

## The Choice is Yours Festival 31<sup>st</sup> May – 26<sup>th</sup> June 2021 (Daily 10 am – 3 pm)

### WEEK ONE AT HAVERIGG CRICKET CLUB

Monday 31 <sup>st</sup> May	Tuesday 1 <sup>st</sup> June	Wednesday 2 <sup>nd</sup> June	Thursday 3 <sup>rd</sup> June	Friday 4 <sup>th</sup> June
Children's Week Volunteers/ PPG week Wildlife Week				
<u>All day 10 am – 3 pm</u> Arts & Craft Corner including Wildlife drawing competition - Family Action  <u>10 am – 12 noon</u> Stone & Rock decorating with Fee Wilson  <u>11 am - 12 noon</u> Smoothie making	<u>All day 10 am – 3pm</u> Let's get Physical – Family Action  <u>All day 10 am – 3pm</u> Dune Arts & Craft Corner - Cumbria Wildlife Trust  <u>11 am – 11.30 am</u> Alcohol workshop & beer googles activity – Shackles Off  <u>11 am – 12 noon</u> Smoothie making  <u>2 pm – 2.30 pm</u> Alcohol workshop & beer googles activity – Shackles Off	<u>All day 10 am – 3 pm</u> Arts & Craft Corner including decorate & hide your healthy rocks - Family Action <u>11 am – 12 noon</u> Smoothie making	<u>All day 10 am – 3 pm</u> Arts & Craft Corner including bird watching/wildlife competition - Family Action  <u>11 am – 12 noon</u> Smoothie making  <u>11 am – 11.30 am</u> Alcohol workshop & beer googles activity – Shackles Off  <u>2 pm – 2.30 pm</u> Alcohol workshop & beer googles activity – Shackles Off	<u>All day 10 am – 3 pm</u> Let's get Physical – Family Action  <u>11 am – 12 noon</u> Smoothie making

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## WEEK TWO AT MILLOM RUGBY UNION CLUB IN HAVERIGG

Monday 7 <sup>th</sup> June	Tuesday 8 <sup>th</sup> June	Wednesday 9 <sup>th</sup> June	Thursday 10 <sup>th</sup> June	Friday 11 <sup>th</sup> June
<b>Mental Health Week</b> <b>Bike Week</b> <b>Carers Week</b> <b>Diabetes Awareness week</b>				
<u>All day 10 am – 3 pm</u> Tour of Britain Cycle Event  <u>10 am – 12 noon</u> Hope & Cope Coffee Morning  <u>11 am – 12 noon</u> Lasting Power of Attorney information Session – West Cumbria Carers  <u>11 am – 12 noon</u> Smoothie making  <u>12 noon – 2 pm</u> Healthy cookery sessions - Elizabeth Milburn-Amos  <u>12 noon – 1 pm</u> Benefits of meditation and guided meditation – MIND Furness  <u>1 pm – 2 pm</u> Lasting Power of Attorney information Session – West Cumbria Carers	<u>All day 10 am – 3 pm</u> Tour of Britain Cycle Event  <u>10 am – 12 noon</u> Hope & Cope Coffee Morning  <u>11 am – 12 noon</u> Carers Champion session – West Cumbria Carers  <u>11 am – 12 noon</u> Smoothie making  <u>12 noon – 3 pm</u> Mini Health MOT (Millom ICC)  <u>12.30 pm – 12.50 pm</u> <u>1.50 pm – 2.10 pm</u> How can the mind Eliminate pain – Kevin Porter  <u>12.55 pm – 1.30 pm</u> <u>2.15 pm – 2.45 pm</u> Free demonstration of pain elimination – Kevin Porter  <u>1 pm – 2 pm</u> Carers Champion session – West Cumbria Carers	<u>All day 10 am – 3 pm</u> Tour of Britain Cycle Event  <u>10 am – 12 noon</u> Hope & Cope Coffee Morning  <u>10am – 12 noon</u> HIV Awareness Training – Blue Skies Trust  <u>11 am – 12 noon</u> Smoothie making  <u>12 pm – 1 pm</u> <u>2 pm – 3 pm</u> Parents sessions, mental health, self-harm & suicide – Every Life Matters  <u>12 noon – 3 pm</u> Interactive meditation / relaxation sessions – Skills 4 You	<u>All day 10 am – 3 pm</u> Tour of Britain Cycle Event  <u>10 am – 12 noon</u> Hope & Cope Coffee Morning  <u>11 am – 12 noon</u> Smoothie making  <u>12 noon – 2 pm</u> Workshop – Together We  <u>12 noon – 3 pm</u> Interactive meditation / relaxation sessions – Skills 4 You  <u>12.30 pm – 1 pm</u> <u>2 pm – 2.30 pm</u> Dreamscaping to relaxation – Kevin Porter	<u>All day 10 am – 3 pm</u> Tour of Britain Cycle Event  <u>10am – 12 noon</u> Budgeting exercises, money saving tips and dealing with debt - Citizens Advice  <u>10 am – 12 noon</u> Hope & Cope Coffee Morning  <u>11 am – 12 noon</u> Smoothie making  <u>11am – 2 pm</u> Children's Olympics at Haverigg School  <u>12 noon – 3pm</u> Interactive meditation / relaxation sessions – Skills 4 You

