

# Welcome to the Mansion Directory

January 2019



A community run facility, the Charity Commission recognises the King Edward IV College Site Foundation (locally known as the Mansion) as:

*A centre for the provision of facilities for the promotion of further education for the inhabitants of Totnes, and subject thereto for meeting, lectures, classes, physical exercise and other forms of recreation and other leisure time occupation in the interests of social welfare with the object of improving the conditions of life for the said inhabitants.*

73 organisations currently use the Mansion. Some of the people running these groups and services have chosen to be listed in this Directory. You are encouraged to click on the link below to read a summary about their activities at the Mansion.

If you run activities at the Mansion and would like to have your details included, or edited for the next version of the Directory please contact [mansion@totnescommunity.org.uk](mailto:mansion@totnescommunity.org.uk)

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For more information about the Mansion and to download information about booking space, please visit <http://totnescommunity.org.uk/mansion/>

Thank you

<b>Name of group or organisation</b>	<b>The Alexander Technique Hub</b>	
Summary of the activity	Alexander Technique teaches release of patterns of inappropriate muscle tension which prevent the body functioning naturally with free joints and a strong back. This can shift unhelpful psychological patterns, tackle root causes of back pain and other health issues, help breathing, voice, confidence, performance in sport, music and drama, pregnancy, childbirth.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Individual lessons, intensive courses, group workshops, drop in for free taster sessions	
Do you have to book?	Yes except for Friday drop in	
If you follow a programme or meet at a set time, please state times of sessions?	Drop In Fridays 2-4 pm except for school holidays Otherwise phone or email for appointment	
If you use a regular location please indicate the room you use	Tuckenhay, First floor	
Is there a fee for participation?	Yes (except for free taster sessions at Friday drop in)	
How can prospective participants get in touch / find out more?	Website	www. alexandertechniquehub.com
	Email	gundafielden@tiscali.co.uk aliguy9@gmail.com
	Telephone	07734 026372 (Gunda) 07726 903109 (Alison)
	Twitter	
	Facebook	
	Instagram	
	Other:	

Name of group or organisation	Children 1 <sup>st</sup> Mediation	
Summary of the activity/ activities you run at the Mansion	Meeting of new clients to undertake an assessment for Mediation, Mediation appointments between ex couples/Family members Conflict resolution Mediation meetings Family Mediation Child Consultation Workplace Mediation Restorative Approaches	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Family Mediation, One to one, shuttle-sessions, child consultation	
Do you have to book?	Yes	
If you follow a programme or meet at a set time, please state times of sessions?	-	
If you use a regular location please indicate the room you use	Usually Harberton/ Hallwell	
Is there a fee for participation?	Yes	
How can prospective participants get in touch / find out more?	Website	www.Resolvedevon.co.uk
	Email	info@children1stmediation.co.uk
	Telephone	0800 061 4905
	Twitter	
	Facebook	
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>Caring Town Information Exchange</b>	
Summary of the activity/ activities you run at the Mansion	A drop in service to signpost local people to local services, people and places for support with wellbeing, finances, housing, addictions, mental health, family issues, legal help, activities, volunteering opportunities.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Drop in. Signposting	
Do you have to book?	No	
If you follow a programme or meet at a set time, please state times of sessions?	Mon Tue Thur Fri Sat 10.30 - 2.30 pm	
If you use a regular location please indicate the room you use	Front room	
Is there a fee for participation?	No	
How can prospective participants get in touch / find out more?	Website	
	Email	connector@caringtown.org.uk
	Telephone	01803 864450
	Twitter	
	Facebook	
	Instagram	
	Other:	

