

# Hayle Health and Wellbeing Festival Saturday 22nd - 24th September 2023

## Activity Choices

We're excited to offer you the opportunity to pre-book your preferred activities and workshops through the form below. By reserving your spots in advance, you ensure that you won't miss out on the activities that resonate most with you. Keep in mind **where** the activities are taking place and **allow enough time** to get between venues and activities. Follow the simple steps to select your activities, giving you a tailor-made festival experience. Start planning your day of wellness today!

If you wish to book either the launch event at The Cove Cafe (Fri 22nd September 18:30) or the Botanical Illustration for Families Workshop by Friends of the Towans Art Group (Sun 24th September 14:00) you can book via Eventbrite: <https://www.eventbrite.com/o/hayle-town-council-59907375573>

Complete **one form per person**. Children under 16 **must** be accompanied by a parent/carer over the age of 18.

You do not need to select an activity for every time period.

If you have a question, email [julie.baldwin@hayletowncouncil.net](mailto:julie.baldwin@hayletowncouncil.net) The information you provide will be kept in line with our privacy policy which is available on our website: [www.hayletowncouncil.net](http://www.hayletowncouncil.net)

## Contact Details

Full name:

Date of birth (Children under 16 need to be accompanied by a parent/carer over 18) Day/Month/Year:

Email address:

Telephone Number:

## Activities for Saturday 23rd September 2023

Tick the activity you would like to attend starting between 09:00 - 10:00 (tick only one activity):

- Connect Workshop:** Cacao Ceremony with Jack Burlison (09:00 - 09:45) *Hayle Academy*
- Move:** Vinyassa Flow Yoga with Jennie Atkinson (09:30 - 10:45) *Sandy Acres*

Tick the activity you would like to attend starting between 10 - 11am (tick only one activity):

- Connect Panel Discussion 1: Own Your Health and Wellbeing** (10:30 - 11:30) *Hayle Academy*
- Connect Workshop: Pom Pom Party** with Katy Dormer from Makers Boutique Studio (10:15 - 11:15) *Hayle Academy*
- Connect @ Paddy's Mill: Walk, Connection and Town Clean** with Tracy Waite from The Waite Room (10:00 - 11:00) *Paddy's Mill*
- Move: Pilates** with Melissa Howell from Pilates and Mindfulness (10:00 - 10:40) *Hayle Academy*

Tick the activity you would like to attend starting between 11:00 - 12:00 (tick only one activity):

- Connect Panel Discussion 2: Bringing Death into Life** (11:45 - 12:45) *Hayle Academy*
- Connect Workshop: Family Sound Bath** with Liz Thomas from Holistic Healing Cornwall (11:30 - 12:30) *Hayle Academy*
- Connect @ Paddy's Mill: Community Harmony Scarf Knitting Circle** with Clare (11:30 - 13:00) *Paddy's Mill*
- Connect @ Sandy Acres: Breathwork** with Jennie Atkinson (11:15 - 12:00) *Sandy Acres*
- Move: Chair Workout** with Cornwall Memory Cafe (11:00 - 12:00) *Hayle Academy*
- Move: Wild Swim** with Jem Wallis from Escape Swims (11:00 - 12:00) *North Quay (Meet where Lula's used to be)*

**Tick the activity you would like to attend starting between 12:00 - 13:00 (tick only one activity):**

- Connect: Menopause Workshop** with iCareimove (12:00 – 13:00) *Hayle Academy*
- Eat: Gut Feelings - Unveiling the Secrets of Gut Health** with Ruby Lynch from Rooted Nutrition (12:30 - 13:00) *Hayle Academy*

**Tick the activity you would like to attend starting between 13:00 - 14:00 (tick only one activity):**

- Connect Community Builder:** 101 ways to be green and healthy in Hayle (13:00 - 14:00) *Hayle Academy*
- Connect Workshop:** Creative Writing for Wellbeing with Heather White from WEA (13:00 - 14:00) *Hayle Academy*
- Move:** Tai Chi and QiGong with Liz Thomas from Holistic Healing Cornwall (13:00 - 14:00) *Hayle Academy*
- Move:** Chair Workout with Traci Waite from The Waite Room (13:00 - 14:00) *Paddy's Mill*

