

# hayle health and wellbeing festival



22nd - 24th September 2023

**22-24  
SEPT**

# Event Programme



[hayletowncouncil.net](http://hayletowncouncil.net)

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Thank you

#haylewellbeingfest

# WELCOME

# FROM HAYLE'S MAYOR

I'm delighted to extend a warm welcome to Hayle's inaugural Health and Wellbeing Festival.

The heart of this festival beats with a simple yet profound intention - to empower each one of you to take charge of your health and happiness. In our bustling lives, it's easy to overlook the importance of self-care and community support. This festival is our way of reminding you that your well-being matters, and that we're here to support you on this journey.

Throughout this event, you'll find an array of activities and discussions that touch upon various aspects of well-being. From engaging talks on big issues to invigorating physical activities - every facet of this festival is designed to leave you inspired, uplifted, and equipped with tools to enhance your overall well-being.

On behalf of Hayle Town Council, I invite you to immerse yourself in this unique experience, to connect with one another, and to discover the myriad ways in which you can nurture your health. Let's embark on this journey together and embrace the power of well-being, one step at a time to see our community coming together to celebrate wellness and forge connections.

Warm regards,



Join our mailing list and be the first to hear about what's happening in Hayle.

Scan the QR code or go to:  
[http://eepurl.com/ifx\\_Kj](http://eepurl.com/ifx_Kj)



We'd love to hear your feedback about the festival so please complete the online survey to let us know how we did and what you'd like us to offer in the future:  
<https://forms.office.com/e/m16NQxFP98>

If you'd like to deliver a workshop or webinar in the future, email [julie.baldwin@hayletowncouncil.net](mailto:julie.baldwin@hayletowncouncil.net)

# ABOUT THE FESTIVAL

## WHAT IS IT?

Hayle Health & Wellbeing Festival is a vibrant celebration dedicated to your well-being. This is your space to explore, connect, and discover the endless possibilities that contribute to a healthier and happier you.

In a world that often moves too quickly, taking time for yourself can feel like a luxury. That's why we've curated an array of activities, across the themes of **connect**, **move**, **eat** and **explore** that invite you to try something new, to engage your senses, and to rediscover the simple joys that enhance your everyday life.

This festival isn't about telling you what's best for your well-being. Instead, it's an opportunity for you to dive into a diverse selection of experiences, from movement and crafting to conversations about mental health and connecting with nature. It's about finding what resonates with you, sparking connections, and embracing the profound impact that both personal and communal well-being can have on our lives.

So, whether you're an adventurer seeking new thrills, a curious learner exploring the science behind well-being, or someone simply yearning for a day of laughter and connection, Hayle Health & Wellbeing Festival has something for you.

Here's to a day of exploration, camaraderie, and self-discovery. Enjoy the journey!

## PLANNING YOUR WEEKEND

There's a lot going on over the weekend, so you'll need to look at the full activity programme to plan your time carefully. We suggest the following to maximise your enjoyment:

- Wear comfortable clothing so that you can take part in the activities
- Leave enough time to get between venues/activities
- Be prepared to try something new
- Pre-book your activities using the paper or digital forms (scan the QR code for the digital form) so that you don't miss out
- If you don't pre-book, arrive early as activities will be allocated on a first come first served basis
- Take note of the individual guidance for each activity
- Bring a refillable cup or water bottle
- Under 18s need to be accompanied by an adult over 18



## SUSTAINABILITY

We want to limit the impact the festival has on the planet so where you can please use active modes of travel or public transport. Refreshments can be purchased from Hayle Academy and Paddy's Mill and we encourage you to bring your own refillable cups to use.

Please ensure that you take your litter home with you where you can.



# VENUES

## Hayle Academy

Most of the activities on Saturday 23rd September will take place at Hayle Academy.

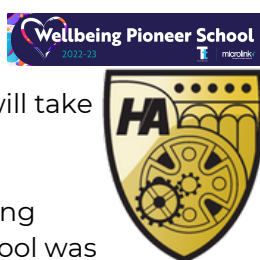
Hayle Academy is a Wellbeing Pioneer School and the school was keen to support the wider community with health and wellbeing by agreeing to host the event.

There is some parking at the school, although parking will be limited due to the number of visitors and activity providers. Let us know in advance if you require a disabled parking space when you book your activities.

Refreshments will be on sale from 10am - 4pm. The WI will have a cake stall and Foundry Foods will be selling savoury food along with tea/coffee and soft drinks.