Name of group or organisation	South Hams Community & Voluntary Services	
Summary of the activity/ activities you run at the Mansion	Office for South Hams CVS support services including: <ul style="list-style-type: none"> <li>• Supporting existing community/not for profit organisations in many areas, including project funding, volunteer recruitment, governance and charity legislation</li> <li>• Helping people to start volunteering and/or find new opportunities</li> <li>• Connecting organisations across South Hams</li> <li>• Helping develop new community activities and ideas</li> </ul>	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	One to one advice Training workshops and networking forums & events are delivered at various locations across South Hams	
Do you have to book?	Yes. People who drop in to the office will be advised to book an appointment with the relevant member of staff	
If you follow a programme or meet at a set time, please state times of sessions?	In general, one to one meetings at the Mansion are held on Mondays & Thursdays 11-2, but other times and venues are also available	
If you use a regular location please indicate the room you use	Downstairs room - shared office	
Is there a fee for participation?	The service is free to access up to a certain number of hours/year We charge for: <ul style="list-style-type: none"> <li>• training workshops</li> <li>• equipment hire</li> <li>• membership as a ‘local supporter’</li> <li>• extended support hours</li> </ul>	
How can prospective participants get in touch / find out more?	Website	www.southhamcvs.org.uk
	Email	cvs@southhamscvs.org.uk
	Telephone	01803 862266
	Twitter	@SouthhamsCVS
	Facebook	South Hams CVS
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>Emma Capper / Creative Journeys</b>	
Summary of the activity/ activities you run at the Mansion	Expressive art workshops. Relaxed friendly and playful sessions for adults exploring various art media, (pastels, clay, creative writing, water colour, inks and much more No art experience necessary.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Two separate 8 week courses, one in the evening and the other in the morning.	
Do you have to book?	Yes	
If you follow a programme or meet at a set time, please state times of sessions?	Tuesdays 7 - 9pm and Tuesday 10.30 -12.30	
If you use a regular location please indicate the room you use	Studio 2	
Is there a fee for participation?	Yes	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.emmacapper.co.uk">www.emmacapper.co.uk</a>
	Email	<a href="mailto:emmacaps@gmail.com">emmacaps@gmail.com</a>
	Telephone	
	Twitter	
	Facebook	<a href="https://www.facebook.com/creativejourneyswithem/">https://www.facebook.com/creativejourneyswithem/</a>
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>Learn Devon</b>	
Summary of the activity/ activities you run at the Mansion	Learn Devon, part of Devon County Council, provides Adult and Community Learning courses and nationally recognised qualifications in Devon. The courses on offer help people gain skills and qualifications to help get jobs, support independent living, or simply for pleasure and to learn something new.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Classes	
Do you have to book?	Yes	
If you follow a programme or meet at a set time, please state times of sessions?	-	
If you use a regular location please indicate the room you use	Reception available in ground floor office Administrative staff in Sharpham	
Is there a fee for participation?	Depends on activity	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.learndevon.co.uk">www.learndevon.co.uk</a>
	Email	<a href="mailto:learndevon@devon.gov.uk">learndevon@devon.gov.uk</a>
	Telephone	MyDevon on 0345 155 1014
	Twitter	<a href="https://twitter.com/LearnDevon">https://twitter.com/LearnDevon</a>
	Facebook	<a href="https://www.facebook.com/LearnDevon">https://www.facebook.com/LearnDevon</a>
	Instagram	
	Other:	You Tube - <a href="https://www.youtube.com/channel/UCjL9AKclUAJZpqYrnwBy0xQ">https://www.youtube.com/channel/UCjL9AKclUAJZpqYrnwBy0xQ</a>

<b>Name of group or organisation</b>	<b>Totnes Library</b>	
Summary of the activity/ activities you run at the Mansion	Providing a public library service, providing clubs and activities such as reading and writing groups, author talks, craft activities and performances.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Clubs, group activities, one-to-one support, drop-in	
Do you have to book?	Depends on activity	
If you follow a programme or meet at a set time, please state times of sessions?	Opening hours Monday 9-6, Tuesday 9-5, Wednesday 9-6, Friday 9-5, Saturday 9-1.	
If you use a regular location please indicate the room you use	The library, behind the Mansion, first floor, above Rainbow Nursery	
Is there a fee for participation?	Depends on activity	
How can prospective participants get in touch / find out more?	Website	<a href="https://www.devonlibraries.org.uk/web/arena/totneslibrary">https://www.devonlibraries.org.uk/web/arena/totneslibrary</a>
	Email	Totnes.library@librariesunlimited.org.uk
	Telephone	01803 659945 (new number, the old one 862210 will work for a while longer)
	Twitter	@TotnesLibrary
	Facebook	<a href="https://www.facebook.com/TotnesLibrary/">https://www.facebook.com/TotnesLibrary/</a>
	Instagram	
	Other:	

