



ActivLives

Growing Stronger People & Communities

Annual Report 2012/13

CONFIDENCE

SKILLS

A VOICE



FOOD

FUN

FITNESS



FRIENDSHIP



About ActivLives

ActivLives is an independent charity working with individuals and communities, of all ages, but with a particular focus on people 45 plus who live in hard pressed areas in Ipswich and across Suffolk. The organisation has three major projects, ActivGardens, ActivAgeing and ActivSinging and has grown out of a Local Strategic Partnership initiative called the Town & Bridge Project, which started in 2006.

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Our Registered Office

1, Cornhill
Ipswich
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Charity Registered Number :
1147615

Company Registered Number:
7672809

ActivLives

Our Vision: Create stronger, healthier communities, reduce health inequalities and enable people to live full and active lives

Our Mission:

To provide services that engage and support individuals, families, family carers and communities to improve, maintain and sustain good health and well-being, particularly focusing in areas of deprivation and people mainly aged 45 years and over.

Our Values:

We deliver the mission as a team, underpinning our work with a set of agreed core values. These define ActivLives and are as follows:

- **Honest & open** - Creating trust through taking responsibility, acting ethically and encouraging open debate
- **Community focused** - Supporting and empowering people to make positive changes to their own lives and the lives of others in their community
- **Professional & accountable** - Delivering quality, effective, safe and reliable services to our members, partners, the community and our stakeholders
- **Respect and value** – Developing a committed and caring organisation that supports the personal development of volunteers, staff and members, promotes team working and working with partners and key stakeholders
- **Innovative** - Developing services that help reduce health inequalities, enable people to improve their health & wellbeing, and that are accessible and beneficial

We promote:

- **Active Citizenship** - increased participation and involvement
- **Social Capital** – increasing the confidence and capacity of individuals and building mutually supportive networks and trust that brings communities closer together.
- **Social Safer Neighbourhoods Inclusion and Cohesion** – reducing loneliness and developing empowered communities that have a common vision, a sense of belonging and where diversity is valued.
- **Empowerment** – people are supported to take responsibility for their own health and others in their community
- **Community Learning** – increased opportunities for learning, building confidence, self-esteem, developing new skills possibly leading to employment.
- **Volunteering** – increased opportunities for personal development, supporting the local community and learning new skills
- **Safer Neighbourhoods** – reducing the fear of crime through community engagement, peer support, a sense of belonging and improved well-being.
- **Health Promotion** – Raising awareness about healthy lifestyle, physical activity, bone health, mental health, smoking and related illnesses
- **Social Corporate Responsibility** – providing opportunities for local businesses to help support community projects by enabling their staff to volunteer, providing services for free or supplying equipment to help develop specific projects
- **Quality of Life** –improving people’s health physically, mentally and emotionally.

Welcome to our first Annual Report

Introduction from Chair of Trustees and Chief Executive Officer

The first year of ActivLives has certainly been busy and one of development, learning, change and opportunity. Some of it has been very challenging for staff and volunteers, but everyone has pulled together to make the transition from the Town & Bridge Project into a new charity ActivLives a smooth one, particularly for our existing members and those people who have joined us during 2012/13.

At the beginning of the year, eight new Trustees were recruited to the ActivLives Trustee Board and a number of away days were held for Trustees to get to know each other and to start to look at the new organisation, its aims and objectives, infrastructure and an Action Plan for the coming year. Working groups were set up to look at Marketing and Communications, Operational Management, Funding and Finance and Business Planning.

The new Trustee Board agreed that our main aim is to: **grow stronger people and communities** and to do this ActivLives will:

- Establish activities that enable people to be more active, meet and make friends, develop social skills and networks, reduce social isolation and develop community capacity
- Facilitate “Community Creation” and support people to be actively involved in the planning, decision making and development of local projects / services that will not only improve their general health & wellbeing, but the health of others in the community
- Motivate and support ‘hard pressed’ communities and individuals to come together to share experiences, knowledge and skills, reduce the fear of crime, help people to feel safer in the community and to lead healthier lives
- Provide opportunities for volunteering, learning new skills and access to