## Sandy Acres

Sandy Acres is nestled beneath the grassy-backed dunes and above a secluded beach. Sandy Acres runs regular health and wellbeing activities for locals and visitors to attend, including sound baths, yoga and more. They also have their own surf school. There is a pay and display beach car park and you MUST display a ticket at all times, year round.



## Paddy's Mill

Tracy Waite has organised a full day of activities at Paddy's Mill on Saturday 23rd September.



Paddy's Mill is a safe space to move, feel well and escape. Tracy offers a range of help to members of the community that have a physical and/or mental difficulty and/or those feeling isolated, that prevents them from leading an active life. Participants will be socially prescribed to her projects by the SPWT of Bodrigger and Stenack Surgeries, sign posted by support groups of the Community sector, and individuals identified by Tracy through her personal training and wellness coaching business.

The nearest car park to Paddy's Mill is the pay and display Commercial Road Car Park although there will be some limited disabled parking at Paddy's Mill itself.

Be Kind, The Vegan Coffee Caravan will be relocating to Paddy's Mill Wellness Centre carpark for the day to serve epic coffee, cakes and all things sweet and savoury yumminess.

The Swap Box will be holding a free clothes swap and general sports gear rummage!

You'll also have an opportunity to chat to Georgina about Pets as Therapy.

# CONNECT

The Connect talks and workshops will explore the world within us and the world around us, looking at how both influence our mental, physical and emotional wellbeing. We will tackle a broad range of topics – from death and grief, the reciprocal relationship between planet and people to living with a long term health condition. Whether you want to better connect with yourself through a breath workshop or others through laughter yoga, there should be something for you.

## **CACAO CEREMONY** *with Jack Burlison* *from Bohemian* *Biohacking Co*

Delve into a transformative meditation guided by Cacao's natural healing properties. This 30-45 min session combines relaxation, movement and meaningful connection exercises, fostering resilience and heart-opening experiences. Journey with us as we set winter intentions and strengthen bonds. Bring a mat if you have one, warm clothes and a cushion.

**SAT****9am****Hayle Academy**

## **AGEING GREATLY** *with iCareiMove*

How we can all, no matter what age we are, make adjustments to address not only the obvious of moving more and sitting less, but approaches to other aspects of living so we can work towards living longer, better. This fun, interactive session will include sleep, mental health, and tips to stay steady on your feet. Suitable for all ages.

**SAT****2pm****Hayle Academy**

## **CONVERSATION AND** **CRAFTS WITH A POM POM** **PARTY**

*with Katy Dormer from Makers*  
*Boutique Studio*

Gather round for a delightful session of crafting and conversation. Join us to create colourful pompoms with easy techniques in a relaxed welcoming atmosphere. Suitable for all.

**SAT****10.15am****Hayle Academy**

## **MENOPAUSE WORKSHOP** **SAT** *with iCareiMove*

A workshop on Menopause for all. We discuss the symptoms, the impact of menopause on a woman's life, including her partner, family and worklife. We look at how to track and manage symptoms, have a discussion around HRT and how to have a productive discussion about your needs, with your GP or Clinician. We all know a woman who is aged from 35 plus so this is suitable for anyone although there will be discussion around more intimate details so possibly for 16+.

**12pm****Hayle Academy**

**WALK AND REFLECT SAT**  
**BEREAVEMENT**  
**STROLL**  
**with volunteers**  
**from Cornwall**  
**Hospice Care**

Walk Talk Kernow is a FREE bereavement support group run by Cornwall Hospice Care. Whilst walking in nature, each group provides a space for those who are bereaved and seeking social connections with others who are also experiencing grief. Join us on KGVMW for an afternoon amble and allow nature to help guide you through the grieving process, step by step. Wear comfortable clothing and sensible footwear for walking.

**3pm**  
**KGVMW**



**BREATHWORK SAT**  
**with Jennie**  
**Atkinson from**  
**Sandy Acres**

Come and experience the benefits of breathwork at Sandy Acres, in the dunes immersed in nature. Jennie will guide you through a series of breathing exercises to help calm your nervous system and let go of any stresses. You will leave feeling blissfully refreshed. Suitable for adults 16+ in good general health. No prior experience required. Wear comfortable clothing and bring a mat if you have one.

**11:15am**  
**Sandy Acres**



07

**REIKI SAT**  
**with staff from**  
**Macmillan**

Reiki is an energy healing technique for stress reduction and relaxation. Participants remain fully clothed and the treatment can be carried out whilst sat in a chair. The treatment is a non-touch technique and can bring feelings of relaxation, peace and well-being. There are no known adverse reactions. Treatment time will be approx 15-20 minutes per person. Wear comfortable clothing.