Name of group or organisation	South West Lindy Hoppers	
Summary of the activity/ activities you run at the Mansion	<p>We teach Lindy Hop (aka Jitterbug). The original partner swing dance from the golden age of big band swing. Beginners welcome and there's no need to bring partner. Learn jazz moves, Lindy Hop Charleston and classic moves from the 1930's/40's.</p> <p>Monthly socials with live bands in Exeter.</p>	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Classes	
Do you have to book?	Yes	
If you follow a programme or meet at a set time, please state times of sessions?	Tuesday. 7.30-9.30pm	
If you use a regular location please indicate the room you use	Mansion Old School Hall	
Is there a fee for participation?	Yes	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.swlindyhoppers.org.uk">www.swlindyhoppers.org.uk</a>
	Email	<a href="mailto:janeswlindyhoppers@yahoo.com">janeswlindyhoppers@yahoo.com</a>
	Telephone	
	Twitter	
	Facebook	
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>Totnes Macular Support Group</b>	
Summary of the activity/ activities you run at the Mansion	Peer support for anyone with macular degeneration or low vision. The Group works in conjunction with Devon In Sight to bring low vision services to Totnes.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Information, advice and emotional support.	
Do you have to book?	No	
If you follow a programme or meet at a set time, please state times of sessions?	Every third Wednesday of the month, 10.30am to 12 noon	
If you use a regular location please indicate the room you use	The Pulse	
Is there a fee for participation?	Yes - £2 per meeting and includes refreshments	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.macularsociety.org">www.macularsociety.org</a>
	Email	<a href="mailto:Judy.pride@macularsociety.org">Judy.pride@macularsociety.org</a>
	Telephone	01837 52365
	Twitter	
	Facebook	
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>Proud2Be CIC</b>	
Summary of the activity/ activities you run at the Mansion	<p>A fortnightly sexual health drop-in for LGBTQIA+ young people aged 13-25. No need to book an appointment, just come along.</p> <p>We are now able to dispense condoms &amp; lube through the C-Card scheme. We also offer pregnancy testing, chlamydia screening and non-judgemental advice &amp; support.</p>	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Sexual health, support, drop-in	
Do you have to book?	No	
If you follow a programme or meet at a set time, please state times of sessions?	On the 2nd & 4th Tuesday of each month 3.30pm - 5.30pm	
If you use a regular location please indicate the room you use	Proud2Be Room / Tigley Room (this will probably change once we are able to start hiring space on first floor)	
Is there a fee for participation?	No	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.proud2be.co.uk/">http://www.proud2be.co.uk/</a>
	Email	<a href="mailto:info@proud2be.co.uk">info@proud2be.co.uk</a>
	Telephone	01803 864321
	Twitter	<a href="https://twitter.com/_proud2be">https://twitter.com/_proud2be</a>
	Facebook	<a href="https://www.facebook.com/Proud2BeCIC/">https://www.facebook.com/Proud2BeCIC/</a>
	Instagram	<a href="https://www.instagram.com/proud2be._">https://www.instagram.com/proud2be._</a>
	Other:	

