



WHEN IS SAFE-SPACE LIVE?

You can log into Safe-Space at these times:

Monday: 10am-12noon + 2-5pm

Tuesday: 2-5pm

Wednesday: 10am-12noon + 2-5pm

Thursday: 2-4pm + Jam Buddies 5-7pm

Friday: 2-5pm

Saturday: 1pm – 3pm

ADDRESS

<https://lifeworks-uk.org/safespace>

CONTACT US

To book onto workshops email:

communityprojects@lifeworks-uk.org

To learn as you go and to become a young leader contact EYP Coordinator: Mark

Thorneywork M: 07964 710 894

Worried about Safeguarding or if you've got an idea for Safe-Space? Contact

Development Lead & Designated

Safeguarding Officer: Sarah-Jane Lowson

M: 0750 086 0288

LIFEWORKS

SAFE-SPACE

A new web-based platform for Lifeworks Service Users to connect with their friends, learn new skills and try something new.

The site is moderated by Lifeworks Community Projects team at designated times 6 days a week. Inside Safe-Space you'll find a range of activities and resources to help you:

-  Connect with other people
-  Be physically active
-  Learn new skills
-  Give to others
-  Pay attention to the present moment (mindfulness)



The Sobell Foundation

mag ne th's...
Making Torbay a great place to grow up

dance
in devon

SAFE-SPACE IS FREE FOR LIFEWORKS SERVICE USERS

To get started right away contact the Community Projects team for log in details.

● LEARNING AT HOME

Lifeworks EYP Coordinator is there to support Young Volunteers to explore vocational qualifications whilst leading project work inside of Safe-Space.

● MENTAL WELLBEING

COVID-19 may impact on the mental wellbeing of Lifeworks Service Users in many ways. To help, Lifeworks is working with a local child psychologist to provide Group and 1:1 therapy sessions. To book a session contact:

communityprojects@lifeworks-uk.org

● FLEXIBLE FUNDERS

We have only been able to do this because of incredibly flexible funders: Children in Need, The Sobell Foundation and Imagine This, thank you for supporting SAFE-SPACE.

help



DO I NEED TO KNOW HOW TO READ?

Inside Safe-Space we use Makaton Symbols and Widgits to help you move around the site. Easier for sure, but there'll be bits where you'll need help. All workshops take place on Zoom. The Safe-Space Events Programme is updated weekly. To book on a session contact communityprojects@lifeworks-uk.org



WHAT CAN I DO IN SAFE-SPACE?

A wide variety of workshops across the 5 themes are on offer: From learning how to vlog, cook, make music and garden to signing up to a stamina challenge, from participating in a group therapy session to undertaking regular mindfulness practice - all from local providers, some that you know.



WILL I BE ON MY OWN?

Using Zoom, we'll do a lot of group work so you can be together. Sometimes one on one support is good and we can do that too.

“Smoothie was delish exercise was hard but good...and melodies were booming by the finish”

Parent of Young Person using Safe-Space

SAFE-SPACE EVENTS PROGRAMME

WEEK COMMENCING: 25 May 2020



10am: Breaking the Barrier Stamina Challenge with Lift the Lid

4 weeks to go until the **BREAKING THE BARRIER CHALLENGE** 20-June-2020

Have you got what it takes? Matt is here to help you prepare ☺

11.15am: Cooking with Michela - a new recipe every week – today we're making Strawberry Mango Magic Smoothies

2.00-2.45pm: [The Mindful Choice](#) for young people 12-17– Session 3: (4 places remaining)

3.15pm: Learn how to Vlog with [The Double Elephant Print Workshop](#)



11.00am: One to one Counselling session with Julie Best-Clarke

2.00pm: Drumming and Singing Workshop with Paula Thomas (max number: 10)

3.15p Group Counselling session with Julie Best-Clark.

Use creative process to help you talk about how you feel, and hear how others feel right now...

4.00pm: One to One Counselling session with Julie-Best Clarke (booked)



10.00-10.45am: Creative Movement with [Richard Chappell Dance](#)

11.15-12 noon: [The Mindful Choice](#) for young people 18 and over – Session 4: (4 places remaining)

2.00pm: Make your own podcast and share your work using radio with [Sound Communities](#) (2 places left)



2.00pm: Earthbound Making/Growing with Rowan (max number: 6)

3.15pm: Moor to Sea Music-Making Workshop (max number: 12)

5.00-7.00pm: Jam Buddies



2.00pm: Cooking with Sima from [The Kitchen Table](#) (max number: 12)

If it's good enough for Lady and the Tramp its good enough for us. Today we're making meatballs and spaghetti ☺

3.15pm: Breaking the Barrier Stamina Challenge with Lift the Lid (max number: 24)

4 weeks to go until the **BREAKING THE BARRIER CHALLENGE** 20-June-2020

Have you got what it takes? Matt is here to help you prepare!



1.00pm: Yoga with Fitness Instructor - Sophie Carr

Yoga class adapted to suit everyone. Includes balances, strength poses, mobility and flexibility and flow sequences

Are you still in need of a hula-hoop? There's still time for Sophie to make you one – contact communityprojects@lifeworks-uk.org to place your order ☺

2.00pm: Lifeworks Lockdown Disco



Michela Delamere is a Chef, restaurateur and cookery workshop facilitator based in South Hams, Devon, where she has lived and worked for the past 13 years. Growing up in Tuscany, Italy, where her family ran a hotel and restaurant, greatly influenced her passion for food and cookery. Over the years she worked in a number of restaurants including her own wholefood cafe in the North West of England, before moving to Devon with her husband and son, in 2007.

She worked as a teaching assistant at Bidwell Brook Special needs school for 6 years where she unlocked a passion for teaching cookery.