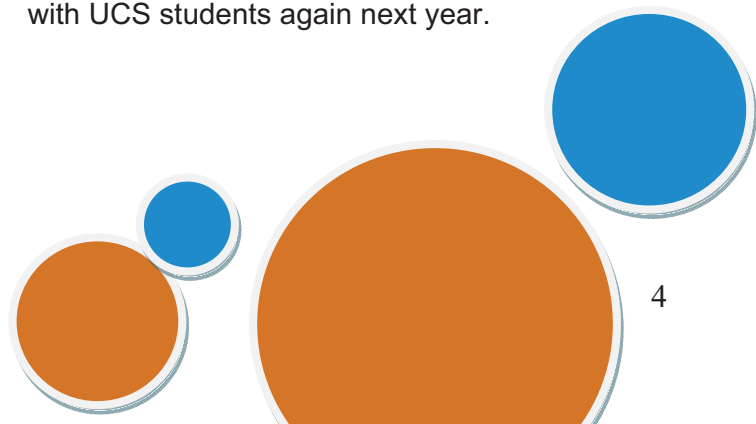
alternative learning, qualifications and employment.

- Help people build their confidence and self-esteem, become more involved in local activities; have a voice in influencing policy making and service development and feel valued citizens in their community.
- Provide fun healthy activities, ensuring people have the right information and are directed to other relevant support or leisure organisations / facilities to help them sustain good health and keep active and independent.

Partnership working is also an area that Trustees wanted to see developed and links were made with University Campus Suffolk (UCS) to work with students and staff to help ActivLives with event management and linking with local businesses, as well as giving students work experience with a new and evolving organisation.

Two interns were recruited to help plan for our annual event at the People’s Community Garden and to research local companies that could support ActivLives through sponsorship, fundraising, volunteers or promotion.

This partnership worked extremely well and we are building some very good relationships with local businesses and look forward to working with UCS students again next year.



ActivLives has made leaps and bounds in its first year and has already made a number of significant achievements:

- Our new outdoor learning facility and enterprise at Chantry Walled Garden, in partnership with Lapwing is developing well and discussions are underway for signing a sub-lease with Suffolk New College.
- We are working with Ipswich Borough Council to develop the Pavilion at Halifax Road to enable the People's Community Garden to develop its GardenGATE learning and training programmes and to bring back to life this beautiful building for the local community to use.
- We successfully secured funding from various funders to support the development of ActivLives as an independent 'not for profit' organisation and for our ActivGardens and ActivAgeing projects.
- We are starting to create new ActivHubs across Ipswich and into rural areas of Suffolk.
- We recruited new members of staff during the year to join the ActivLives team to develop the Suffolk County Council Transforming Suffolk Innovation Grant – Best Foot Forward Project and to help with Marketing, Communications and Finance.
- Richard Howitt MEP visited the garden as part of the launch -Year of Active Ageing. He was shown around the People's Community Garden and took part in a Garden HOE exercise session.
- We launched our new ActivLives website.

Peter Shakespeare
Chair of Trustees

Although ActivLives is a small organisation it has an excellent team of loyal and committed volunteers who manage and run many of our ActivHubs and garden projects. Our members and volunteers pass their time productively and with purpose and the different sites provide safe and secure environments for people to connect, be with others and make long lasting and real friendships. They can also learn new skills, share skills and knowledge with others, obtain qualifications and improve their employability. We can't thank them enough for all the hours they give us each week to keep our activities open and providing peer support to others. We also have a dedicated, passionate and experienced team of staff, including freelance workers and physical activity instructors who ensure that we provide high quality services and support to all our customers.

We have a flexible, creative and highly personalised approach, enabling members to shape activities, take ownership and drive what happens. Individuals are at the heart of the organisation and we care about their experience, their health and welfare and the opportunities we can provide for them. We are an innovative organisation providing preventative solutions, focused on the communities and the environment we support, passionate about the activities we deliver and proud of the achievements we have made.

Sustainability is also high on our agenda and the organisation is constantly exploring new ways to generate income, gain commissions, secure funding and sponsorship to enable ActivLives to continue to grow and keep more people active, independent, healthy and connected. There is a long way to go and we face many challenges ahead, but it is an exciting time for the organisation, with many opportunities opening up before us.

Julie Stokes
Chief Executive Officer

Who are we?