**Drop-in all day**  
**Hayle Academy**



**101 WAYS TO BE SAT**  
**GREEN AND**  
**HEALTHY IN HAYLE**

Join us in an exciting community-building endeavour where you can contribute to crafting a comprehensive map of 101 ways to lead a greener, healthier lifestyle in Hayle. This engaging initiative encourages your active participation, offering a platform to share ideas, spark conversations, and foster a more sustainable and well-balanced community. Together, we will inspire and support one another to embrace a greener, healthier Hayle.

**1pm**  
**Hayle Academy**



**SOUND BATHS**  
**with Liz Thomas from**  
**Holistic Healing**  
**Cornwall**

**SAT**

Relaxing, meditative and healing Soundbath. Experience and enjoy the wonderfully powerful sounds from the Crystal and Tibetan bowls, Gongs, chimes and many other instruments. During the sound bath, participants lie on their backs, or can be seated. The instruments are played and you will be guided into a relaxed meditative journey to attain a state of equilibrium. Among the benefits are relaxation and an increased sense of wellbeing. The family sound bath is suitable for children over 8 (and younger if able to participate sensibly and lie still/quietly). Bring a yoga mat/something comfortable to lie on, a pillow, blanket and eye pillow if you have one. Wear comfortable clothing.

**11.30am Family Sound Bath**  
**2.30pm Adult only Sound Bath**  
**Hayle Academy**



**LAUGHTER YOGA**  
**with Melissa Howell**  
**from Pilates and**  
**Mindfulness**  
**Cornwall**

**SAT**

Embark on an introduction to the wonderful world of Laughter Yoga. Discover how laughter can elevate your mood, reduce stress, and enhance well-being. Join Melissa for a session of pure, unadulterated laughter and experience its remarkable benefits firsthand. Suitable for anyone over the age of 20.

**4pm**  
**Hayle Academy**



**COMMUNITY**  
**HARMONY SCARF**  
**KNITTING CIRCLE with**  
**Clare**

**SAT**

Join Clare who has created the Community Harmony Scarf for an hour of creative, holistic connection.

Bring old/new/recycled ribbons, or material to make into ribbons, and be a part of this community harmony scarf's journey, helping to spread its joy and magic and spread its colourful message to the world.

**11:30am**  
**Paddy's Mill**



**CREATIVE WRITING**  
**FOR WELLBEING**  
**with Heather White**  
**from WEA**

**SAT**

An opportunity to have fun, relax and get creative with words. During this short taster session we will explore some great techniques to get those creative juices flowing. You will have the opportunity to participate, individually and as part of a group, in a variety of activities including creative writing games. You do not need to be fantastic at grammar, or spelling to join in - You may be amazed by what you and others can produce in a very short space of time. Bring a pen, pencil and a notebook.

**1pm**  
**Hayle Academy**

**POSITIVITY ROCKS**  
**with Georgia's Voice**

**SAT**

Using paint pens you can create a design/positive affirmation on a smooth pebble. This can be kept, gifted to someone who might need it, or hidden in plain sight as a random act of kindness.

**Drop in all day**  
**Hayle Academy**



# CONNECT PANEL DISCUSSIONS

Each panel will be made up of a people with a lived experience of the topic, or who work in a related field. Each panel will be asked a series of questions before the audience gets the opportunity to ask their own questions.

## PANEL DISCUSSION 1

**10:30 - 11:30**

**Own your health and wellbeing: Managing a long-term health condition**

*with*

**Sandy Lawrence (Cornwall Accessible Activities Program)**

**Helen Tite (iCareiMove)**

**Tracey Opie (Root Training)**

Discover strategies to thrive while managing long-term health conditions. Join our expert panel as they share insights and practical tips for taking charge of your well-being journey.

## PANEL DISCUSSION 3

**14:30 - 15:30**

**Diving into the Blue: Exploring the Transformative Benefits of Blue Health**

*with*

**Jem Wallis (Escape Swims)**

**Katy Spencer (The Wave Project)**

Dive into the world of Blue Health and its remarkable impact on well-being. Our panel will unravel how water connection rejuvenates mind, body, and spirit.



## PANEL DISCUSSION 2

**11:45 - 12:45**

**Bringing death into life: How can we enable people to deal with grief and bereavement in their everyday lives**

*With*

**Clare Bray (Cornwall Hospice Care)**

**Susie Retallack (Survivors of Bereavement by Suicide)**

**Anna Lim (CRUSE)**

**Anne Stephens**

A panel discussion exploring how we can make conversations about death a natural part of life. Join us as we share ways to support one another through grief and bereavement in our daily lives.

