





Hi Vis - Male Carers Community Activities in Seaton area March 2020

For more info please contact Angie 01404 549045

www.actioneastdevon.org.uk/about-us/projects-and-services/hi-vis

MARCH	Activity	Location	More information
Weds 4 th 10 - 12 noon	Let's Talk Sport!	Budleigh Hub , EX9 6HF East Budleigh Rd. Budleigh Salterton.	Join other guys 50+ for tea, toast and discussion from the weekend's fixtures or revisiting a sporting memory from the past. <u>Angie would like to discuss setting up a 'Let's Talk Sport' for Seaton</u>
Thursday 5 th 3 - 4 PM	Talk & Discussion	Seaton Library	A fascinating insight into the theories of renowned psychoanalysts Sigmund Freud and Carl Jung, with Fred Burniston.
Weds 11 th 2:30 PM	 Seaton Huddle	Pebbles Café , 4 Marine Place, Seaton.	Join our small, friendly group for a cuppa and catch up (Dog friendly café)
Thursday 12 th 9:30 - 11:30 AM	Devon Carers Drop In	Seaton Library	Jo Davies, Carer Support Officer will be in the library offering support, advice & information to carers.
Weds 18 th 10.15 - 11 AM	LED Walk	Tesco to Seaton Hole	Meet at Tesco's entrance 10:15 AM, Walk for 30 mins approx.
Wednesdays 4 th , 11 th , 18 th , 25 th 1:30 - 2:30 PM	Seated Yoga	Gateway Theatre	Breathing, stretching & relaxing.yoga. Quote 'Hi-Vis' to Yvonne to confirm the free sessions.
Weds 25 th 2.30 - 4.30 PM	 Hi Vis Drop In	Seaton Library	Angie will be in the library, offering 1:1 sessions. Or just drop in, to discuss your needs as a current or former carer.
Tuesday 24 th 11am - 1 PM	HALFF Cooking Demo	Marshlands , Harbour Road, Seaton	Final session of 'Cooking for One' - small friendly group, make friends; learn new skills & recipes for delicious, nutritious meals on a budget.
Friday 27 th 11am - 1 PM	HALFF Cooking Demo	Marshlands , Harbour Road,	Final session of 'Heart Hub' - join a friendly, established group, learn new skills & recipes; improve your diet.
Every Week: • Mondays 7 - 9 PM • Tues & Thurs 2 - 5 PM	Beer Men's Shed	Church Hill, Fore St. <i>Between Mariners Hall & St Michaels Church</i>	Meet other men, have a friendly chat, a cuppa, make or repair something useful for you or someone else - bird or bat boxes, hedgehog homes, house signs, and toy cars. Quote Hi-Vis to Chris to access free sessions & membership



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