Our Patron

Roger Osborne

Our Trustees

Peter Shakespeare
Richard Couldridge
Ian Clouting
Keith Richardson
Jackie Humphrey
Carol Freeman
Elaine Aylott
Bryony Rudkin

Chairman
Vice Chairman
Treasurer

(volunteer and member)
(volunteer and member)

(Borough/County Councillor)

ActivLives Employees

Julie Stokes
Cynthia Glinos
Susannah Robirosa
Lindsay Bennett
Laura Gill
Sam Thurlow

Chief Executive Officer
Office and Finance Manager
ActivGardens Development Manager
ActivAgeing Project Officer
Best Foot Forward Development Officer
Assistant Administration Officer

ActivGardens (Freelance)

Ric Staines

Robert Burns

Maz Rasmussen

Lead Horticulturalist & Training Officer
(Health & Safety Officer)
Chantry Walled Garden – Horticultural
Co-ordinator
People's Community Garden –
Horticultural Co-ordinator

ActivSinging

Gina Silburn

Keep on Rockin' Music Facilitator

Also including:

Freelance Tutors / Physical Activity Instructors / Music Facilitators

Teams of Volunteers

ActivAgeing

ActivHub Volunteers

ActivGardens

Special Branch Volunteers

ActivSinging

Keep on Rockin' Volunteers

Our Impact in 2012 – 13

ActivLives has developed three major initiatives:



All three initiatives work towards achieving the aims and objectives of ActivLives by creating community-led activities that enable people to:

- Have a **purpose** – people feel valued and useful and are benefiting from their involvement
- Have a **sense of well-being** – being active, living as well as possible with health conditions, being emotionally resilient and being happy, in control, making choices, setting goals, developing personal relationships and achieving aspirations
- Feel **connected to others** – being independent, involved and connected to a supportive social network

June's Story Aged 53 IP4 – ActivLives Health Walks

"I have always enjoyed walking and walked most places. I don't use a car if I don't have to, only for shopping really. I found out about the walks from a leaflet in the library in January and thought it would be nice to walk with a group. In January you don't particularly want to walk around on your own! I have made friends that I didn't know before. I came here from High Wycombe and I had a wide social group where I worked. When I came here I only knew people who I worked with. I felt a bit lonely and I'm glad I came on the walk.

I've always been fairly active. I wanted to be more active and being female and on my own I wanted to make friends, which I have done and I'm really grateful for that because I don't think it would have happened if I hadn't come on the walk. It's so easy to stay in doors with a book; you don't have the same motivation. But with the walks even when the weather is cold and I've got a day off, I like to go and have a walk, not to get shopping but to just meet up with people and just to chatter really...everyone has different experiences and it's nice to exchange and chat. Afterwards I really do feel rejuvenated, that might be too strong a word for it, but I really do feel better.

I think its psychological as well as physical, being in the fresh air, being away from the town and in the park. I am on my own now and I do feel self-conscious walking around the park on my own when people are in groups and two's and three's.

Nearly all of the walking group are retired and so whenever they go on an outing I'm working, but because I've made the friends, I will continue the walking on my day off, and then when I retire I will already have a network of friends I can join."

ActivAgeing

This year has been a year of development for the ActivAgeing Team. The Suffolk County Council Transforming Suffolk Innovation Grant; the Family Carers Innovation Grant and the Big Lottery Awards For All Grant have enabled ActivLives to establish a falls prevention project called Best Foot Forward; a Family Carers project to develop ActivHubs across Ipswich and Nordic Walking groups including cascade training.

ActivHubs

As part of the Best Foot Forward programme a forum was established to bring Public Sector and Voluntary providers together to enable the sharing of skills, knowledge and expertise and to help promote the programme, network and activities, to peer groups and stakeholders. This group is now developing into a working group for the Integrated Falls, Fracture, Fragility Group, (Ipswich and East Suffolk Clinical Commissioning Group) reviewing preventative services, improving care pathways, referral systems and contributing to the falls prevention agenda in Suffolk.

Over the year the ActivAgeing team have been working in partnership with other organisations, communities and individuals to develop new ActivHubs across Ipswich and Suffolk. The Hubs provide opportunities to improve emotional, physical and mental health, by bringing people together through fun physical and social activity and can be established in a number of different urban/rural settings e.g. social clubs, church halls, sheltered housing schemes, community centres, libraries, schools etc.

