



Activities for Male Carers In Seaton area September 2019

For more info please contact Angie 01404 549045
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September Programme - all activities are free except yoga

Date & time	Activity	Location	More information
Weds 11 th 3 PM – 4 PM	TED talk; video & discussion	Seaton Library.	Theme is: <i>How Can we Bring about a More Compassionate Society?</i>
Weds 11 th 18 th , 25 th 1:30 - 2:30 PM	Seated yoga	Gateway Theatre	Breathing, stretching & relaxing NB £5 , payable at the class
Weds 18 th 3 PM	Hi Vis Seaton Huddle. Cuppa and Chat	Liddons Dairy Tearoom, Umborne Bridge, Colyton. EX24 6EY	http://www.liddonsdairytearoom.co.uk/ Watch llamas, horses, cockatiels as you sup your cuppa! Wheelchair accessible, dog friendly
Wed 18th 10:15 AM	LED walk	Mutters Moor	Meet at Mutters Moor car park, top of Peak Hill Road, Sidmouth
Tuesday 24 th 11am- 1pm	HALFF Cooking demo	Marshlands, Harbour Road, Seaton	Cooking for One - small friendly group, make friends, learn new skills & recipes. Suitable for all
Wed 25th	LED walk	Beer	Meet at Beer Head car park, EX12 3AH
Friday 27 th 11am- 1pm	HALFF Cooking demo	Marshlands, Harbour Road, Seaton	Heart Hub - join a friendly, established group, learn new skills & recipes, improve your diet. Suitable for all

Further Information:

Walks with LED (Leisure East Devon) start at 10. 15 for 10:30am. Choose from 3 grades of walk, lasting between 20 and 90 minutes, according to fitness & time you have available. Open to all. **FREE.** Phone Angie or see <https://www.ledleisure.co.uk/uploads/attachments/10Outreach/WFH%20-2019-Feb-Aug.pdf> for starting places and more info.

Cooking - Small, friendly group demos at Marshlands, Harbour Road. **Healthy Heart & Cooking for One** are **suitable for everyone** Trained cook from HALFF. **FREE**

Seated Yoga - Give your body and mind a treat – breathing, stretching and relaxing - £5 per session. No experience needed. With yoga teacher Yvonne Waite 1.30 – 2.30pm at The Gateway. Open to all.

Writing with Dana - Fun and relaxing class for male carers; a supportive space for expression. **FREE.** Classes will restart in October **in Honiton.**