



Male Carers Community Activities in Seaton area

November 2019

For more info please contact Angie 01404 549045

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November Programme - all activities are free except yoga, & talk on 11th

Date & time	Activity	Location	More information
Monday 11 th 3 PM – 5 PM	Talk by Paul Atterbury	Gateway Theatre	Broadcaster & antiques expert. Tickets £6 , in advance, from Seaton library 01297 21832 .
Weds 6 th , 13 th , 20 th , 27 th 1:30 - 2:30 PM	Seated yoga	Gateway Theatre	Breathing, stretching & relaxing NB £5 , payable at the class
Weds 13 th 1.30pm 2:45 PM	<ul style="list-style-type: none"> • Seated yoga • Seaton Huddle, cuppa and chat 	<ul style="list-style-type: none"> • Gateway Theatre • Pebbles Café, 4 Marine Place, Seaton. 	<ul style="list-style-type: none"> • Join Angie for Seated yoga - breathing, stretching & relaxing. NB £5, payable at class • Join our small, friendly group of male carers for a cuppa and catch up (Dog friendly café)
Weds 13 th	LED walk	Seaton	Meet at Tesco's entrance
Tuesday 19 th 2:30 PM	Beer Men's Shed Visit	Churchyard next to Mariners Hall, Church Hill, Beer	New place to get together, make or repair thing, have a cuppa and chat, make new friends. Phone to arrange lift share.
Friday 22 nd 11am- 1pm	HALFF Cooking demo	Marshlands, Harbour Road,	Heart Hub - join a friendly, established group, learn new skills & recipes, improve your diet.
Tuesday 26 th 11am- 1pm	HALFF Cooking demo & taster	Marshlands, Harbour Road, Seaton	Cooking for One - small friendly group, make friends, learn new skills & recipes for delicious, nutritious meals on a budget.
Wednesday 27 th	LED walk	Colyton	Meet at Dolphin Street car park
Friday December 1 st	Seaton Lions Christmas lunch	Colyford Memorial Hall	Book with Angie by Monday 11th November

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.