



## Community Activities in Seaton area Ideal for Male Carers!

**October 2019**

For more info please contact Angie 01404 549045  
[hivis@actioneastdevon.org.uk](mailto:hivis@actioneastdevon.org.uk)

### October Programme - all activities are free except yoga & library on 10th

Date & time	Activity	Location	More information
Saturday 5 <sup>th</sup> 9am -1pm	Fun Palace Day	Seaton Library.	Free drop-in. Various activities will be organized. Come along and join in the fun.
Thursday 10 <sup>th</sup> 3 PM – 5 PM	How to Start Researching Your Ancestors	Seaton Library.	Tickets £5, including tea and cake, from Seaton library
Weds 2 <sup>nd</sup> 9 <sup>th</sup> &16 <sup>th</sup> 1:30 - 2:30 PM	Seated yoga	Gateway Theatre	Breathing, stretching & relaxing NB £5, payable at the class
2 PM – 3 PM date TBC	 Making Pictures with Pastels.	Seaton Gateway Theatre	A fun, creative hour using pastels. No experience necessary, all materials provided.
Followed by... 3 PM date TBC	 Seaton Huddle. Cuppa and Chat	Victory Tea rooms Cross Street.	Go back in time for a get together with cuppa and a chat in unique WW2 surroundings!
Tuesday 22 <sup>nd</sup> 11am- 1pm	HALFF Cooking demo	Marshlands, Harbour Road, Seaton	Cooking for One - small friendly group, make friends, learn new skills & recipes. Suitable for all
Tuesday 23 <sup>rd</sup>	LED walk	Seaton Wetlands	Park through Seaton Cemetery off Colyford Road EX12 2SP. (No dogs allowed – sorry!)
Friday 25 <sup>th</sup> 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/1Outreach/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.

**Making pictures with pastels – Relax and create with fellow carer Mervyn, former art teacher.**

