

# Monday 29 March



Key:  Available on catchup

 Registration required

 This event is for adults only

 Watch live

**10:00** **Steve Murrells opens Uplift Festival 2021**

Welcome to the first ever Co-op Uplift Festival. We hope you will enjoy and interact with as many of the events as you can.

 

**12:00** **Laughter Yoga with the Laughter Man Pete Cann**

Learn: Benefits of laughter and breathing techniques. It's sure to bring a smile to your face. No need for sweatpants or yoga mats.



**12:00** **Stop Your Brain Bashing You!**  
RP Global

Learn: A powerful tool to reduce negative emotions, gain a deeper personal emotional understanding and how to create greater wellbeing.

 

**12:00** **Hack your Happiness Dashboard!**  
RP Global

Complete an immersive and interactive happiness dashboard. Bringing to life areas of growth and wellbeing in a visual and fun way.

 

**16:00** **Laughter Yoga with the Laughter Man Pete Cann**

Learn: Benefits of laughter and breathing techniques. It's sure to bring a smile to your face. No need for sweatpants or yoga mats.

 

**16:00** **Story Time with the Little Supernovas - The Three Little Pigs**  
Little Supernovas

Watch and interact with fairytales and other family favourites and immerse yourself in your own imagination!

 



**19:00** **In conversation with Ruby Wax & Gareth Thomas**

Ruby Wax, Gareth Thomas & Dan Walker

Join Ruby & Gareth as they share their own mental health journeys, the challenges they have faced and what they have learnt along the way.

 



# Tuesday 30 March



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## 8:30 Morning Cuppa

Make yourself a brew, switch off from work and make some time for yourself - share how your week is going, how you're feeling, whatever is on your mind.

## 16:00 Turn that Frown Upside Down RP Global

Uncover practical tools that can help you build positive emotions - it is light, uplifting and fun.

## 10:00 Your Life. Your Rhythm.

Yaron Engler

Join Yaron Engler to learn more about the CROP cycle and gain the tools you need to Cleanse, Reconnect, Observe and Play.

## 16:00 Story Time with the Little Supernovas - Jack & The Beanstalk

Little Supernovas

Join this story to hear the tale of Jack & The Beanstalk: a boy with three magic beans, who finds a castle in the sky!

## 10:00 Digital Detox

Stuart Baker

Develop insight into how our digital addictions work and understand how neuroplasticity and mind training can help.

## 12:00 Foodology

Join our Foodology Chefs for some quick and easy recipe ideas.

## 12:00 Laughter Yoga with the Laughter Man

Pete Cann

Learn: Benefits of laughter and breathing techniques. It's sure to bring a smile to your face. No need for sweatpants or yoga mats.

## 12:00 Lunchtime Stretch Yoga

Feather & Rock Yoga

Break up your working day with a yummy yoga class working all areas of the body.



## 19:00 An Evening with The Untold Orchestra

The Untold Orchestra

Tune in to watch Manchester's The Untold Orchestra perform a one-off event especially for Co-op colleagues. This one's not to be missed!



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**8:00 Start Your Day Right: Energy Booster**  
Yaron Engler

Are you feeling stressed and overwhelmed, or just want to boost your energy and focus? Join Yaron for some movement, breathing exercises and time to reflect.

 

**16:00 Art Attack**  
RP Global

Draw, stick, construct & experiment with all sorts of materials. This is a fresh new approach to art workshops and something to enjoy with the kids.



**12:00 Your Fitness Project - Part 1**  
Fly Project

Start your fitness project today and build the new you, together as a team. Together we are The FLY Project.

 

**16:00 Story Time with the Little Supernovas - Three Billy Goats Gruff**  
Little Supernovas

This is the story of The Three Billy Goats Gruff! Can you help the Billy Goats cross the bridge? Watch out, because something lurks underneath...

 

**12:00 At the Desk Yoga**  
Feather & Rock Yoga

A yoga class that works around you - you don't even need to leave your desk. We will focus on the neck, back, shoulders and wrists in this session.

 

**12:00 Dance it Out!!**  
RP Global

Warm up your body and cheer up your mind through dancing. Join us to release stress, anxiety and fear as well as keeping you healthy!

 

**12:00 Lunchtime Connections**

Make yourself a brew, switch off from work and make some time for yourself - share how your week is going, how you're feeling, whatever is on your mind.