<b>Name of group or organisation</b>	<b>Qigong with Brad Richecoeur</b>	
Summary of the activity/ activities you run at the Mansion	Qigong and Meditation weekly class	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)		
Do you have to book?	Yes	
If you follow a programme or meet at a set time, please state times of sessions?	Fridays 10-11.30am	
If you use a regular location please indicate the room you use	The old school room	
Is there a fee for participation?	Yes	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.qigong-southwest.co.uk/brad-classes-2.htm">http://www.qigong-southwest.co.uk/brad-classes-2.htm</a>
	Email	bradr@qigong-southwest.co.uk
	Telephone	01364 644040
	Twitter	
	Facebook	
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>Relate</b>	
Summary of the activity/ activities you run at the Mansion	Counselling for individuals, couples, families	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Face to face counselling support	
Do you have to book?	Yes	
If you follow a programme or meet at a set time, please state times of sessions?	Session time approx. 1 - 5:30pm	
If you use a regular location please indicate the room you use	Halwell	
Is there a fee for participation?	Yes	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.relateplymouth.co.uk/">http://www.relateplymouth.co.uk/</a>
	Email	relateplymouth@googlemail.com
	Telephone	01803 299001 / 01752 213131
	Twitter	
	Facebook	
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>Together Drug &amp; Alcohol Service</b>	
Summary of the activity/ activities you run at the Mansion	Thursday 10am-12pm Open Access Drop-in Providing advice and information to those concerned with their own or another's drug and/or alcohol use.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Drug & Alcohol, Drop-in, Open Access, One to one, group support	
Do you have to book?	Depends on activity	
If you follow a programme or meet at a set time, please state times of sessions?	2 <sup>nd</sup> and 4 <sup>th</sup> Thursdays	
If you use a regular location please indicate the room you use	Halwell Room - 1 <sup>st</sup> floor	
Is there a fee for participation?	No	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.edp.org.uk/together/">http://www.edp.org.uk/together/</a>
	Email	info@edp.org.uk
	Telephone	0800 233 5444
	Twitter	
	Facebook	
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>Soul Motion Conscious Dance</b>	
Summary of the activity/ activities you run at the Mansion	'Conscious dance' class. Improvised dance & movement with invitations that support cultivating a body felt sense. Accompanied with music. There is a warm up period followed by 3 passages to explore & play/	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Drop in Class.	
Do you have to book?	No	
If you follow a programme or meet at a set time, please state times of sessions?	Fridays 7.30 - 9.30pm	
If you use a regular location please indicate the room you use	The Old School hall.	
Is there a fee for participation?	Yes £10	
How can prospective participants get in touch / find out more?	Website	
	Email	
	Telephone	
	Twitter	
	Facebook	
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>South Dartmoor Community Energy</b>	
Summary of the activity/ activities you run at the Mansion	We run a free and impartial home energy advice service for South Hams residents. We run monthly drop in advice sessions in The Mansion over the winter period to give people a chance to talk to us about their fuel bills, grants and support for home energy issues.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Drop in home energy advice Home visits can be arranged Freephone number 0800 112 3044	
Do you have to book?	No	
If you follow a programme or meet at a set time, please state times of sessions?	This winter our monthly sessions ran from 10.30-1.	
If you use a regular location please indicate the room you use	We were based in the Caring Town Information Exchange	
Is there a fee for participation?	No	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.southdartmoorcommunityenergy.org">www.southdartmoorcommunityenergy.org</a>
	Email	<a href="mailto:info@southdartmoorcommunityenergy.org">info@southdartmoorcommunityenergy.org</a>
	Telephone	0800 112 3044
	Twitter	@SDCEnergy
	Facebook	South Dartmoor Community Energy
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>South Hams Lifestyles</b>	
Summary of the activity/ activities you run at the Mansion	We run fortnightly drop-ins for people with a wide range of disabilities. We offer support, networking, interesting and relevant speakers, help with anything which enables people to retain their independence and stay in their own homes, help with form-filling, help with any benefit/medical assessments and tribunals, training courses - and we organise fun, social events and outings.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Training eg craft, business start-ups, healthy living, and cookery amongst others. Drop-ins for support Advocacy and benefits help for disabled people Gentle Seated Exercise classes Befriending/networking with other people with disabilities Outings	
Do you have to book?	Depends on activity - at drop-ins, just turn up!	
If you follow a programme or meet at a set time, please state times of sessions?	Fortnightly on Friday afternoons from 12.30 - 3pm	
If you use a regular location please indicate the room you use	We use The Pulse	
Is there a fee for participation?	No	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.shlifestyles.org.uk">www.shlifestyles.org.uk</a>
	Email	<a href="mailto:shlifestyles@btconnect.com">shlifestyles@btconnect.com</a>
	Telephone	01803-883553
	Twitter	No
	Facebook	South Hams Lifestyles
	Instagram	No
	Other:	

