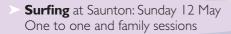


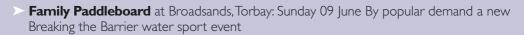
2019 SURFING, CYCLING & **PADDLEBOARD**

FREE outdoor pursuits for learning disabled children and young people age 8 and over plus **NEW BREAKING THE BARRIER EVENTS**





Family Cycle at the Torbay Velopark: Saturday 01 June Trikes, Bikes and Tandems and the launch of a brand new offer...



Surfing at Bigbury: Sunday 30 June: One to one and family surf sessions, BBQ and entertainment on the beach

Our partners 2019:















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THE BREAKING THE BARRIER LEGACY PROJECT

This year Lifeworks Young Volunteers are learning skills to help them lead regular Breaking the Barrier events now and in the future







With their support and in partnership with Lex Leisure, Freetrike Disability Cycling the Torbay Velopark Veterans Lifeworks is launching:

A MONTHLY INCLUSIVE FAMILY CYCLE SESSION at the Torbay Velopark on the first Saturday in every month July - November 2019 and February – May 2020 Ipm-4pm.

New accessible cycles; a Freetrike instructor and Breaking the Barrier Young Volunteers will be there to make your participation as a family easier.





Supported by Lifeworks Young Volunteers and making use of Lifeworks accessible boards Discovery Surf School will be running 4 'out of season' family surf sessions for learning disabled people and their families - wetsuits and a strong constitution essential!!



Whilst Lifeworks Young Volunteers are helping your family enjoy no-cost or low cost outdoor pursuits together, they are learning new skills and achieving accreditation to help them realise their vocational ambition — a win — win!!

To find out more about Lifeworks Young Volunteers Programme contact markthorneywork@lifeworks-uk.org

Our supporters 2019:



Daytrippers Foundation