Five Hubs are being developed as part of the Family Carers Project, with a new Hub currently being planned in the Gainsborough area aimed at Black, Asian and Minority carers, cared for and groups. All ActivLives Hubs support carers, cared for and families.

An ActivHub can be in the form of a walking group or provide a more structured activity run by a qualified instructor or trained volunteer. They can include a healthy low cost lunch / refreshments, information and practical demonstrations about nutrition / diet / healthy eating / cooking for one, and time for people to



*Lindsay Bennett & Laura Gill
ActivAgeing & Best Foot Forward Project Officers*

make friends and build social and support networks.

Experience demonstrates that activities which help people to develop new friendships and social networks enabling people to share their knowledge and skills with others, supports people to build their confidence and prepare for, manage and in some cases prevents major life changes and challenges, such as falls and social isolation.

ActivHubs exercise sessions contain standing and seated options to suit all ability levels, and are led by professionally qualified instructors. These sessions are designed to help strengthen bones and muscle, as well as improve posture, balance and stability. These sessions have included yoga, Pilates, dance and the OTAGO based programme recognised by GP's and physiotherapists as being an evidence based exercise programme designed specifically for "falls prevention".

New ActivHubs have been established in Rendlesham, Bildeston and Kesgrave, and future Hubs are planned for Sudbury and in the Westgate, Gainsborough and Chantry areas of Ipswich. The two existing ActivHubs in Ipswich have been embedded and are now undergoing a process of review and development.



Nordic Walking

Funding for Nordic Walking training and provision of Nordic Walking poles has been provided by the 'Awards For All' Big Lottery Fund and Healthy Ambitions enabling the development of Nordic Walking courses which are being introduced to ActivLives activity programme in Ipswich and across the County. Each 'Learn to Nordic Walk' course will run over a period of 4 weeks and is taught by fully qualified instructors. Once the participants have reached a level of competency volunteers will then be recruited to 'lead' future walks. Eventually this will have a cascade effect and ActivLives will be able to offer a programme of volunteer walks across Suffolk that can be offered at an affordable cost, especially benefitting those in the more deprived areas of Suffolk.

A letter received from one Nordic Walking participant:

Dear Mrs Bennett,

I finished a course today learning all about Nordic Walking. I am 'over the moon' about the experience. I am 81 and thought I would be too old! I suffer from arthritis – mostly knees and cervical spondylitis which affects my neck, shoulder and arms.

The poles put me in the right position when I use them. When I see others – mostly elderly people - walking with sticks and pushing walkers I feel the need to advise them their bodies are in the wrong position.....

Training

ActivLives also provides many opportunities for volunteers to gain work experience, training and the chance to progress onto gaining accredited qualifications. Currently there are volunteers at various stages of training in the following programmes

- CYQ Level 2 Anatomy & Physiology
- CYQ Level 2 Principles of Exercise & Fitness
- Chair Based Exercise Instructors
- OTAGO Exercise Instructors
- Nordic Walking Instructors

The training programme is managed and supported by ActivAgeing Project Officer Lindsay Bennett who has 20 years' experience in the fitness industry and is currently training to be a 'CYQ assessor for Vocational Achievement'.

Once qualified, the volunteer instructors will be provided with on-going support, guidance and the opportunity to gain experience within the activities already established in ActivLives. Once they have gained the relevant confidence and experience they may be offered the opportunity to teach their own sessions set up by ActivLives.

During this reporting period 10 volunteers also completed the "Level 1 Health & Wellbeing" course hosted by LiveWell Suffolk.



What our members say:

Michael's Story Aged 76 IP2

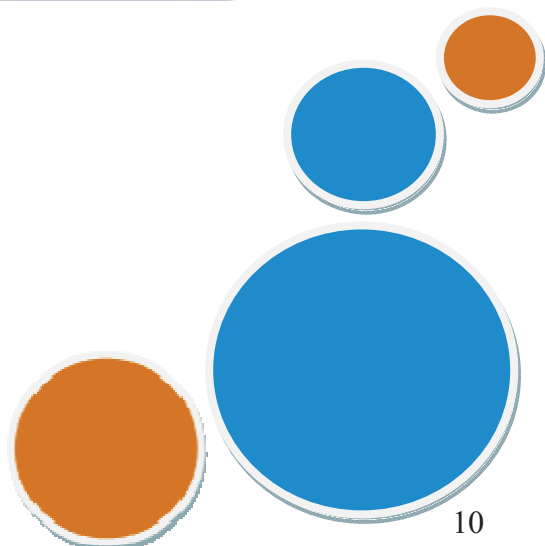
Michael attends the exercise class, lunch and afternoon activity at St Mary at Stoke Church Hall having joined 2 years ago. Michael says he was "totally inactive prior to joining the ActivHub", but also that he "hasn't looked back" and has made many new friends. He is proud of the fact that he has not missed a single session saying "...I wouldn't – it's important to me".