<b>Name of group or organisation</b>	<b>Tax Help for Older People</b>	
Summary of the activity/ activities you run at the Mansion	Tax Help are an independent service providing free advice on personal tax to older people who cannot afford an accountant or other adviser. Advice sessions are run at local Age UK's, Age Concerns, some CAB's, libraries and similar venues.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Drop - In	
Do you have to book?	-	
If you follow a programme or meet at a set time, please state times of sessions?	Saturdays monthly 2.30 - 4.30PM	
If you use a regular location please indicate the room you use	Front Room	
Is there a fee for participation?	Free drop-in / £6 per hr for some activities	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.taxvol.org.uk">www.taxvol.org.uk</a>
	Email	<a href="mailto:taxvol@taxvol.org.uk">taxvol@taxvol.org.uk</a>
	Telephone	01308 488066 & 0845 601 3321
	Twitter	<a href="https://twitter.com/taxhelp4">https://twitter.com/taxhelp4</a>
	Facebook	<a href="https://www.facebook.com/TaxVolunteers/">https://www.facebook.com/TaxVolunteers/</a>
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>Transition Town Totnes</b>	
Summary of the activity/ activities you run at the Mansion	Transition Town Totnes (TTT) is a community-led charity, working to develop a regenerative and healthy community within our local area. We do this by catalysing, supporting and collaborating with a diverse portfolio of grassroots projects, enterprises, partnerships and individuals embedded in the town.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	We manage, deliver and collaborate with a number of projects and partnerships based around our key themes: food; the arts; local economy; housing, building and energy; health and wellbeing; inner transition; waste & resources; transport. We currently run around 20 different projects.	
Do you have to book?	Depends on activity	
If you follow a programme or meet at a set time, please state times of sessions?	If you would like to visit us in our office please email <a href="mailto:info@transitiontowntotnes.org">info@transitiontowntotnes.org</a> to make sure somebody is around to chat We run Transition Tours on a Friday regularly through the Spring and Summer. These events give an introduction to the Transition movement, and visits some great socially and environmentally focused projects around Totnes. For more details visit: <a href="https://www.transitiontowntotnes.org/transition-tours/">https://www.transitiontowntotnes.org/transition-tours/</a>	
If you use a regular location please indicate the room you use		
Is there a fee for participation?	Depends on activity	
How can prospective participants get in touch / find out more?	Website	<a href="http://www.transitiontowntotnes.org">www.transitiontowntotnes.org</a>
	Email	<a href="mailto:info@transitiontowntotnes.org">info@transitiontowntotnes.org</a>
	Telephone	01803867358
	Twitter	@tntotnes
	Facebook	Transition Town Totnes
	Instagram	X
	Other:	x

<b>Name of group or organisation</b>	<b>Tunelink</b>	
Summary of the activity/ activities you run at the Mansion	Tunelink is a community project providing opportunities for engagement with traditional music and dance. It's designed to build connections between players of all generations through increased involvement in social music-making. We have a commitment to providing quality musical experiences and believe communities and individuals will benefit from increased artistic activity.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Music, dance, socialising, training	
Do you have to book?	No	
If you follow a programme or meet at a set time, please state times of sessions?	Session run from 7pm until 8.30pm	
If you use a regular location please indicate the room you use	Pulse Space	
Is there a fee for participation?	-	
How can prospective participants get in touch / find out more?	Website	
	Email	<a href="mailto:tunelinksouthwest@gmail.com">tunelinksouthwest@gmail.com</a>
	Telephone	01803 864286/ 07792319809
	Twitter	
	Facebook	<a href="https://www.facebook.com/TunelinkSW/">https://www.facebook.com/TunelinkSW/</a>
	Instagram	
	Other:	Dropbox is used to provide resource materials to all participants