**18:00 Co-op Undiscovered**

Do you have an undiscovered talent? The launch of Undiscovered 2021 is here! Watch this trailer to find out more about previous winners' experiences and how to enter this year's exciting competition.

 



# Thursday 1 April



Key:  Available on catchup

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 Watch live

## 9:30 Mental Gym Daily Drop-in

Simon Carrie

10 minutes of mind training, a tip of the day and a Q&A. Explore how we can train the mind to help rewire our brains!



## 15:00 Tea & Talk

Make yourself a brew, switch off from work and make some time for yourself - share how your week is going, how you're feeling, whatever is on your mind.



## 12:00 Gympass Presents: Dance Cardio with Frame

Frame

Get your blood pumping with 30 minutes of cardio done the fun way. Mix easy choreography with big tunes for an addictive workout that never disappoints.

 

## 16:00 Foodology

Join our Foodology Chefs for some quick and easy recipe ideas to inspire you to get into the kitchen with your family whilst we are still together at home.

 

## 12:00 Laughter Yoga with the Laughter Man

Pete Cann

Learn: Benefits of laughter and breathing techniques. It's sure to bring a smile to your face. No need for sweatpants or yoga mats.



## 16:00 Story Time with the Little Supernovas - The Hairy Toe

Little Supernovas

This is the story of The Hairy Toe based on the poem. What does the little old lady find very strange at the bottom of her garden...

 

## 16:00 Unstoppable Kids

RP Global

(Suitable for ages 7-12). An energetic and fun workshop on mental health for juniors - and adults get to join in too!

 

## 18:00 Relaxation Booster: Inner Peace

Yaron Engler

Join Yaron this evening to help find some clarity and balance, to slow down, disconnect from work and find the inner peace that your body and mind need.

 



## 12:00 Seeds of Hope - Your Wish Come True, It's What We Do

Launch of Seeds of Hope

Make a wish to bring a moment of joy, appreciation and delight to those who matter to you the most.

 

# Friday 2 April



Key:  Available on catchup

 Registration required

 This event is for adults only

 Watch live

**8:00** **Start Your Day Right: Shifting Tension to Relaxation**

Yaron Engler

Join Yaron to kick-start your Friday, learning a simple technique that can help you reduce stress and anxiety and find more peace in less than 5 minutes.

 

**12:00** **Your Fitness Project - Part 2**  
Fly Project

Time to take things up a level and increase the intensity as we push you on through this series. Together we are The FLY Project.

 

**9:30** **Mental Gym Daily Drop-in**

Simon Carrie

10 minutes of mind training, a tip of the day and a Q&A. Explore how we can train the mind to help rewire our brains!



**12:00** **Beyond Burnout**  
RP Global

Learn how to reclaim control, cope and bounce back from burnout. Learn to recognise the signs, build better boundaries and renew your energy levels.

 



**16:00** **Story Time with the Little Supernovas - The Twelve Dancing Princesses**  
Little Supernovas

In this story, hear the tale of the Twelve Dancing Princesses. Help us find out what the King's daughters have been doing!

 

**19:00** **Virtual Magic & Mind-reading Show**  
Oliver B

During Oliver B's show there is plenty of audience interaction - minds are read, thoughts revealed, choices are seemingly influenced and much more.

 

**10:30** **Easter Bunny Treasure Hunt LIVE online**  
Wonder Adventures

Easter Bunny fun for kids at home this Easter. Give the kids an imaginative experience from the comfort of your own home this Easter!



# Saturday 3 April



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 Registration required

 This event is for adults only

 Watch live

**9:30** **Mental Gym Daily Drop-in**  
Simon Carrie

10 minutes of mind training, a tip of the day and a Q&A. Explore how we can train the mind to help rewire our brains!

 LIVE

**10:00** **Yoga Adventures: The Magic Garden**  
Feather & Rock Yoga

Join Jodie for this fun and friendly class, as we all go on a yoga adventure together to The Magic Garden. For ages 5-12 years.

 

**10:00** **Fun family Yoga for everyone**  
Yogi Tribe

Join Jess from Yogi Tribe for yoga that works for the whole family. This class explores using animal poses and fun.

 

**10:00** **Here Comes the Sun (Salutations)**  
Feather & Rock Yoga

A joyful yoga session centred on the feeling of sunny days on the horizon. We will soak up that warm glow through our practice, and radiate it out to those around us.