He also joined the singing group "Keep on Rockin" having seen an advertisement in the press, which led to him becoming a member of the singing group Trianon, which he says has a massive choir. Michael has also attended every singing session in the last 2 years saying..."it is very important to me, and also I have to go out. Originally I was told that I must go out and do more.....now they say I'm doing too much!!"

Pam's Story Aged 83 IP9

Pam has been attending the chair-based exercise class for quite some time. Pam used to play carpet bowls but unfortunately had a nasty fall and broke her arm badly; it was suggested to her by her physiotherapist that she join an exercise class that included falls prevention "Otago" exercises. When she first came to the class she was very frail and would only shuffle, she had no confidence on her feet and would also become a little distressed if her husband tried to help her along too quickly.

The change in Pam was very positive and she made measurable progress in a very short space of time. She now has the confidence to pick her head up when she walks, she also picks her feet up much better. Pam has a go at all the exercises, both leg strengthening and balance. When she first came she couldn't perform a 'sit to stand', unaided, within 5 weeks she could squat into and out of a chair 10 times. Now a few months down the line Pam regularly does between 15 and 20 squats and has now gone back to playing carpet bowls, she has far more confidence when moving about which is a huge relief to her husband. "My husband and I attend the class, they both say they feel better for it, the group is a very friendly group and there is often a bit of 'banter' between participants. Both Pam and her husband intend to continue attending the sessions because they feel they have gained so much from them.



Winter Project

ActivLives 'Winter Project' funded by the Ipswich and East Suffolk Clinical Commissioning Group helped 300 plus older people across Ipswich beat the cold last winter. With temperatures plummeting and weeks of cold weather and snow, ActivLives ensured that members reached the two ActivAgeing Centres safely providing help, information and a hot two course meal. Volunteers and staff monitored members during the period and a community lunch was organised again to make sure people were getting a good healthy hot meal to help them through the bad weather. Staff visited a number of clubs and community groups to talk and provide information about falls prevention and how to stay safe. 200 Winter Warmer Kits were also distributed to help vulnerable older people stay warm and safe in their homes during the cold spell. The kits included items, such as a Cold Alarm, thermal hat, gloves, scarf and socks, tea bags, hot chocolate and soup, a thermos mug, hand warmer, blanket and



information about keeping warm and falls prevention.

Future Developments

The Best Foot Forward team is currently working with Suffolk County Council and the Ipswich and East Suffolk Clinical Commissioning Group to look at ways of commissioning ActivAgeing services, to ensure that ActivLives continues to develop programmes that help keep people active, independent and connected across Ipswich and Suffolk.

The team are also seeking, local and national funding for specific projects and exploring ways of generating income and fundraising.



Winter warmer packs handed out to groups

SOUTH WEST IPSWICH: Older people in the town were given a little extra help to stay warm in the cold weather thanks to a generous project.

Members of ActivLives are giving out 200 Winter Warmer Kits to vulnerable older people to keep them safe in freezing temperatures.

Some of the packs were presented to members of the Oasis Lunch Club at Ipswich International Church, where they go every Tuesday. The packs were funded by

ActivLives and NHS Ipswich and East Suffolk Clinical Commissioning Group and are filled with useful items to keep people warm, including a blanket, flask, hat, gloves, scarf, socks, hand warmer and hot drinks.

Sam Thurlow, project co-ordinator, said: "We presented over 25 Winter Warmer Kits to members of the Oasis Lunch Club at the Ipswich International Church and will be distributing more kits to individuals and groups over the next week or so."