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### WEEK THREE AT MILLOM RUGBY LEAGUE CLUB

Monday 14 <sup>th</sup> June	Tuesday 15 <sup>th</sup> June	Wednesday 16 <sup>th</sup> June	Thursday 17 <sup>th</sup> June	Friday 18 <sup>th</sup> June
<b>Sensory Impairment Week</b> <b>Men's Health Week</b> <b>Nutrition and Hydration Week</b> <b>Loneliness Awareness week</b>				
<p><u>10.30 am – 11.15 am</u> Beating PTSD to grow in Confidence – Kevin Porter</p> <p><u>11 am – 12 noon</u> Smoothie making</p> <p><u>12 noon – 2 pm</u> Men's mental health workshop – Community Learning and Skills To pre book please call 01946 506416 or email <a href="mailto:copelandclas@cumbria.gov.uk">copelandclas@cumbria.gov.uk</a></p> <p><u>12 noon – 2 pm</u> Healthy cookery sessions - Elizabeth Milburn-Amos</p>	<p><u>10 am - 10.30 am</u> Woolybacks Workshop – Millom Network Centre</p> <p><u>11 am – 11.20 am</u> The benefits of nature and Mental Health - Kevin Porter</p> <p><u>11.20 am – 11.45 am</u> Nature Dream Dcape relaxation - Kevin Porter</p> <p><u>11 am – 12 noon</u> Smoothie making</p> <p><u>12 noon – 3 pm</u> Mini Health MOT (Millom ICC)</p> <p><u>1 pm – 2 pm</u> Overcoming loneliness through community connections - UCLAN</p>	<p><u>10 am – 1 pm</u> Suicide alertness training – Every Life Matters</p> <p><u>10 am – 2 pm</u> Promoting service offered such as specialised equipment services, information, advice and guidance for deaf/hard of hearing/deaf sensory loss service users – Cumbria BID</p> <p><u>11 am – 12 noon</u> Smoothie making</p>	<p><sup>1</sup> <u>1 am – 12 noon</u> Smoothie making</p> <p><u>12.30 pm – 1.30 pm</u> Hypnotherapy and Trance Demonstrations – Kevin Porter</p> <p><u>2 pm – 2.45 pm</u> How can the mind eliminate pain and free sessions – Kevin Porter</p>	<p><u>10 am – 12 noon</u> Therapy session – Pet Encounters</p> <p><u>11 am – 12 noon</u> Smoothie making</p> <p><u>12.30 pm – 1 pm</u> What is Addiction and how the Unconscious Mind could create Freedom - Kevin Porter</p> <p><u>1.30 pm – 2.30 pm</u> Anxiety, Clearance and relaxation free sessions – Kevin Porter</p>

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### WEEK FOUR AT MILLOM CRICKET CLUB

Monday 21 <sup>st</sup> June	Tuesday 22 <sup>nd</sup> June	Wednesday 23 <sup>rd</sup> June	Thursday 24 <sup>th</sup> June	Friday 25 <sup>th</sup> June
<b>Dementia Week</b> <b>Stroke Week</b> <b>World Wellbeing Week</b> <b>Breathe Easy Week</b>				
<p><u>10 am – 12 noon</u> Singing for the brain session – Copeland Age and Advice Service (CAAS)</p> <p><u>11 am – 12 noon</u> Smoothie making</p> <p><u>12.30 pm – 1 pm</u> The benefits of nature and Mental Health - Kevin Porter</p> <p><u>2 pm – 2.30 pm</u> Hypnotherapy in the Medical World – Kevin Porter</p>	<p><u>All day 10 am – 3 pm</u> Coastal memories stall, make your own post cards and share stories as part of Dementia and World Wellbeing Week – Cumbria Wildlife Trust</p> <p><u>11 am – 12 noon</u> Smoothie making</p> <p><u>12 noon – 3 pm</u> Mini Health MOT (Millom ICC)</p>	<p><u>11 am – 12 noon</u> Smoothie making</p> <p><u>12 noon – 3 pm</u> Drop in session on energy advice, help with bill queries, switching suppliers, free energy advice service and free draft proofing advice – Cold to Cosy Homes</p>	<p><u>11 am – 12 noon</u> Smoothie making</p> <p><u>12 noon – 3pm</u> Information session on symptoms of dementia, how to get an assessment/referral, types of support offered and strategies for living well with dementia – Alzheimer's Society</p> <p><u>12.30 pm – 1 pm</u> Dreamscaping - Kevin Porter</p> <p><u>1.30 pm – 3 pm</u> Free Pain Elimination sessions – Kevin Porter</p>	<p><u>10 am – 12 noon</u> Dune Art – Cumbria Wildlife Trust</p> <p><u>11 am – 12 noon</u> Smoothie making</p> <p><u>12 noon – 3 pm</u> International Sand Dune day taking place at Haverigg Dunes, Sea view – A day of nature, art and wellbeing activities on the dunes – Cumbria Wildlife Trust Please pre-book at <a href="http://www.dynamicdunesco.co.uk">www.dynamicdunesco.co.uk</a></p>