



lifeworks

Learning disability champions

SAFE-SPACE SUMMER HOLIDAY BUBBLES 2020



Physical Activity Workshops:
Creative Movement with Richard Chappell.
Yoga and Hula-hoop with Sophie Carr and Circuits with Lift the Lid.



Creative musical adventures with Moor 2 Sea - using music to help restore our lost connections and find our way back together again as explorers of sound in the outdoors in the afternoons.



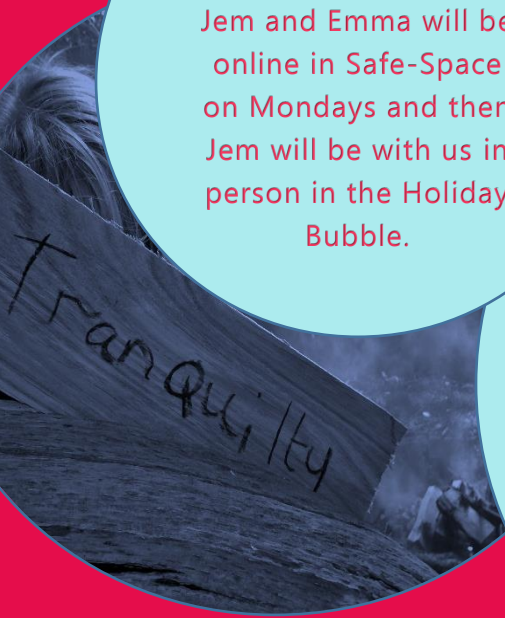
Forest School in the Orchard with SW Family Values, helping conserve nature and toasting marshmallows over an open fire 🍷



Mindfulness with Jem and Emma. Each week Jem and Emma will be online in Safe-Space on Mondays and then Jem will be with us in person in the Holiday Bubble.



Online Safe-Space workshops will continue to run across the Summer with the BtB Stamina Work out with Lift-the-lid, Healthy snack making with Chef Michela and Mindfulness with Emma and Jem. Keep Fit with Sophie and of course the Lifeworks Lockdown Disco. We also hope to live stream Moor to Sea and Creative Movement workshops from the Holiday Bubble.



Bubble A	
Holiday Bubble Leader & DSO: Tim Chapman Deputy DSO: George Skinner	Tuesday 28 July & Tuesday 04 August 11 -12.30pm: Forest School with SW Family Values 1.30-3.30: Moor to Sea Music Making
	Wednesday 29 July & Wednesday 05 August 11-11.45am: Mindfulness with Jem Shackelford 1.30-2.30pm: Hula-hoop & yoga with Sophie Carr 2.30-4.00pm: Creative Movement with Richard Chappell

Bubble B	
Holiday Bubble Leader & DSO: Matt Jefferies Deputy DSO: Paula Thomas	Thursday 30 July and Thursday 06 August 11-12.30pm: Creative Movement with Richard Chappell 12.30-1.30: Lunch around the open fire in the Orchard (marsh mallows included at no extra cost 😊) 1.30-3.30: Moor to Sea Music Making
	Friday 31 July and Friday 07 August 11am: Mindfulness with Jem Shackelford 1-2pm: BtB Stamina Work out with Matt Jefferies 2.30-3.30pm: Hula-hoop & yoga with Sophie Carr

Bubble C	
Holiday Bubble Leader & DSO: Tim Chapman Deputy DSO: George Skinner	Tuesday 18 August & Tuesday 25 August 11 -12.30pm: Forest School with SW Family Values 1.30-3.30: Moor to Sea Music Making
	Wednesday 19 August & Wednesday 26 August 11-11.45am: Mindfulness with Jem Shackelford 1.30-2.30pm: Hula-hoop & yoga with Sophie Carr 2.30-4.00pm: Creative Movement with Richard Chappell

Bubble D	
Holiday Bubble Leader & DSO: Matt Jefferies Deputy DSO: Paula Thomas	Thursday 20 August & Thursday 27 August 11-12.30pm: Creative Movement with Richard Chappell 12.30-1.30: Lunch around the open fire in the Orchard (marsh mallows included at no extra cost 😊) 1.30-3.30: Moor to Sea Music Making
	Friday 21 August & Friday 28 August 11-12: BtB Stamina Work out with Lift-the-Lid AKA Matt Jefferies 😊 1pm: Mindfulness with Jem Shackelford 2.30-3.30pm: Hula-hoop & yoga with Sophie Carr

Safe-Space Online Workshops Summer 2020 (27 July - 31 August)	
Mondays	10am: Breaking the Barrier Stamina Workout with Lift-the-lid 11.15am: Healthy Snack making with Chef Michela 2.00pm: The Mindful Choice
Wednesdays	2.30-4.00pm: Creative Movement with Richard Chappell
Thursdays (excluding 12 August)	1.30 – 3.30pm: Moor to Sea in the Orchard at Lupton
Saturdays	1pm: Zumba/Hula-hoop/Yoga (in rotation) with Fitness Instructor, Sophie Carr 2pm: LIFEWORKS LOCKDOWN DISCO

Lifeworks Holiday Bubbles brought to you
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