## PANEL DISCUSSION 4

**16:00 - 17:00**

**We are Nature: How can seeing ourselves as part of nature help our sense of wellbeing?**

*with*

**Manda Brookman (Volunteer Cornwall)**

**Holly Whitelaw (Sustainable Food Cornwall (Hayle))**

**Annette Eatock (Sustainable Hayle)**

This panel discussion will explore the profound interconnectedness between humans and the natural world. We'll delve into how recognizing our intrinsic link to nature can elevate our overall well-being.

# EAT

A celebration of delicious food that's good for people and planet with a focus on seasonal ingredients, sustainability and eating well for life through a range of talks and demonstrations by local chefs and nutrition experts.

## **Taste & Talk: A Food Adventure** **FRI** with **Rupert Cooper** from **Cove Cafe/Philleigh Cookery School**

Get ready for an evening that's good for your taste buds and your well-being!

Join us for "Taste & Talk: A Food Adventure," where we'll dive into the secrets of good food and health.

Tickets are £23 (plus booking fee) for the talk and a 2 course meal. Drinks are extra, and you can pay for drinks on the night with cash or card. Tell us in advance if you have any special food needs.

It's the perfect way to kick off Hayle Health & Wellbeing Festival.

Book via Eventbrite using this link:  
<https://www.eventbrite.com/e/taste-talk-a-food-adventure-tickets-711166517197?aff=oddtcreator>

Or scan the QR code:



**6.30pm**  
**Cove Cafe**

## **GUT FEELINGS: UNVEILING THE SECRETS OF GUT HEALTH** **SAT** with **Ruby Lynch** from **Rooted Nutrition**

Delve into the fascinating world of gut health and its impact on overall well-being. Ruby's talk will uncover the science behind a healthy gut and offer practical tips for nurturing your body's natural balance. Suitable for anyone interested in making positive changes to their health.

**12.30pm**  
**Hayle Academy**



**FROM SOIL TO  
WELLNESS:  
NURTURING OUR  
HEALTH THROUGH  
HEALTHY SOIL  
with Holly Whitelaw  
from Regenerative  
Food and Farming  
CIC**

Unearth the profound connection between soil health and human well-being in this enlightening talk by Holly Whitelaw from Regenerative Food and Farming CIC/Cornwall Gleaning Network/Cornwall Climate Action Network/Sustainable Food Cornwall/Bosavern Community Farm.

Delve into the fascinating world beneath our feet, discovering how nurturing soil vitality can translate to improved human health. Join us for insights that promise to cultivate both environmental and personal wellness.

**15:15pm  
Hayle Academy**



**SAT**

**CULINARY  
CREATIVITY: FROM  
CUPBOARD TO  
CUISINE**

**with Bradley  
Leighton from  
Foundry Foods**

Join us for a culinary adventure that combines resourcefulness and sustainability. Foundry Food will be turning your everyday pantry items into mouthwatering masterpieces.

Here's how it works:

**Preparing for Palates:**

Prior to the event, we invite you to share your 'what's in your cupboard' list. From these submissions, we'll select 2-3 participants whose lists will guide the creation of our main meals. This ensures an element of surprise, as we transform basic ingredients into delectable dishes.

**Cooking on the Spot:**

As you gather at Quay Kitchen be ready to witness your chosen ingredients come alive in the hands of our skilled chef. Through live demonstrations, we'll craft these ingredients into flavourful feasts, all while explaining the techniques and methods.

**Beyond the Plate:**

While the dishes simmer to perfection, let's gather for a lively discussion about each participant's list. Here, we'll dive into creative ideas and savvy shopping strategies to minimize food waste. It's an opportunity to collectively share wisdom, ensuring our meals are not only delicious but also mindful of the environment.

This will be more than just a cooking demonstration – it's going to be an exploration of how culinary ingenuity and conscious choices can transform our kitchens, one cupboard at a time. Let's come together for a shared feast of knowledge and flavors, celebrating the art of cooking and caring for our planet.

**5pm  
The Quay Kitchen**

**SUN**



# EXPLORE

Whether people are seasoned explorers or nature newbies, this theme is all about helping you to connect with nature and the outdoors. The connection between nature and our wellbeing has been proven and in Hayle we are blessed with so many beautiful spaces to bring us closer to nature.



## **GHOST GEAR** **with Castaway** **Ropeworks**

# SAT

Hands-On Ocean Exploration. Dive into our drop-in activities! Explore a plastic beach diorama, test your senses with a feely box, and discover the art of rope making. Get creative with rope headbands or bracelets, and learn about repurposing ghost gear. Kids can enjoy space hopper races (weather permitting, ages 6-12). Wear comfortable clothing/footwear with covered toes. You'll need a coat if it's raining!