<b>Name of group or organisation</b>	<b>Totnes Library Writing Group</b>	
Summary of the activity/ activities you run at the Mansion	We meet every fortnight to discuss writerly matters. Occasionally we have visitors. Sometimes we write.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Reading aloud for critiques Discussion about writerly topics Writing Workshopping	
Do you have to book?	Yes	
If you follow a programme or meet at a set time, please state times of sessions?	Every other Saturday 10.30 - 12.30	
If you use a regular location please indicate the room you use	Harberton Room	
Is there a fee for participation?	No. We are trying to keep it this way, so that joining the group is free on attendance.	
How can prospective participants get in touch / find out more?	Website	
	Email	
	Telephone	
	Twitter	
	Facebook	
	Instagram	
	Other:	Many people are referred from the library. There also a library poster.

Name of group or organisation	Recent Reads		
Summary of the activity/ activities you run at the Mansion (no more than 50 words please)	A free informal reading group for informal discussion about books you have read and enjoyed, with refreshments		
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Drop-in reading group		
Do you have to book?	No		
If you follow a programme or meet at a set time, please state times of sessions?	One Thursday afternoon a month, or bi-monthly 2 - 3:30pm		
If you use a regular location please indicate the room you use	Library		
Is there a fee for participation? (Please delete as appropriate.)	No		
<p>How can prospective participants get in touch / find out more?</p> <p>Please remember only to provide information on this form that you are completely happy to have be passed on and circulating in the public domain.</p>	Website		
	Email	recentreadstotnes@outlook.com	
	Telephone		
	Twitter		
	Facebook	TBC	
	Instagram		
	Other:		

<b>Name of group or organisation</b>	<b>Liz Turner, Into Yoga and Nature</b>	
Summary of the activity/ activities you run at the Mansion (no more than 50 words please)	Chair yoga for the elderly followed by tea, biscuits & conversation. Gentle movements with games & fun. Suitable for seniors with less mobility. Very friendly & welcoming classes. Chance to meet others & chat after. £3 (& 50p refreshments). If coming for the first time, give me a call 07765 631877.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Chair Yoga classes	
Do you have to book?	No	
If you follow a programme or meet at a set time, please state times of sessions?	Chair yoga Thursdays 11:30 -12:30	
If you use a regular location please indicate the room you use	Pulse Building	
Is there a fee for participation? (Please delete as appropriate.)	Yes Depends on activity Chair £3.50 (inc refreshments)	
How can prospective participants get in touch / find out more?  Please remember only to provide information on this form that you are completely happy to have be passed on and circulating in the public domain.	Website	<a href="http://www.intoyogaandnature.co.uk">www.intoyogaandnature.co.uk</a>
	Email	<a href="mailto:liz@intoyogaandnature.co.uk">liz@intoyogaandnature.co.uk</a>
	Telephone	07765 631877
	Twitter	<a href="https://twitter.com/IntoYogaNature">https://twitter.com/IntoYogaNature</a>
	Facebook	<a href="https://www.facebook.com/intoyogaandnature/">https://www.facebook.com/intoyogaandnature/</a>
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>The Royal British Legion</b>	
Summary of the activity/ activities you run at the Mansion (no more than 50 words please)	Drop in event held monthly for veterans and serving personnel to obtain advice and information about the Royal British Legion, welfare available to them and help with signposting.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Drop-in Signposting	
Do you have to book?	No	
If you follow a programme or meet at a set time, please state times of sessions?	Third Friday of each month 1430 - 1600	
If you use a regular location please indicate the room you use	Front room in the Mansion	
Is there a fee for participation? (Please delete as appropriate.)	No	
<p>How can prospective participants get in touch / find out more?</p> <p>Please remember only to provide information on this form that you are completely happy to have be passed on and circulating in the public domain.</p>	Website	The Royal British Legion
	Email	pthompson@britishlegion.org.uk
	Telephone	0808 802 8080
	Twitter	
	Facebook	The Royal British Legion
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>Spinning Tots</b>	
Summary of the activity/ activities you run at the Mansion (no more than 50 words please)	Creative and playful movement classes for 2-5 year olds and their grown-ups to interact through music, stories, props and themes. These sessions aim to inspire imaginations, encourage self-expression and develop body awareness and movement skills in a fun and relaxed way.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Weekly class	
Do you have to book?	No	
If you follow a programme or meet at a set time, please state times of sessions?	Thursdays during term time 10.00 - 10.45 am.	
If you use a regular location please indicate the room you use	The Pulse Building	
Is there a fee for participation? (Please delete as appropriate.)	Try your first session for free. Then £4 drop in or buy a stamp card for £21 for 6 sessions to use anytime. Sibling discounts and siblings under 2 are welcome at no charge.	
How can prospective participants get in touch / find out more?  Please remember only to provide information on this form that you are completely happy to have be passed on and circulating in the public domain.	Website	
	Email	Spinningtotsdance@gmail.com
	Telephone	
	Twitter	
	Facebook	Spinning Tots Dance
	Instagram	
	Other:	

