yes-we-are</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 &amp; the chance to choose from a carousel of physical activity: Circuit training, Hula hoop, Zumba &amp; 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><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>Stacey Proudlove, Leader of the Children's Society's <a href="#">Phoenix Youth Group</a>, and <a href="#">CYP IAPT</a> Lead for Children with Disabilities will be delivering inclusive mindfulness sessions in the Holidays and a termly Mental Wellbeing Drop In for the Youth Group &amp; YASS</p>



To find out more about our services contact:  
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This program is brought to you in partnership with these wonderful local, regional and national organisations, their expertise and investment enriches our delivery:

