



**Have fun and stay active for free!**

### **Summer Activities Listing**

**All of these activities require booking and all have a limited amount of spaces – Please Call 07772 023170 or**

**Email [jessslade@torbaycdt.org.uk](mailto:jessslade@torbaycdt.org.uk) Jess Slade to confirm your place.**



**Chair Based Yoga** - Join Dee for a 2-hour Wellbeing Talk on how DNA should not define you and let exercise enlighten you through some key elements, also Fatigue, Sleep and Goal Setting. The Chair Based Yoga session is to focus on grounding elements, breathing techniques and gentle mobilisations taken by Dee. Dee has worked as a Recovery Practitioner for the Step One Charity for over a year and helped support the last Live Longer for Better Event and the presentation on activity and motivation was utilised to good effect and with good participation uptake.

Venue            Shekinah Grow opposite Ocombe Farm Preston Down Road Paignton.

Dates:           Friday 12<sup>th</sup> July, 1:00pm to 4:00pm. 15 spaces available

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**Fitsteps** – Join Dee for a taste of Strictly Come Dancing. Mixing graceful steps of ballroom to up tempo steps of Latin dances to create a really fun, energetic and effective way to stay fit. 15 spaces available.

Venue            St Matthias Church Centre, Babbacombe Road, Torquay TQ1 1HW

Dates:           Friday 6<sup>th</sup> September 2:00pm to 4:00pm

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**Walks** - Join Dee from Step One charity in Torbay for a gentle stroll. (mostly flat, with paved paths and lowered curbs at crossing points). Toilet facilities and refreshment outlets available on the route. Distance approximately 2 miles.

Venue	Mens Walk and Talk Social Walk, St Pauls Church, Preston, in the Hut at the rear of the church.
Date	Tuesdays 6 <sup>th</sup> and 13 <sup>th</sup> August Meet at 10.15am and depart at 10.30am. Returning approximately 11.30 for refreshments which are provided for a social for the walkers.
Venue	Wellbeing Walk for All, Cary Park Tennis Club, Cary Ave, Torquay TQ1 3QT. Meet at the Clubhouse next to the courts.
Date	Friday 16 <sup>th</sup> August Meet at 2pm and depart at 2.15pm. Finish approx. 3.15pm

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**Coast Path Connectors Walks** We look forward to welcoming you on these scenic coastal walks.

**Fatigue Management Short Walk** around Dawlish Warren. Some sand walking and uneven ground mostly flat.

Date Tuesday 9<sup>th</sup> July 10:30 to 12:00 including a stop for coffee.

Meeting Dawlish Warren train station seaward side.

**Wonders Long Walk** Coletton Peninsula Loop. Length 2 hours 45 minutes. This is a strenuous walk. Lots of inclines and declines. Please wear appropriate footwear, clothing and sunscreen. Bring your own refreshments.

Date Tuesday 9<sup>th</sup> July 1:30pm to 3:45pm (approx. finish)

Meeting National Trust Brownstone Car park TQ6 0EQ. Parking fees apply. No public transport available.

**Amblers Medium Walk** Babbacombe and Walls Hill Loop. Length 1 hour. One long but gentle incline.

Date Tuesday 16<sup>th</sup> of July 11am to 12.30pm including refreshments at the end.

Meeting Babbacombe Cliff railway and returning for social cuppa

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**Beach Bliss Meditation and Optional Sea Dip** Join Lauren and Jess for an introduction to meditation and a guided meditation class. Followed by an optional informal (but highly recommended) sea dip.

**Venue**            **Preston Beach, (Boat House End)** Marine Drive Paignton TQ3 2NH.

**Date**            Sunday 18<sup>th</sup> of August 10.30-11.30am (Sea Dip from 11.30-12noon) 20 spaces available

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**Greens Bowling taster sessions** – Join Jess for an opportunity for a game or two with coaching, tips and experienced players to help along the way, with light refreshments included and a chance to speak with members about their clubs and social activities. Please **wear flat shoes** to participate.

#### **Venues**

**Torquay**        **Kings Bowling Club** Torbay Road, Torquay TQ2 6NX Maximum 8 people.  
**Dates:**        Friday 19<sup>th</sup> of July 2:00pm-4:00pm  
                    Thursday 15<sup>th</sup> of August 2:00pm-4:00pm

**Paignton**       **Paignton Bowling Club**, Queen's Park Rd, Paignton TQ4 6AH  
**Dates:**        Wednesday 3<sup>rd</sup> July from 2pm to 4pm,  
                    Friday 9<sup>th</sup> of August from 10.30am to 12.30pm  
                    Wednesday 4<sup>th</sup> September from 2pm to 4pm.

**Brixham**       **Brixham St Mary's Bowling Club**, St Mary's Park, Vicarage Road, Brixham TQ5 9RE  
**Dates:**        To Be Confirmed

Each session is for a maximum of 8-10 participants depending on the club so please ensure you reserve your space to avoid disappointment.

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**Ripple Effect Project** – Join Davina and Jess for an introduction to learn more about this environmental project. The project invites our community to co design initiatives and solutions, to know how to prepare and respond to a flood in our homes, yards, communities, and green spaces. As a group we will learn how to protect ourselves, our homes, each other, and the beautiful spaces and eco systems around us.

Would you like to know what to do in a flood or how to prepare for times to come? Would you enjoy helping protect our history, green spaces, and community? Please come along to this workshop at Parkfield house and grounds to learn more, share your experience.

**Venue**            Parkfield House, Esplanade Road, Paignton, TQ3 2NH. Limited parking available

**Date:**            Thursday 25<sup>th</sup> July 10am – 1pm. **Please bring your lunch** as there will be time between 12-1pm to socialise, ask questions and enjoy the grounds. 20 spaces available



## Beach and Sea sessions with HealthScape CIC

Join Jess for seawater related activities and a social beach experience. HealthScape will provide fully qualified Swim Leaders called Sue to run these sessions, so come along and try it. Please bring your swimwear, sea shoes, a towel, water or drink, sun cream and anything else you might want to bring.

**Introduction to the Sea** – This will involve paddling and movement in the sea where you can stand and build up your confidence to be in the water – no swimming experience necessary. 6 places available.

Venues Preston Beach, Marine Drive, Paignton TQ3 2NH.

Date Tuesday 9<sup>th</sup> July 1:00pm to 3:00pm  
Tuesday 6<sup>th</sup> August 1:00pm to 3:00pm

Venue Goodrington Beach North, Paignton TQ4 6LN.  
Date Thursday 18<sup>th</sup> July 1:00pm to 3:00pm



**Sea Dips** Join Jess and Sue from HealthScape CIC for those slightly more confident to swim, capable but wanting support to build up to a swim in the sea. We will also try aqua aerobics which can be a lot of fun. 6 places available.

Venues Preston Beach, Marine Drive, Paignton TQ3 2NH.  
Date Tuesday 3<sup>rd</sup> September 11:00am to 1:00pm

Venue Goodrington Beach North, Paignton TQ4 6LN  
Date Monday 12<sup>th</sup> August 11:00am to 1:00pm  
Friday 13<sup>th</sup> September 11:00am to 1:00pm

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**Karaoke** - Ever wanted to try out Karaoke but been scared of big crowds? This is your perfect opportunity to join Bob and Rich to sing in front of a small, supportive audience. Don't want to sing? Come and enjoy some great music.

Venue Preston Conservative Club, Torquay Road, Paignton TQ3 2EY

Date Thursday 18<sup>th</sup> July 2:00pm to 4:00pm. Free to members £1 donation for non-members.

**Afternoon Disco** Love a disco but not keen on Torquay or Paignton night life? Why not join Bob and Rich to dance away the afternoon. Music requests welcome on the day.

Venue Preston Conservative Club, Torquay Road, Paignton TQ3 2EY

Date Thursday 5<sup>th</sup> September 2:00pm to 4:00pm. Free to members £1 donation for non-members.

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