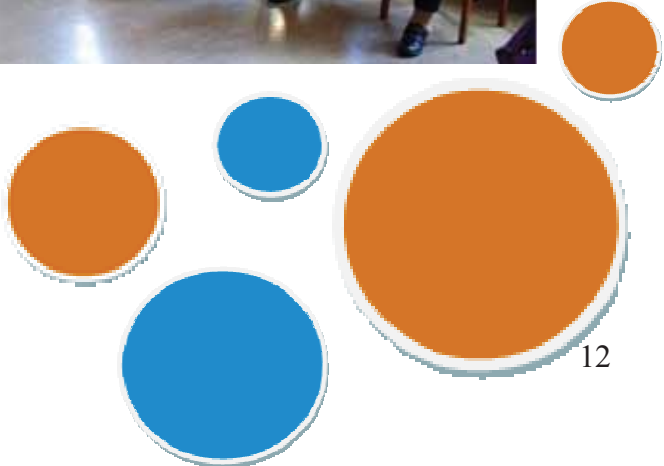


DONATING: The packs being handed to the Oasis Lunch Club.

Photo: LUCY TAYLOR



ActivAgeing



ActivGardens



Horticulture, gardening and caring for the environment provides tasks and opportunities for people from all walks of life, irrespective of age or ability and can support people to reach a range of goals and aspirations.

The key benefits of gardening are:

Physical health – gardening is a form of exercise that can help people to increase their strength, stamina and lose weight.

Improves mental health – there is a wealth of evidence that shows the positive effects of gardening, particularly for those with mental ill health, depression, special needs and people with dementia.

Social Contact – gardening provides opportunities for people to meet, make new friends and connect with their local community. It also helps people develop social and communication skills.

Gaining skills and qualifications – Participating in structured gardening sessions, training/learning and workshops can help people gain knowledge and practical skills as well as improving life skills such as initiative, co-operation, team work, numeracy and literacy. Undertaking accredited and non-accredited qualifications can improve employability.

Access to the natural environment – It is really important that people have the opportunity to participate in activities, outside and in the fresh air, mixing with nature and seeing things grow.

ActivGardens projects aim to provide all these benefits and more to people living in Ipswich and helping people and organisations to develop their own micro community gardens across the county.



*Susannah Robirosa
ActivGardens Development Manager*

Chantry Walled Garden, Chantry Park

A main development for ActivLives in the period was the acquisition of a second garden – Chantry Walled Garden (CWG) in Chantry Park. This disused area, formerly Ipswich Borough Council's (IBC) nursery – has been developed as a volunteering and educational resource in partnership with IBC and Lapwing Suffolk. Suffolk New College (SNC), which took up occupancy of the site in the wake of ActivLives identifying its potential, has helped develop the infrastructure of the site. ActivLives sub-leases part of the walled garden, with SNC leasing the entire area from IBC.

ActivLives main activity at CWG is to provide learning programmes in horticulture, conservation, construction, crafts, cookery and other life skills for Lapwing students, all of whom have complex barriers to learning owing to disabilities or chaotic home lives.

ActivLives is in the process of registering as an AQA Unit Award Scheme Centre, and will soon appoint a trainer to work with Lapwing students on units as diverse as building a shelter out of natural materials to making a Christmas wreath out of fresh greenery. Student placement fees are an important source of income for ActivGardens.

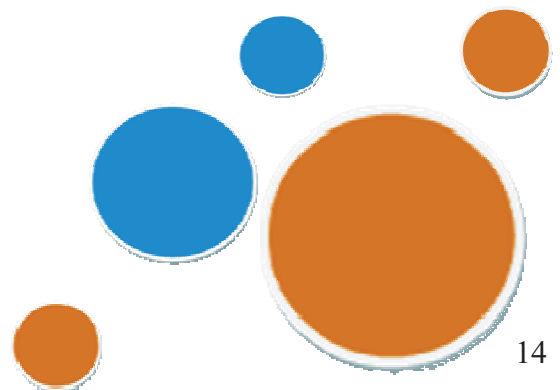
CWG also provides opportunities for volunteering in its extensive greenhouses, flower borders and vegetable plots, as well as in the wider park. It is building up a reliable work force from the local community, as well as enabling regular volunteers at the People's Community Garden to extend their horticultural skills and experience. It is hoped that in the not too distant

future, access can be ungraded to enable people with mobility problems to garden at the site. ActivGardens Development Officer Susannah Robirosa is liaising with the Equality and Diversity Panel on the issue, and is seeking funding /sponsorship for a toilet for the disabled, ramps and surfacing fit for wheelchair access. This is part of a bigger plan to build an "eco-classroom" at the site, to extend and enhance teaching and training facilities. Encouraging older people – especially those with restricted mobility/ disabilities - to access the garden is high priority for the project in the light of clients at the Sue Ryder Care Home, situated in the park, and at a number of other homes and sheltered housing projects in the vicinity, who are keen to take part.

