






United Response Live




To help support your wellbeing during the current lockdown, The Enterprise, the Community Network and RocWell being Devon, have teamed up to provide you with some fun online activities. These activities have been developed and designed by our very own instructors to ensure you are staying connected while staying safe.....So if its dance classes you enjoy or you would like to test your knowledge with an interactive quiz, join in with one of our online sessions via Zoom, the easy to use video-calling app.




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Relaxation 11am-11:45am (Please email for booking Jesse.crowther@unitedresponse.org.uk)</p>	<p>Dance with Lucy 11am-11:45am (Please email for booking Matthew.campbell@unitedresponse.org.uk)</p> <p>Arts & Ideas with Lorraine and Debs 11am (Please email for booking ROCactive@unitedresponse.org.uk)</p>	<p>Yoga with Lauren 10am (Please email for booking ROCactive@unitedresponse.org.uk)</p>	<p>Keep fit with Kat 11am-11:45am (Please email for booking Matthew.campbell@unitedresponse.org.uk)</p>	<p>Art Attack 12pm-1pm (Please email for booking Jesse.crowther@unitedresponse.org.uk)</p>	
<p>Work out with Shaney and friends 1:30pm (Please email for booking ROCactive@unitedresponse.org.uk)</p>		<p>Bake club 11:30-12pm 12:30-1pm (10/6/20) (Please email for booking Joanne.Sidders@unitedresponse.org.uk)</p>	<p>Dance with Amy and friends 12pm (Please email for booking ROCactive@unitedresponse.org.uk)</p>	<p>Speak as 1 Politics group 1pm – 2pm (Please email for booking Matthew.campbell@unitedresponse.org.uk)</p>	
				<p>Friday Fun with mini Quiz 2pm-3pm (Please email for booking Helen.lawrence@unitedresponse.org.uk)</p>	
<p>Rock out Drum session 4-4:30pm (Starting 8/6/20) (Please email for booking Joanne.Sidders@unitedresponse.org.uk)</p>	<p>Tuesday Group (Please email for booking Jesse.crowther@unitedresponse.org.uk)</p>	<p>DJ Phil 4-5pm (Please email for booking Matthew.campbell@unitedresponse.org.uk)</p>	<p>Weekly event 4-5pm (Please email for booking Matthew.campbell@unitedresponse.org.uk)</p>	<p>Art Attack 3-4pm (Please email for booking Jesse.crowther@unitedresponse.org.uk)</p>	<p>Open Mic Night 7-7:45pm (please email for booking Mark.stone@unitedresponse.org.uk)</p>
			<p>Relaxation 5:30-6:30pm (Please email for booking Jesse.crowther@unitedresponse.org.uk)</p>		




Activity Calendar

Days	Time	Activity	Information	Link	
Mondays	11-11:45am	Relaxation	During this stressful time it can be hard to find peace. Join Jesse for a relaxation session that will bring a great start to the beginning of your week.	(Please email for booking Jesse.crowther@unitedresponse.org.uk)	
Mondays	1:30pm	Work out with Shaney and friends			
Monday (starting on 8/6/20)	4-4:30pm	Rock out Drum session	No drums....no worries!!Our friends at The community network will be delivering a drumming session for you to rock out. You will learn the basic of how to drum!	(Please email for booking Joanne.Sidders@unitedresponse.org.uk)	

Tuesday	11am-11:45am	Dance with Lucy	Lucy will be hosting her weekly dance session. These sessions are great if you want to learn some moves or just want to keep fit.	(Please email for booking Matthew.campbell@unitedresponse.org.uk)	
Tuesday	6-8pm	Tuesday Group	A weekly social group with a variety of online activities. Join your friends for a catch up.	(Please email for booking jesse.crowther@unitedresponse.org.uk)	
Wednesday	10am	Yoga with Lauren		(Please email for booking ROCactive@unitedresponse.org.uk)	
Wednesday (Starting 10/6/20)	11:30-12pm and then 12:30-1pm	Bake club	Lockdown is a perfect time to learn a new skill. The very talented Joanna Sidders will be hosting a bake club. Sessions will be divided into 2 half hour slots to allow for cooking time. A list of ingredients will be sent out prior to the session.	(Please email for booking Joanne.Sidders@unitedresponse.org.uk)	

<p>Wednesday</p>	<p>4-5pm</p>	<p>DJ Phil</p>	<p>Join us for an online house party hosted by our resident DJ.....DJ Phil willing be bringing some old school classics for you to party along with.</p>	<p>(Please email for booking Matthew.campbell@unitedresponse.org.uk)</p>	
<p>Thursday</p>	<p>11am-11:45am</p>	<p>Keep fit with Kat</p>	<p>Kat, from Fit Strong Free, will be delivering her weekly fitness session for all abilities. Stay fit while staying home.</p>	<p>(Please email for booking Matthew.campbell@unitedresponse.org.uk)</p>	
<p>Thursday</p>	<p>12pm</p>	<p>Dance with Amy and friends</p>		<p>(Please email for booking ROCActive@unitedresponse.org.uk)</p>	
<p>Thursday</p>	<p>4-5pm</p>	<p>Weekly event</p>	<p>Each week a different area will be hosting a special event for your pleasure. Quizzes, virtual horse racing or family fortunes tune in to find out.</p>	<p>(Please email for booking Matthew.campbell@unitedresponse.org.uk)</p>	

Thursday	5:30-6:30pm	Relaxation	During this stressful time it can be hard to find peace. Join Jesse for a relaxation session that will bring a great start to the beginning of your week.	(Please email for booking Jesse.crowther@unitedresponse.org.uk)	
Friday	12pm-1pm	Art Attack	Our very own Art specialist Jesse Crowther will be creating art work that you can do from your front room. Email in advance to ensure you have the right equipment.	(Please email for booking Jesse.crowther@unitedresponse.org.uk)	
Friday (Starting 29/5/20)	1pm-2pm	Speak as 1 (Politics Group)	Join us for our bi-weekly politics group. Here we will be discussing issues such as the government's response to COVID 19, as well as local and national politics.	(Please email for booking Matthew.campbell@unitedresponse.org.uk)	

Friday	2pm-3pm	Friday Fun with mini Quiz	Join The community Network for some Friday afternoon fun. We will be hosting mini quizzes and having playing games.	(Please email for booking Helen.lawrence@unitedresponse.org.uk)	
Friday	3-4pm	Art Attack	Our very own Art specialist Jesse Crowther will be creating art work that you can do from your front room. Email in advance to ensure you have the right equipment.	(Please email for booking Jesse.crowther@unitedresponse.org.uk)	
Saturday	7-7:45pm	Open Mic	Join us for a very special evening of live music performed by our very own talent. All are welcome to join. If you have a voice like an angel, can spit bars like a rapper or would like to read some poetry then please get in contact with Mark Stone.	(please email for booking Mark.stone@unitedresponse.org.uk)	

Please note that some sessions have limited space. Please email Matthew Campbell or Helen Lawrence for more details on.