**Drop in all day**  
**Hayle Academy**



## **Guided Walk** **with Friends of the** **Towans**

# SUN

A one-hour walk, identifying flora and fauna, and outlining the important role Friends of the Towans plays in protecting and conserving the Towans, how volunteers help with this work, and why more are always needed. Led by FOTT founder member Dorothy Smith.

This is one of three activities at St Gothian Sands Nature Reserve, and can be booked separately or together. Meeting place for the Guided Walk is at the entrance to Gwithan Green. Look out for the FOTT banner. What three words: [///spare.footpath.shrub](http://spare.footpath.shrub).

Car parking: Gwithian Green car park, or lay-bys on both sides of the B3301 near St Gothian Sands.

Wear appropriate footwear (walking boots/trainers) and layers. Bring waterproof coat/jacket or sunhat and sun cream, depending on weather. St Gothian Sands can be uneven underfoot, so you may wish to bring a walking stick or pole. It is not suitable for wheelchairs or pushchairs. Bring a drink and snack or lunch if you wish to go to the Art Club events after the walk.

**10:30am**  
**St Gothian Sands Nature Reserve**



## DRAWING AND PAINTING ON THE TOWANS

### with Friends of the Towans Art Group

Join Friends of the Towans Art Club to draw and paint overlooking Godrevy Lighthouse, the sea and St Gothian Pool. Wherever you are on your creative quest Hilary Jean Gibson of Art Club will have tips and guidance if you want them. We will have a review at the end, and Hilary is always happy to give one to one help.

Meet at St Gothian Sands. What three words [///exhaled.pats.painter](http://exhaled.pats.painter).

Car parking is available in lay-bys on either side of the B3301 near the entrance to the reserve or park at Godrevy NT Car Park (remember NT membership card if you're a member). Look out for the FOTT banner

Wear appropriate footwear (walking boots/trainers) and layers. Bring waterproof coat/jacket or sunhat and sun cream, depending on weather.

You can borrow pencils, erasers, sharpeners, water soluble coloured pencils and aqua brush pens but are asked to bring a sketchbook, and your own art materials if you have them. Ideally dry drawing materials like pencils, charcoal or pastels but watercolour and watercolour paper is fine too. Don't forget to, bring snacks and a drink.

# SUN



## BOTANICAL ILLUSTRATION WORKSHOP

### with Friends of the Towans Art Group

# SUN

Outdoor workshop for children aged between 8 and 16 and accompanying adults. Led by FOTT Art Club founder member Dominica Williamson.

This workshop targets science and art in a fun and relaxed way, with the aim of enabling everyone to become inspired by the mystery of this little known corner of the dunes as well as the art of painting plants. No experience is required, just the thirst for listening, looking, drawing and painting.

You can borrow pencils, erasers, sharpeners, water soluble coloured pencils and aqua brush pens but are asked to bring a sketchbook, and your own art materials if you have them. Ideally dry drawing materials like pencils, charcoal or pastels but watercolour and watercolour paper is fine too. Please note, children are to be accompanied by an adult.

We will meet at St Gothian Sands. What three words: [///spare.footpath.shrub](http://spare.footpath.shrub). Look out for the Friends of the Towans sailflag. You can park in nearby laybys or at the National Trust Car Park at Godrevy (costs apply).

Wear appropriate footwear (walking boots/trainers) and layers. Bring waterproof coat/jacket or sunhat and sun cream, depending on weather.

Book this event via Eventbrite using the following link or by scanning the QR code:  
<https://www.eventbrite.co.uk/e/715189289417?aff=odtdtcreator>



**12:15pm**

**St Gothian Sands Nature Reserve**

**2pm**

**St Gothian Sands Nature Reserve**

# MOVE

The move strand is designed to get you moving in ways that you haven't before – from yoga and Tai Chi to convening with nature at an outdoor Silent Disco, this is a chance to see the many different ways that people can get moving in and around Hayle no matter what mobility issues you may have.



## VINYASSA FLOW YOGA and SLOW FLOW YIN YOGA with Jennie Atkinson

### SAT

Join Jennie for a Vinyasa Flow or Slow Flow Yin Yoga class, taking place on the beach or in a wooden yoga hut situated on the Sandy Acres campsite. Jennie's classes are dynamic and fun, full of creative sequencing and linking breath to movement. Suitable for adults 16+ in good general health of all ability levels. Vinyassa Flow Yoga suitable for those with a little experience with no experience necessary for the Slow Flow Yin Yoga. Large dune to climb on the way back. Wear comfortable clothing and bring a mat if you have one.