<b>Name of group or organisation</b>	<b>Devon Healers</b>	
Summary of the activity/ activities you run at the Mansion (no more than 50 words please)	Weekly Spiritual Healing sessions for the public. All healings are on a one to one basis with a registered Healer. All of our Healers have trained for a minimum of two years and are experienced Healing professionals. We also offer a guided meditation for the last 30 minutes of our session.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Drop-in, one- to-one 20 minute sessions, guided meditation.	
Do you have to book?	No	
If you follow a programme or meet at a set time, please state times of sessions?	Every Friday 1pm - 3pm, last healing at 2.10pm, guided meditation at 2.30pm	
If you use a regular location please indicate the room you use	The Halwell Room	
Is there a fee for participation? (Please delete as appropriate.)	Yes £5	
How can prospective participants get in touch / find out more?  Please remember only to provide information on this form that you are completely happy to have be passed on and circulating in the public domain.	Website	<a href="http://www.jpear7.wixsite.com/healingjourney">www.jpear7.wixsite.com/healingjourney</a>
	Email	<a href="mailto:jayne.pearl60@gmail.com">jayne.pearl60@gmail.com</a>
	Telephone	07927 530931 01803 862788
	Twitter	
	Facebook	The National Healers Association
	Instagram	
	Other:	

Name of group or organisation	Suzy Fasht / Painting Class	
Summary of the activity/ activities you run at the Mansion (no more than 50 words please)	Painting classes for adults. Friendly, supportive. Informative. Suitable for all levels. There will be weekly starting points presented by the tutor but experienced painters may bring their own ideas to work on and newcomers may be taught separately as required. You will need to bring your own materials.	
Use two or three words to describe each activity you run to form a short list (e.g., training, drop-in, one-to-one support, classes)	Painting application, colour mixing, composition, generating new ideas, inspiration, technical help, group discussions, looking at paintings.	
Do you have to book?	Yes Advance booking essential	
If you follow a programme or meet at a set time, please state times of sessions?	Mondays, 10am-1pm during term time. Classes are usually in blocks of 6 weeks either side of half term.	
If you use a regular location please indicate the room you use	Studio 1	
Is there a fee for participation? (Please delete as appropriate.)	Yes Advance booking required. Payment due at time of booking. Cancellation policy: a full refund cannot be guaranteed unless your place can be filled so if you need to cancel please give as much notice as possible.	
How can prospective participants get in touch / find out more?  Please remember only to provide information on this form that you are completely happy to have be passed on and circulating in the public domain.	Website	<a href="http://www.suzy-fasht.com">www.suzy-fasht.com</a>
	Email	<a href="mailto:suzyfasht@gmail.com">suzyfasht@gmail.com</a>
	Telephone	07932 321407
	Twitter	
	Facebook	<a href="https://www.facebook.com/suzy.fasht/">https://www.facebook.com/suzy.fasht/</a>
	Instagram	@suzyfasht
	Other:	