

Activity Name	Date and time	Who's it for?	Description	Location
<b>Drumming to Music</b>	Every Friday, 2pm – 3pm	Suitable for everyone	Get moving to the upbeat music, and practice your drumming skills using wooden spoons, pens, or whatever you have at home! This session is suitable for people with complex disabilities.	Via Zoom
<b>Tai Chi</b>	Every Monday, 2pm – 3pm	Suitable for everyone aged 12 and above	Enjoy gentle, flowing movements and channel positive energy wherever you are as you join Miz. This session can be completed seated or standing, all you'll need is a clear space to exercise in and a chair.	Via Zoom
<b>Seated Yoga</b>	Every Monday, 11am – 12pm	Over 50's	Join us for this gentle seated hatha yoga class. Develop a sense of calm in the body and mind, as well as improving your strength and flexibility, through a series of gentle movements and breathing practices.	Sense TouchBase Pears
<b>Exercise Through Dance</b>	Every Saturday, 11am – 12pm	Suitable for everyone	Dance into the weekend every Saturday morning with our live streamed dance session in partnership with Step Change Studios. Learn new routines from Bollywood to Hip-Hop all delivered by expert instructors committed to making dance accessible. These inclusive classes are suitable for all ability levels and can be done seated or standing.	Via Zoom
<b>Seated Dance</b>	Every Wednesday, 11am – 12pm	Over 50's including those with a visual impairment	Join Step Change Studios for a gentle and friendly seated dance class. This class is a fun and low-impact way to keep active and enjoy a range of music and dance styles whilst developing physical skills such as strength, flexibility and coordination.	Via telephone
<b>Multi-sports</b>	Every Monday from 6th June until 18th July, 12:15pm – 1:15pm	Suitable for children and young people aged from 11 years old up to 21 years old	Join the Inclusive Sports Academy and take part in a variety of different activities. Have a go at traditional sports like tennis, cricket and archery through to fun games and races.	Sense TouchBase Pears
<b>Music 20x22</b>	Wednesdays, 12pm – 1pm and Thursdays, 1pm – 2pm.	Suitable for everyone. Workshops can be 1:1, for pairs, or for 2/3 young children.	To celebrate Birmingham 2022 we need your help to create an album of twenty music and sound recordings, each being 22 seconds long. Use instruments, your voice, the sound of a busy road, whatever you can find to create a unique recording.	Sense TouchBase Pears, Music Studio
<b>Adapted cycling</b>	Wednesday 25th May, 1pm – 2pm	Suitable for people aged 11+ with additional needs and/or complex disabilities	A friendly and relaxed adapted cycling session for people aged 11+, with additional needs and / or complex disabilities. Try out a range of cycles, including trikes, hand-peddled bikes, social side-by-side bikes and wheelchair transporters. Any support required must be provided by the individual themselves.	Tudor Grange Leisure Centre, Blossomfield Road, Solihull, UK
<b>Gong with Edan Sound –</b>	Wednesday 1st June, 2pm – 2:30pm	This workshop is for people of all ages including those with a hearing impairment	Gong has wonderful therapeutic effects for the body. Come along to our gong session with Soesen to relax and feel the vibrations. During the session you'll experience a variety of gong and sound bath instruments.	Sense TouchBase Pears, Performance Studio
<b>Drum Fun</b>	Tuesday 7th June, 11am-11:45am and 4pm – 4:45pm	This workshop is for children and young people including groups from schools.	Drumming is one of the most accessible and enjoyable ways of making music. Join this workshop to explore different types of drums, different ways of playing, and how drumming can be done without any equipment at all.	Sense TouchBase Pears, Buzz Theatre
<b>Tuning Forks with Edan Sound</b>	Wednesday 8th June, 2pm – 2:15pm, 2:20pm – 2:35pm, 2:40pm – 2:55pm	People aged 16 years and over	Tuning forks promote relaxation and healing for those experiencing joint pain, stress and anxiety. Join Soesen for a 15-minute session and leave feeling revitalised in both the body and mind.	Sense TouchBase Pears, Performance Studio
<b>Rhythm for the Brain and Sound Relaxation</b>	Friday 10th June, 10:30am – 12pm	People aged 50 and above, including those with Dementia	Join Lyn from Beat It Percussion for this multi-sensory music workshop suitable for all abilities. Start by warming up before moving on to exercising the upper body, hands and fingers. The session will end with sound relaxation. Enter a dream-like state as you enjoy peaceful, mesmerising sounds.	Sense TouchBase Pears, Buzz Theatre