**Vinyassa Flow 9:30am/Slow Flow Yin 3pm**  
Sandy Acres

## GENTLE FLOW PILATES with Melissa Howell from Pilates and Mindfulness Cornwall

### SAT

A gentle stretch and flow Mat Pilates session suitable for all. Pilates is a holistic exercise that builds core strength, flexibility, and mind-body connection. Wear comfortable clothing and bring a mat if you have one.

**10am**  
Hayle Academy



## WILD SWIM with Jem Wallis from Escape Swims

### SAT



Escape Swims offers wild swimming and wellness support through workshops and courses designed to introduce those who are unsure or lacking in confidence to be able to continue to safely swim following on from their support so that they continue to gain all of the benefits to mental and physical health. Join Jem for a swim. You'll need swimming kit, towel and determination!

**11am**  
North Quay

**GROUP CHAIR  
FITNESS FOR LONG  
TERM HEALTH  
CONDITIONS AND  
OLDER ATTENDEES**

**SAT**

**with Tracy Waite from  
The Waite Room CIC**

Group resistance band standing and chair workout for those with long term health conditions (LTHC), elderly, and difficulty with mobility. Wear comfortable clothing with sensible footwear. Smiles essential!

**1pm  
Paddy's Mill**

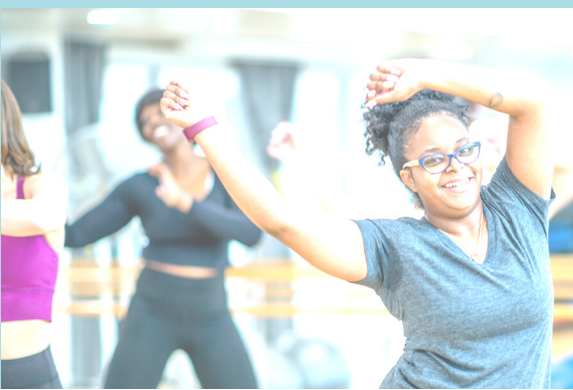


**ZUMBA  
with Catherine  
Campbell**

**SAT**

Join our high-energy Zumba class with Catherine, where fitness meets fun. Dance to exhilarating beats while burning calories, improving coordination, and boosting your mood. Get ready to groove and embrace a dynamic, enjoyable workout. Wear comfortable clothing with sensible footwear. Smiles essential!

**2pm  
Paddy's Mill**



**TAI CHI AND  
QIGONG**

**SAT**

**with Liz Thomas from  
Holistic Healing  
Cornwall**

Tai Chi Qigong Shibashi is a gentle, beautiful and flowing Qigong exercise routine that is both a joy to practice and deeply relaxing. It is designed to improve the general health and wellbeing of the practitioner. The gentle rocking motions and stretching movements improve circulation and digestion. The chest exercises and controlled breathing are good for lung conditions and asthma. The overall effect of the exercise is to reduce mental stress and physical tension carried in the muscles of the body. This Qigong is very effective and easy to learn. The gentle movements are suitable for people of all ages as it does not put too much stress on muscles and joints and can be practiced sitting or standing. Suitable for adults and children over 12. Wear loose clothing.

**1pm  
Hayle Academy**



**SOUL RUN FOR  
BEGINNERS**

**SAT**

**with Tracy Waite from  
The Waite Room CIC**

Walk/run focusing on mindfulness and joy, running without pressure, using KGVMW. Wear comfortable clothing with sensible footwear for running. Smiles essential!

**4.30pm  
Paddy's Mill**





**DISCO SKATING** **SAT**  
**with Donna Sinclair**  
**from SK8PZ**

Roll into the fun at our roller skating activity with Donna from SK8PZ. Open to all ages and abilities. Move to the rhythm of disco beats while engaging in games, lessons, and structured techniques that transform skating into an exhilarating experience for everyone. Share the joy and connect with fellow skaters in this intergenerational celebration of movement.

Bring a helmet and safety gear if you have it. Bring your own skates if you have them or there will be a limited supply available to hire.

**2pm**  
**Hayle Academy**



**OUTDOOR SILENT** **SAT**  
**DISCO**  
**with Donna Sinclair**  
**from SK8PZ**

Get ready to dance to your own rhythm at our outdoor silent disco. With headphones on, sway to the beats while embracing the open sky, creating a unique and immersive dance experience for all.

There will be a charge of £3 for this activity. You can pay by cash or card on arrival. Suitable for anyone.