Meet Rachel Thame from [Moor to Sea Music Collective](#)

Music is for everyone

That's what Rachel believes and that's what she has dedicated a lot of her time to making so. Come and explore music-making with an expert.

[The Mindful Choice](#)

Meet Jem and Emma Safe-Space Mindfulness Trainers. Mindfulness has many benefits and may help you focus, feel happier, and more at ease. It can also help you manage your worries and could help you sleep. Jem and Emma will be running their sessions as a course, so you sign up for an 8-week course and learn a different mindfulness skill each week. Emma and Jem would love to meet you, teach you some mindfulness practices and have some fun!



Lift the Lid CIC is a registered UK Learning Provider. Director, Matt Jefferies, has always had a passion for helping to lift the lid on the potential of young people, especially anyone deemed to have 'special educational needs'.

Matt will be running two sessions a week; you'll get a warm up and warm down and the chance to choose from a carousel of physical activity: Circuit training, Hula hoop, Zumba and Jogging. All to help you get ready for the Breaking the Barrier Challenge on Saturday 20 June.

Sima founder of [The Kitchen Table](#) has been catering for the Totnes Community for nearly 10 years. Sima wants to help young people with learning disabilities learn how to cook good and wholesome food for themselves.



Rowan Gatherer is an artist and avid allotmenteer, who uses art and gardening to help connect with nature. At a time when many of us don't have access to great outdoor spaces, keeping in touch with the natural world is more essential than ever.

Rowan will be sharing creative approaches that allow those with as little as a window sill, a view, or everyday junk, to make, grow and keep connected.



THE SAFE-SPACE WORKSHOP TEAM



Hello, my name is Julie, I am a Psychotherapist and Counsellor and have worked with young people for 25 years in different settings including the NHS, and a young person's therapy centre.

Therapy provides you with the opportunity to discuss and explore your thoughts and feelings in a safe and confidential space. This will be provided through either one to one Psychotherapy or as part of a group therapy setting with 6 people attending the group.



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. Her workshops will cover breathing techniques to relax and prepare the voice for singing in a fun way; and creating rhythmic games played with handmade instruments young folk find around the house.

The music we learn will keep us connected until it's time to play our music together in real life.



Meet local Fitness Instructor - Sophie Carr

Sophie is going to take us through our moves every Saturday – the following 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 ☺



Become a radio presenter / DJ with [Sound Communities](#) Working as a small group alongside a professional radio producer you will plan, create and record your own content to share with others on Safe Space and through Shipwreck Radio

THE SAFE-SPACE WORKSHOP TEAM



Sign up to the Vlogging workshop with George and Anna, who have worked with young people for many years on the [Freefall youth arts](#) group at Exeter Phoenix. George comes from a printmaking background and works for [Double Elephant Print Workshop](#). Anna used to work in animation and now works at the Thelma Hulbert Gallery in Honiton. Between them they have a wealth of experience to share with you that will help you create an interesting and exciting vlog, to reach the audience you want to. Covering all sorts from planning and prep, to music and camera technique.

George trained as an illustrator and worked in film and animation between London and New York before moving back to Devon. George has a love of history which has resulted in many Double Elephant projects, most recently telling the story of 'Mary of Exeter'.

George is also a Director for [The Pelican Project](#) and runs the Freefall and Freefall+ youth groups with Exeter Phoenix.



Creative Movement with Richard Chappell

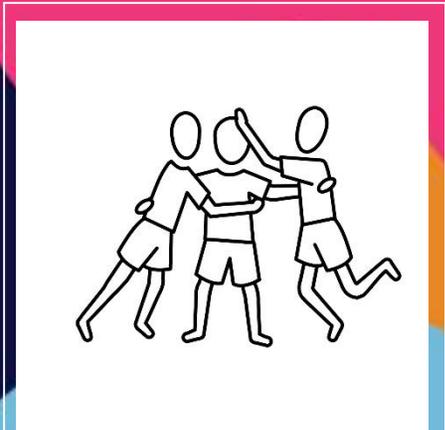
Richard is going to lead you in 8 x 45min live-led sessions of different creative tasks. This will include a short warm up (15mins) then either an improvisation or other creative movement task. You and he are going to work together to create 8 short you-tube tutorials for [Safe-Space](#).

Formed in 2013, [Richard Chappell Dance](#) is the ensemble of internationally renowned choreographer Richard Chappell. RCD creates memorable and moving work through a blend of ballet, contemporary dance, partner work and improvisation at the forefront of interdisciplinary collaboration.

Alongside touring nationally to theatres across the UK, RCD has presented work in Singapore, Germany and Israel and leads ambitious participatory programs for a large range of local communities to the South West of England. RCD is an Associate Company at Exeter Northcott and Swindon Dance and the resident company at Exeter Phoenix.

RCD has close partnerships with Royal Opera House, Arts Council England, Dance in Devon, National Dance Company Wales, National Arts Council Singapore and Pavilion Dance South West, amongst others.

As a guest choreographer, Richard has created works for English National Ballet (Southbank Centre 2020), National Youth Ballet (Sadler's Wells), Stuttgart Ballet, Rambert School, Trinity Laban, Frontier Danceland (Singapore) and Nanyang Academy of Fine Arts (Singapore), amongst others.



Lifeworks Buddy Project

You can be a great friend to another young person and help them through the current time.

This is a supported one-to-one friend program. We are encouraging a young person to contact another young person - preferably a new contact each week during Covid-19 to check in on them and ask them some questions we have devised to find out how that young person is doing - To be their buddy and where appropriate the buddy can switch over every two weeks, so the other person can act as the buddy also.

To get involved contact markthorneywork@lifeworks-uk.org