

haile health and wellbeing festival with Community Showcase



Here is the programme of activities for Hayle Health and Wellbeing Festival 2023. Most of the activities will take place at Hayle Academy, with some taking place at Paddy's Mill and Sandy Acres. You can plan your day of activities and are able to pre-book using either a printable form or online version. Pre-booking is advised as the activities do have maximum numbers.

Sat 23 September Activity Programme

10:00 - 16:00 Community Showcase <i>Hayle Academy</i>				
Connect Panel Discussions A panel of people with lived experience of the chosen topic discuss ideas and take questions from the audience.		10:30 - 11:30 Panel Discussion 1 Own your health and wellbeing - Managing a long term health condition <i>Hayle Academy</i>	11:45 - 12:45 Panel Discussion 2 Bringing death into life - How can we enable people to deal with grief and bereavement in their everyday lives? <i>Hayle Academy</i>	
Connect workshops A range of workshops to help you connect better with yourself and others.	09:00 - 09:45 Cacao Ceremony with <i>Jack Burlison from Bohemian Biohacking Co</i> <i>Hayle Academy</i>	10:15 - 11:15 Pom Pom Party with <i>Katy Dormer from Makers Boutique Studio</i> <i>Hayle Academy</i>	11:30 - 12:30 Family Sound Bath with <i>Liz Thomas from Holistic Healing Cornwall</i> <i>Sandy Acres</i>	12:00 - 13:00 Menopause Workshop with <i>iCareilMove</i> <i>Hayle Academy</i>
Connect @ Paddy's Mill			11:30 - 13:00 Community Harmony Scarf Knitting Circle with <i>Clare</i> <i>Paddy's Mill</i>	
Connect @ Sandy Acres			11:15 - 12:00 Breathwork with <i>Jennie Atkinson</i> <i>Sandy Acres</i>	
Move A range of activities for you to try moving no matter what your mobility is.		10:00 - 10:40 Pilates with <i>Melissa Howell from Pilates and Mindfulness</i> <i>Hayle Academy</i>	11:00 - 12:00 Chair Workout with <i>Kirsty Dexter from Cornwall Memory Cafe</i> <i>Hayle Academy</i>	
Move @ the beach Get out into nature to feel the benefits of moving outside.	09:30 - 10:45 Vinyassa Flow Yoga with <i>Jennie Atkinson</i> <i>Sandy Acres</i>		11:00 - 12:00 Wild Swim with <i>Jem Wallis from Escape Swims</i> <i>North Quay</i>	
Move @ Paddy's Mill Tracy has organised a day of activities to appeal to all.		10:00 Walk, Connection and Town Clean with <i>Tracy Waite from The Waite Room CIC</i> <i>Paddy's Mill</i>		
Eat Expert-led talks to improve your health				12:30 - 13:00 Gut Feelings: Unveiling the Secrets of Gut Health with <i>Ruby Lynch from Rooted Nutrition</i> <i>Hayle Academy</i>
Explore			10:00 - 15:30 Ghost Gear with <i>Castaway Ropeworks</i> <i>Hayle Academy</i>	