**7pm**  
**Beachside**

**CHAIR WORKOUT** **SAT**  
**with Cornwall Memory**  
**Café Network**

The Cornwall Memory Cafe Network offers a Love to Move facilitated session with one of our Wayfinders. Love to Move is an age and dementia friendly seated movement programme. The programme has its roots taken from gymnastics and uses specially designed coordination and bilaterally asymmetrical movement patterns, which are thought to have the effect of increasing a person's cognitive reserve. Research on the programme to date has identified that Love to Move can make a significant impact on the quality of life for older people and in particular, those living with dementia appear to benefit the most. Particularly suitable for people living with dementia or those caring for people with dementia.

**11am**  
**Hayle Academy**



**SUNDAY MORNING** **SUN**  
**SWIM CLUB**  
**with Sandy Acres**

The Sunday Morning Swim Club meets every Sunday morning at 09:30 whatever the weather and are on the beach ready to dip at 09:45. They always have coffee and cake afterwards with a donation from every hot drink going to the CLEAR Cornwall charity. Everybody is welcome and it's a chance to immerse yourself in the ocean with like-minded individuals. Meet on the beach in front of the cafe. Look out for the flag. There is a steep dune to walk up afterwards. Wear a swimsuit or wetsuit and bring a changing robe (if required). The group are not experts and participants enter the sea at their own risk. The group runs all year.

**09:30am**  
**Sandy Acres**



# COMMUNITY SHOWCASE

Join us at the heart of the festival for a vibrant and diverse display of our community's spirit. The Community Showcase is an amalgamation of local groups, clubs, and societies eagerly awaiting your involvement. Discover exciting opportunities to engage with like-minded individuals, share your passions, and be a part of something special. Additionally, explore a range of services and organisations dedicated to enhancing your health and well-being journey. Whether you're seeking a new interest or valuable support, the Community Showcase is your gateway to a thriving, interconnected community. Come, connect, and celebrate with us!

## DISABILITY CORNWALL/CORNWALL DISABILITY ALLIANCE

Disability Cornwall has arranged for the following outreach clinics for anyone needing advice to access health & wellbeing related services in Cornwall & IoS:

**Dial advisors :** Health & Wellbeing, Independent Living & Equipment, Social & Leisure Opportunities, Training Volunteering & Employment, Money & Welfare Entitlements, Housing & Home Environment, Rights & Desicrimination, Training Volunteering & Employment

**Cornwall Carers:** Practical support, information, advice and guidance, help to access grants, community support

This is a drop-in service that will be available all day at Hayle Academy.



## EXHIBITORS INCLUDE:

Adult Education  
 Artswell  
 Bodriggy Craft Group  
 Boom Theatre CIC  
 Community Energy Plus  
 Cornwall Disability Alliance  
 Cornwall Hospice Care  
 Cornwall Wildlife Trust  
 Cruse Bereavement Support  
 Diabetes UK  
 disAbility Cornwall  
 Friends of the Towans  
 Friends of the Towans Art Group  
 Georgia's Voice  
 Girl Guiding UK  
 Hayle and District Lions Club  
 Hayle Community Action Group  
 Hayle Day Care Centre  
 Hayle Library  
 Hayle Old Cornwall Society  
 Hayle Penwith U3A  
 Hayle Twinning Association  
 Hayle WI  
 Hayle Youth Project  
 Headstart Kernow  
 Health Watch  
 Macmillan (The Cove)  
 Pentreath  
 Rooted Nutrition  
 Root Training  
 St John Ambulance  
 Sustainable Hayle  
 Survivors of Bereavement by Suicide  
 The Wave Project  
 WEA  
 We Are With You

[#haylewellbeingfest](https://twitter.com/haylewellbeingfest)