 

**13:00** **Dealing with distressed customers**  
Let's Get Healthy

In this short session you'll learn how to support distressed customers and techniques to support your own emotional wellbeing.

 



**13:00** **"Cinderella Live" Hosted by Buttons**  
Going Live

This is no ordinary Cinderella performance - it is fully interactive, live and immersive. The actors will be talking directly to you watching at home.

 

**16:00** **Story Dance**  
RP Global

Aimed at children of primary school age. Weaving original music and stories with mindful practices such as meditation, breathing awareness and expressive movement.

 

**16:00** **Story Time with the Little Supernovas - Little Red Riding Hood**  
Little Supernovas

Join this story to hear the tale of Little Red Riding Hood who needs to take a basket of treats to her Grandma who lives in the woods.

 

# Sunday 4 April



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Registration required

This event is for adults only

Watch live

## 9:30 Mental Gym Daily Drop-in

Simon Carrie

10 minutes of mind training, a tip of the day and a Q&A. Explore how we can train the mind to help rewire our brains!

## 13:00 Good Grief!

RP Global

We want to empower you to cope with grief in a mentally healthy way.

## 10:00 Yoga Adventures: Under the Sea

Feather & Rock Yoga

Join Jodie from Feather & Rock for this fun and friendly class, as we all go on a yoga adventure together Under the Sea! Suitable for ages 5-12 years.

## 15:00 Early Man

Eleven Fifty Five

Join us for an exclusive screening of Early Man, as Dug and Hognob go on an epic quest to defeat a mighty enemy during the Bronze Age! Tickets are limited.

## 10:00 Fun family yoga - Lets go to the Beach!

Yogi Tribe

Get ready to relax with a shining star meditation, while our mindfulness activity is all to do with dreams and magic!

## 16:00 Story Dance

RP Global

Aimed at children of primary school age. Weaving original music and stories with mindful practices such as meditation, breathing awareness and expressive movement.

## 10:00 We're All In This Together

Feather & Rock Yoga

Grab your bubble and jump on the virtual mat (or carpet) for a fun, vibrant yoga session celebrating our nearest and dearest.

## 16:00 Story Time with the Little Supernovas - Rosie and Posie (Easter Story)

Little Supernovas

A special Easter Story! This is the story of Rosie & Posie Rabbit who are trying to build a new burrow, but the two rabbits have a very different idea of what is important...



## 13:00 Singalong Disney

Join some of your favourite Disney characters for a singalong.



# Monday 5 April



Key: Available on catchup

Registration required

This event is for adults only

Watch live

**9:30** **Mental Gym Daily Drop-in**  
Simon Carrie

10 minutes of mind training, a tip of the day and a Q&A. Explore how we can train the mind to help rewire our brains!

**12:00** **Your Fitness Project - Part 3**  
Fly Project

As we increase our mobility flows and intensity, this is going to get the heart rate up and the lungs bursting as we take the cardio up a level. Together we are The FLY Project.

**10:00** **Yoga Adventures: Deep in the Jungle**  
Feather & Rock Yoga

Join Jodie from Feather & Rock for this fun and friendly class, as we all go on a yoga adventure together deep in the jungle! Suitable for ages 5-12 years.



**10:00** **Partner yoga for the whole family**  
Yogi Tribe

This is a beautiful way to connect and to help each other stretch and build strength. Partner up and explore yoga, breathing and meditation together.

**16:00** **Story Time with the Little Supernovas -**  
**Beauty and the Beast**

Join this session for an enchanting retelling of Beauty & The Beast. A merchant loses his way and discovers a beautiful castle ruled by a fearsome Beast!

**10:00** **Love Is All Around**  
Feather & Rock Yoga

A heart-warming yoga session to gift ourselves some well-deserved self-love and send the love out into the world with some chest-opening postures.

**16:00** **Story Dance**  
RP Global

Aimed at children of primary school age. Weaving original music and stories with mindful practices such as meditation, breathing awareness and expressive movement.

**12:00** **Learn how to connect with Your Purpose in 3 Minutes!**  
RP Global

Learn a simple three-minute technique which will enable you to connect with your purpose and gain the energy, motivation and clarity that it will bring you.

**16:00** **Dinosaur Adventure & Treasure Hunt**  
**LIVE online**  
Wonder Adventures

Interactive Dinosaur fun and treasure hunt for kids. Join Ranger Ron LIVE for hunting, solving riddles, clues and tunnel adventures.