<p>10:00 - 16:00 Community Showcase <i>Hayle Academy</i></p>					
		<p>14:30 - 15:30 Panel Discussion 3 Diving the Blue - Exploring the transformative benefits of blue health <i>Hayle Academy</i></p>		<p>16:00 - 17:00 Panel Discussion 4 We are Nature - How can seeing ourselves as part of nature help our sense of wellbeing? <i>Hayle Academy</i></p>	
<p>13:00 - 14:00 Creative writing for wellbeing with Heather White from WEA <i>Hayle Academy</i></p>	<p>14:00 - 15:00 Ageing Greatly with iCareiMove <i>Hayle Academy</i></p>	<p>14:30 - 15:30 Sound bath with Liz Thomas from Holistic Healing Cornwall <i>Hayle Academy</i></p>	<p>15:00 - 16:00 Walk and Reflect: Bereavement Stroll with volunteers from Cornwall Hospice Care KGVMW</p>	<p>16:00 - 16:45 Laughter Yoga with Melissa Howell from Pilates and Mindfulness <i>Hayle Academy</i></p>	
			<p>15:15 - 16:00 Jamie Mai - Singer Songwriter <i>Paddy's Mill</i></p>		
<p>13:00 - 14:00 Tai Chi and Qi Gong with Liz Thomas from Holistic Healing Cornwall <i>Hayle Academy</i></p>	<p>14:00 - 16:00 Roller Skating with Donna Sinclair from SK8PZ <i>Hayle Academy</i></p>		<p>15:00 - 16:15 Slow Flow Yin Yoga with Jennie Atkinson <i>Sandy Acres</i></p>		<p>19:00 - 21:00 Outdoor Silent Disco with Donna Sinclair from SK8PZ <i>Beachside</i></p>
<p>13:00 - 14:00 Chair Workout with Tracy Waite from The Waite Room CIC <i>Paddy's Mill</i></p>	<p>14:00 - 15:00 Zumba with Catherine Campbell <i>Paddy's Mill</i></p>			<p>16:30 - 17:30 Soul Run for Beginners with Tracy Waite from The Waite Room <i>Paddy's Mill</i></p>	
		<p>15:30 - 16:00 From Soil to Wellness with Holly Whitelaw from Regenerative Food and Farming <i>Hayle Academy</i></p>			
	<p>10:00 - 15:30 Ghost Gear with Castaway Ropeworks <i>Hayle Academy</i></p>				

Plan your day of activities and pre-book using either a printable form (downloadable from www.hayletowncouncil.net or can be collected from the HTC Office or Hayle Library) or online version which can be accessed here: <https://forms.office.com/e/hr3qJJ9aXi> (or scan the QR Code).

Pre-booking is advised as the activities do have maximum numbers. You can find out more information about each of the activities and activity providers on our website: www.hayletowncouncil.net



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Here is the programme of activities for Hayle Health and Wellbeing Festival on Sunday 24th September 2023. There is no need to book the Walk and Roll or entertainment at The Recreation Ground but all other Sunday activities can be pre-booked using either a printable form (available from our website or the HTC Office/Hayle Library) or online version which can be accessed here: <https://forms.office.com/e/hr3qJJ9aXi>

Pre-booking is advised as the activities do have maximum numbers.

Connect		<p style="text-align: center;">From 11:00 Music from Local Vocalz and Makaton Choir <i>The Recreation Ground</i></p>			
Move		<p style="text-align: center;">10:30 Mayor's Fundraiser for St Julia's Hospice: Walk and Roll KGVMW</p>			
Move @ the beach	<p style="text-align: center;">09:30 Sunday Morning Swim Club <i>Sandy Acres</i></p>				
Eat					<p style="text-align: center;">17:00 Culinary Creativity: From Cupboard to Cuisine with <i>Foundry Foods</i> <i>The Quay Kitchen</i></p>
Explore		<p style="text-align: center;">10:30 Guided Walk with <i>Friends of the Towans</i> <i>St Gothian</i></p>	<p style="text-align: center;">12:15 Drawing and Painting on The Towans with <i>FOTT Art Group</i> <i>St Gothian</i></p>	<p style="text-align: center;">14:00 Botanical Illustration for families with <i>FOTT Art Group</i> <i>St Gothian</i></p>	

The Mayor's fundraiser Walk and Roll in support of St Julia's Hospice is open to all and does not need to be booked in advance. You may wish to raise money through sponsorship prior to the event. Sponsorship forms can be collected from the HTC office or Hayle Library or you can download a form from our website.

The Guided Walk run by Friends of the Towans is scheduled at the same time as the Walk and Roll and there will be donation buckets at the Towans for you to contribute to the cause. So no matter where you are walking on Sunday 24th September you can move in support of St Julia's Hospice.