• Mount Edgcumbe Hospice • St Julia's Hospice •

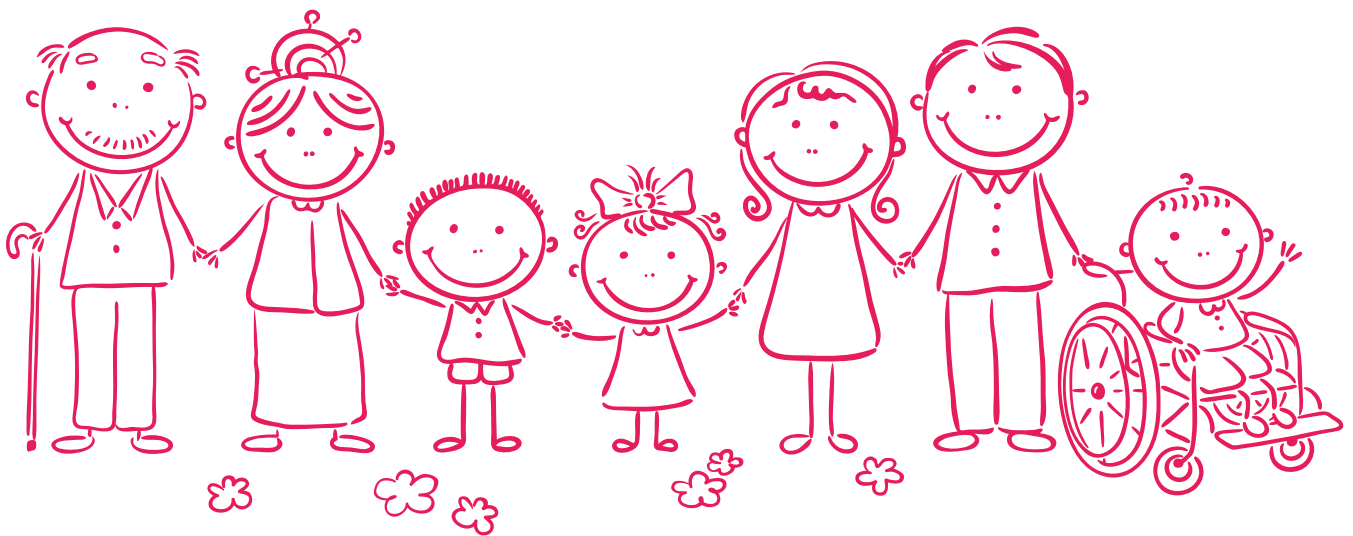
Caring for our community



# Hayle Mayor's walk and roll

10:30am Sunday 24 September 2023

on KGVMW



www.hayletowncouncil.net

## Wellbeing Walk & Roll for St Julia's Hospice: Join Us!

Get ready for a fun-filled walk and roll on KGVMW, supporting St Julia's Hospice. Meet at the swimming pool and stroll to the rec where there'll be entertainment from Local Vocalz and signing choir, Makasong – everyone's invited! Whether you're in a wheelchair, with your family, or strolling with a walking frame, we're all in this together. Download a sponsorship form and collect donations, make a donation via Just Giving by scanning the QR code or donate on the day. Let's move, support, and enjoy!

Go to [www.hayletowncouncil.net](http://www.hayletowncouncil.net) for more information.



# BEYOND THE FESTIVAL: Continuing the Journey

## ElevateYOU

The Hayle Health and Wellbeing Festival isn't just about one weekend in September – it's the beginning of a year-round exploration of well-being. We're thrilled to introduce our monthly sessions that carry forward the festival's essence, focusing on the four core themes of **Connect, Move, Explore, and Eat.**

Whether you want to learn or share ideas we encourage your active participation. If you have an idea for a session that aligns with these themes, reach out to [julie.baldwin@hayletowncouncil.net](mailto:julie.baldwin@hayletowncouncil.net). We're keen to hear from community members who want to lead workshops, discussions, or activities in-person or online.

Our first sessions are already lined up, beginning with an insightful online talk at **7pm on Tuesday 10th October** about "Health, Wellbeing, and Seals." Join us as **Sue Sayer MBE** from the **Seal Research Trust** shares her decades of observations on seal behavior, offering an intriguing perspective on the links between their world and ours. This engaging session, suitable for anyone over 12, invites schools, colleges, nature lovers, and businesses to come together and explore the interconnectedness of our environment.

Embrace the journey with us as we expand horizons, share knowledge, and celebrate well-being in our community.

## Stay in the Loop: Sign Up for Updates

Stay informed about our upcoming monthly well-being sessions by signing up to our mailing list. Be the first to know about engaging talks, workshops, and more: [http://eepurl.com/ifx\\_Kj](http://eepurl.com/ifx_Kj)

To kick-start this journey, reserve your spot for the first online talk on Eventbrite. Don't miss out – secure your place now by scanning the QR code or clicking the link: <https://www.eventbrite.co.uk/e/713664789597?aff=oddtcreator>





# #Hayle Wellbeing Fest

# THANK YOU



Hayle Town Council would like to give heartfelt thanks to all of the contributors and venues for their services along with the volunteers that gave their time freely to make Hayle Health and Wellbeing Festival a community-focused event.

Particular thanks to Bodriggy Health Centre, especially Henri Sloan who has been incredibly helpful in the planning of the festival.



aspects holidays

Thank you to Aspects Holidays for their sponsorship.



Makers Boutique Studio  
Fabric, Hoberdashery, Yarn, Handmade Gifts



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