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## 8:30 Morning Cuppa

Make yourself a brew, switch off from work and make some time for yourself - share how your week is going, how you're feeling, whatever is on your mind.

 LIVE

## 9:30 Mental Gym Daily Drop-in

Simon Carrie

10 minutes of mind training, a tip of the day and a Q&A. Explore how we can train the mind to help rewire our brains!

 LIVE

## 12:00 Family Yoga: Balance

Yogi Tribe

Join Jess from Yogi Tribe in some yoga that works for the whole family. Learn how to bring balance to your body, mind and life through yoga.

 LIVE 

## 12:00 Foodology

Join our Foodology Chefs for some quick and easy recipe ideas to inspire you to get into the kitchen with your family whilst we are still together at home.

 LIVE 

## 14:00 Intro to Mindfulness

Inspire

In this session you'll learn what mindfulness is all about, its benefits and how to bring it into your daily life.

 LIVE

## 14:00 Playing in BIG! Being Your Best Self

RP Global

Imagine what your life would be like if you started to play Big and could access your best possible self more deeply, more often?

 LIVE 

## 16:00 Story Time with the Little Supernovas - The Sorcerer's Apprentice

Little Supernovas

This is the tale of The Sorcerer's Apprentice. A boy becomes the Apprentice to a powerful wizard but starts to cause all sorts of mischief.

 LIVE 

## 16:00 Story Dance

RP Global

Aimed at children of primary school age. Weaving original music and stories with mindful practices such as meditation, breathing awareness and expressive movement.

 LIVE 



## 18:00 TikTok Dance Workshop

City Academy

Up your game and freestyle to popular dance tracks and trends in our Online TikTok classes dedicated to all things TikTok.

 LIVE 

## 18:00 Beyoncé Dance Workshop

City Academy

Join our Beyoncé Diva Workshop and spend the hour strutting, swaggering and booty shaking your way with some of Beyoncé's biggest hits.

 LIVE 

## 18:00 Street Dance Workshop

City Academy

This is an introduction to street dance, combining basic moves and techniques to form fun extended routines.

 LIVE 

# Wednesday 7 April



Key: Available on catchup

Registration required

This event is for adults only

Watch live

## 9:30 Mental Gym Daily Drop-in Simon Carrie

10 minutes of mind training, a tip of the day and a Q&A. Explore how we can train the mind to help rewire our brains!

LIVE

## 16:00 Story Dance RP Global

Aimed at children of primary school age. Weaving original music and stories with mindful practices such as meditation, breathing awareness and expressive movement.

## 12:00 Laughter Yoga with the Laughter Man Pete Cann

This session will teach you the benefits of laughter, and certainly bring a smile to your face through structured laughing and breathing exercises. No need for sweatpants or yoga mats.

LIVE

## 16:00 Wind Down Wednesday Yoga Feather & Rock Yoga

Join Jodie from Feather & Rock for a slow, gentle, relaxing yoga session to invite calm into the body and mind.

## 12:00 Your Fitness Project - Part 4 Fly Project

Your foundation is built and it's time to push the intensity and hit a few more reps before the time runs out! You are your Project - Together we are The FLY Project.

## 12:00 Lunchtime Connections

Staying connected is always important, now more than ever. Make yourself a brew, switch off from work and make some time for yourself - share how your week is going, how you're feeling, whatever is on your mind.

LIVE

## 16:00 Story Time with the Little Supernovas - The Little Mermaid Little Supernovas

Join Brooke and Hannah for an underwater adventure with The Little Mermaid. Will the sea witch keep her word?



## 19:00 Uplift Festival Comedy Night

Headline acts to brighten up your day

Join Shappi Khorsandi and Vikki Stone for a night of comedy. This session is for over 18s only.



# Thursday 8 April



Key: Available on catchup

Registration required

This event is for adults only

Watch live

**9:30** **Mental Gym Daily Drop-in**  
Simon Carrie

10 minutes of mind training, a tip of the day and a Q&A. Explore how we can train the mind to help rewire our brains!

**16:00** **Story Time with the Little Supernovas - Rapunzel**  
Little Supernovas

Join this session for a wicked retelling of the fairytale Rapunzel. When a very particular vegetable is growing in a witch's garden...

**12:00** **Chair Yoga**  
Feather & Rock Yoga

Get comfortable in your chair and enjoy a series of supported stretches that activate muscles, perfect posture and release tension, all from the seated position.