<b>Inclusive Visual Arts Workshop</b>	Wednesday 15th June, 10am – 11am	Everyone ages 18 years old and above	Join our resident Visual Artist Caitlin for a visual arts workshop in celebration of the 2022 Birmingham Commonwealth Games. Get creative exploring different materials and techniques before taking your artwork home with you.	Sense TouchBase Pears, Visual Arts Studio
<b>TouchBase Texture Trails</b>	Tuesday 28th June, 10:30am – 11:30am and 1pm – 2pm	Morning slot is for children aged 7 years – 12 years. Afternoon slot is for people aged 18 years and above	Explore the environment of Sense TouchBase Pears whilst collecting audio-visual textures made with large scale drawing tools and microphones. Draw on the floors and walls, inside and outside, while discovering the sounds you and your environment are making.	Sense TouchBase Pears, outdoor space and Performance Studio
<b>Visual Arts Picture Garden</b>	Tuesday 5th July, 1pm – 2:30pm and 4pm – 5:30pm	Children & young people ages between 10 and 16 years old. Including school groups, care groups & after school groups	Use natural materials like flowers and leaves and sunlight to create a truly unique piece of art. Your work will then be scanned, printed onto fabric and hung as a tapestry in Sense TouchBase Pears.	Sense TouchBase Pears, Visual Arts Studio
<b>Kathak Dance with Vidya Patel</b>	Tuesday 5th July, 10am – 11:30am	People aged 16 and over. Under 18's must be accompanied by an adult.	Join Vidya for a dance workshop inspired by one of the Indian Classical dance forms - Kathak, derived from the word katha, meaning "story telling". Explore movement, rhythm and music in a creative, open space. No experience necessary, beginners welcome!	Sense TouchBase Pears, Performance space
<b>Family Carers: Replenish &amp; Restore (Gentle yoga and mindful movement)</b>	Wednesday 6th July, 9:30am – 10:30am	Family carers aged 18 years and over	Join Kam from Barefoot Birmingham Yoga for a deeply relaxing, mindful movement session providing self-care for your body and mind. This session is especially designed for family carers looking for some valuable me-time as well as the opportunity to share experiences with other carers.	Sense TouchBase Pears, Performance Studio
<b>Breathwork and Meditation for Joy</b>	Wednesday 6th July, 12:30pm – 1:30pm	People aged 16 years and older. Under 18's must be accompanied by an adult. Please note this workshop is not suitable for those who are pregnant	Come and learn simple breathwork techniques in this guided meditation session lead by Barefoot Birmingham Yoga. We'll explore how we channel the breath not only for happiness, but for more energy, better sleep, clarity and calm and improved confidence.	Sense TouchBase Pears, Performance Studio
<b>Stretch and Flow Yoga – Beginners and Beyond</b>	Wednesday 6th July, 5:30pm – 6:30pm	People aged 16 years and older. Under 18's must be accompanied by an adult. Please note this workshop is not suitable for those who are pregnant	Are you feeling tense? Do you want to improve your flexibility? Do your muscles need a boost? Join Barefoot Birmingham Yoga for this feel-good, beginner friendly yoga class. Expect to float out feeling smiley, stretchy and new!	Sense TouchBase Pears, Performance Studio
<b>Inclusive Family Dance Workshop</b>	Saturday 9th July, 10am – 11:30am	Children aged between 5 years and 11 years old and their parents/guardians/carers	Join our resident Dance Artist Becca for this workshop celebrating our bodies and its movements. Come along, make new friends and share your latest dance moves. Sway, swing, laugh, play, move!	Sense TouchBase Pears, Performance space
<b>Virtual Sound Bath</b>	Tuesday 12th July, 11am – 11:45am	People aged 18 years and over	Lie back, close your eyes and listen as Selma from 'About Gong' takes you on a brief guided meditation session followed by a unique soothing sound journey.	Sense TouchBase Pears, Buzz Theatre, or join at home via Zoom
<b>Relaxed Viewing of the Opening Ceremony</b>	Thursday 28th July, 6pm – 10pm	Suitable for everyone	Join us for a relaxed screening of the opening ceremony of this year's Birmingham Commonwealth Games. We'll have quiet areas, a large screen, dimmed lighting and comfy seating as well as communication support in the form of BSL interpreters, audio description as well as objects of reference.	Sense TouchBase Pears, outdoor space and Buzz Theatre