**Tick the activity you would like to attend starting between 14:00 - 15:00 (tick only one activity):**

- Connect Panel Discussion 3: Diving the Blue** (14:30 - 15:30am) *Hayle Academy*
- Connect Workshop: Ageing Greatly** with iCareiMove (14:00 – 15:00) *Hayle Academy*
- Connect Workshop: Sound Bath** with Liz Thomas from Holistic Healing Cornwall (14:30 - 15:30) *Hayle Academy*
- Move: Roller Skating** with Donna Sinclair from SK8PZ (14:00 - 16:00) *Hayle Academy*
- Move: Zumba** with Catherine Campbell (14:00 - 15:00) *Paddy's Mill*

**Tick the activity you would like to attend starting between 15:00 - 16:00 (tick only one activity):**

- Connect Workshop: Walk and Reflect - Bereavement Stroll** with volunteers from Cornwall Hospice Care (15:00 - 16:00) *KGVMW*
- Move: Slow Flow Yin Yoga** with Jennie Atkinson from Sandy Acres (15:00 - 16:15) *Sandy Acres*
- Eat From Soil to Wellness** with Holly Whitelaw from Regenerative Food and Farming (15:15 – 15:45) *Hayle Academy*

**Tick the activity you would like to attend starting between 16:00 - 17:00 (tick only one activity):**

- Connect Panel Discussion 4: We are Nature** (16:00 - 17:00) *Hayle Academy*
- Connect Workshop: Laughter Yoga** with Melissa Howell from Pilates and Mindfulness (16:00 - 16:45) *Hayle Academy*
- Move: Soul Run for Beginners** with Tracy Waite from The Waite Room (16:30 - 17:30) *Paddy's Mill*

**Would you like to book the outdoor silent disco (19:00 - 21:00) with Donna Sinclair from SK8PZ which will have a cost of £3 on the door?**

- Yes
- No

## Activities for Sunday 24th September 2023

**Tick the activities that you would like to book for Sunday 24th September (you can tick more than one)**

- Move: Sunday Morning Swim Club** (09:30) *Sandy Acres*
- Explore: Guided Walk by Friends Of The Towans** (10:30) *St Gothian Sands Nature Reserve*
- Explore: Drawing and Painting on the Towans** (12:15) *St Gothian Sands Nature Reserve*
- Eat: Culinary Creativity-From Cupboard to Cuisine** (17:00) *The Quay Kitchen*

You can submit your activity choices by posting this form to Hayle Town Council (FAO J Baldwin, Hayle Community Centre, 58 Queensway, TR27 4NX) or Hayle Library by **5pm Wednesday 20<sup>th</sup> September**.

If you do not hear back from us, then you can assume that your choices have all been approved so make sure that you turn up to your chosen activities at least 10 minutes before the activity start time to register. We cannot guarantee your first choices and will attempt to notify you if your choices cannot be fulfilled so that you can choose an alternative option. Please notify activity providers at the beginning of each session if you have any mobility or health issues. You will be asked to complete a registration form before you can take part in some of the activities so please provide an email address so that these can be sent before the day. Do let us know via [julie.baldwin@hayletowncouncil.net](mailto:julie.baldwin@hayletowncouncil.net) if you cannot make one of your activities so that we can allocate the space to someone else.

Don't forget if you wish to book the launch event at The Cove Cafe on Friday 22nd September or the Botanical Illustration for Families Workshop by Friends of the Towans Art Group (Sun 24th September 14:00), you can book via Eventbrite: <https://www.eventbrite.com/o/hayle-town-council-59907375573>

**See you at Hayle Health and Wellbeing Festival!**