**18:00** **90s Pop Classics Dance Workout**  
City Academy

Take some time out of your daily routine and indulge in some musical nostalgia with this funky 90s dance workshop. Learn iconic moves with hit classics.

**12:00** **Flying Yoga for the Family**  
Yogi Tribe

Join Jess from Yogi Tribe to try some yoga that works for the whole family. A challenging class designed for adventurous family yogis!



**12:00** **Foodology**

Join our Foodology Chefs for some quick and easy recipe ideas to inspire you to get into the kitchen with your family whilst we are still together at home.

**18:00** **Salsa Dance Workshop**  
City Academy

Immerse yourself in the rhythms of Latin America in a fun, sociable and energetic partner-dance style.

**16:00** **Look Good, Feel Good make-up tutorial**  
Katie Angus

Editorial make-up artist and skin expert Katie Angus will be giving you some easy to follow tips and advice on how to look great on zoom.

**18:00** **Voguing Dance Workshop**  
City Academy

Voguing will have you sashaying your way through a catalogue of expressive, controlled and poised dance moves.



Key:  Available on catchup

 Registration required

 This event is for adults only

 Watch live

## 9:30 Mental Gym Daily Drop-in

Simon Carrie

10 minutes of mind training, a tip of the day and a Q&A. Explore how we can train the mind to help rewire our brains!



## 16:00 Story Dance

RP Global

Aimed at children of primary school age. Weaving original music and stories with mindful practices such as meditation, breathing awareness and expressive movement.

 

## 12:00 Your Fitness Project - Part 5

Fly Project

What a series so far. Let's finish strong, and with intent! Push your limits! You are your Project - together we are The FLY Project.

 

## 17:00 Wizard School Adventure & Treasure Hunt LIVE

Wonder Adventures

Wizard fun for your kids with Merlin and Zelda the witch! Amazing fun for 2-8 year olds LIVE at home.



## 12:00 Understanding loss, grief & bereavement

Child Bereavement UK

Providing an introduction to loss, grief and bereavement, and an overview of the different ways that individuals can respond to grief.

 

## 19:00 Eddie the Eagle

Eleven Fifty Five

Join us for an exclusive screening of Eddie the Eagle, on a journey to the 1988 Winter Olympics in Calgary! Tickets are limited



## 15:00 Tea & Talk

Staying connected is always important, now more than ever. Make yourself a brew, switch off from work and make some time for yourself - share how your week is going, how you're feeling, whatever is on your mind.





## 19:00 Virtual Magic & Mind-reading Show

Oliver B

Oliver B's amazing show has plenty of audience interaction - minds are read, thoughts revealed, choices are seemingly influenced and much more.

 

## 16:00 Rainforest Exploration

Chester Zoo

In this virtual session, join our zoo conservationists on a journey to the rainforest from the comfort of your own home. Just make sure you're dressed for the occasion!

 

# Saturday 10 April



Key:  Available on catchup

 Registration required

 This event is for adults only

 Watch live

**9:30** **Mental Gym Daily Drop-in**  
Simon Carrie

10 minutes of mind training, a tip of the day and a Q&A. Explore how we can train the mind to help rewire our brains!

 LIVE

**16:00** **Joyful Happy Hour**  
Caleno Non-Alcoholic Drinks

The joy of dancing: Hosted by influencer Steph Elsworth who will be discussing why she has chosen to quit drinking, and the benefits it has had.

 

**16:00** **Story Dance**  
RP Global

Aimed at children of primary school age. Weaving original music and stories with mindful practices such as meditation, breathing awareness and expressive movement.

 

**CRAIG DAVID**

PRESENTS

**TS5**



**19:00** **Craig David presents TS5 with support from Abandoman & Holla**

Sit back, relax and enjoy an evening of music in the comfort of your own home.

 LIVE



# Sunday 11 April



Key:  Available on catchup

 Registration required

 This event is for adults only

 Watch live



Join Buzz the Astronaut for a treasure hunt adventure at your house!

## 10:30 Space Adventure & Treasure Hunt LIVE Wonder Adventures

Join Astronaut Buzz for his Space themed adventure and treasure hunt LIVE.



## 16:00 Get involved in Parkrun

Jenni Falconer

Join Jenni as she launches our Colleague Parkrun Challenge.

 

## 19:00 Festival highlights

Sad to see the festival come to an end? Watch the festival highlights to find out what's happening in May and how you can get involved...

 