ActivLives is part of the recently formed Friends of Chantry Park group, helping steer the development of the park, as well as respond to local needs, as part of an IBC initiative to substantially improve what has become an under-used public park bordering one of the town's foremost areas of disadvantage. An exciting example of CWG's involvement is its students and volunteers growing plants for IBC parks and open spaces, bringing the nursery garden back to life, but this time as a community and educational project. This provides additional revenue for the project.



Robert Burns – Horticultural Site Co-ordinator & Mentor



The People's Community Garden, Maidenhall Allotments

The PCG has become a true community resource. Volunteers help and support each other both within and outside the project, and some have become firm friends. A core team of regular volunteers, the 'Special Branch', are able to run the site when staff are absent and drive their own work at the PCG. Staffed three days a week, on Mondays, Wednesdays and Fridays, a fourth day, Tuesday, is run entirely by the volunteer Market Enterprise team, which is looking at ways of rationalising crop production and developing local food links, within the constraints of growing on an allotment site. It has been identified as a priority for the PCG's development to empower volunteers further, to take greater responsibility for production and marketing.

A key element of this development is the imminent lease of the Bowls Pavilion from IBC. This will significantly extend and enhance training and storage facilities at the PCG, and provide opportunities to develop a regular produce market and community café.

The PCG is a vibrant community space, with a wide range of courses, activities and volunteering opportunities on offer. Courses in the period included Food Gardening, Bee-Keeping and Pond Construction. We have helped local streets clean up their back alleys and plant bulbs and flowers.

We launched Suffolk's Local Food Challenge with a clay oven-building workshop and "Pizza non-Xpress" evening, cooking in the oven. We showcased our projects at the Suffolk Show, and took the Marrow Challenge ('101 Uses for a Marrow' competition) to the Aldeburgh Food Festival, where we attracted the likes of celebrity chef Matthew Fort and festival founder Lady Cranbrook herself.

Events have included a Spring Plant Sale, the Big Dig national event, 'Wild Harvest' tree-planting and Halloween family fun day. We were part of a film commissioned by the Cultural Olympiad, as well as in the permanent 'History of Gardening' exhibition at the refurbished Abbot's Hall (Museum of East Anglian Life).

Some of our produce goes out to ActivLives Lunch Clubs, and last autumn saw us running a series of "save the endangered skills"

workshops at the St Mary at Stoke ActivAgeing Centre on pickling, preserving, cake-making and flower-arranging, with Neighbourhood Learning in Deprived Communities funding.



We have provided volunteering opportunities for people with mental health issues (SAM Project), unemployed (through SeeTec and Job Centre Plus), and for youngsters with challenging behaviour in need of a boost in life – part of a Prince's Trust initiative.

Our main training scheme in the period was GardenGATE, run by Ric Staines, for which we successfully secured funding from the European Social Fund in an extremely competitive round at the beginning of 2013. This provided bespoke programmes for people "a long way from the job market", from diverse backgrounds - including single parents, older people, people with disabilities, and members of Black Asian and Minority Ethnic Communities. Our most successful student, in his 40s, went on to take up a full-time college course in horticulture at SNC.



Several corporate teams have helped at the People's Community Garden. AXA helped build new composting bays, while BT got stuck in at the Bee Garden, grouting out brambles and planting lavender donated by Rowse Honey. This forms part of ActivHives Apiary, a joint community bee-keeping project with Stoke High School. The Bee Project has had limited success owing to difficult climatic conditions and a key teacher at the school moving jobs. However, our dedicated Bee Team is keeping the hives going, and we hope to build on the project in the coming years.



AXA and BT teams hard at work

Its Games Garden, built by more than 500 schoolchildren in the build-up to London 2012 Olympics, reinforced this ethos, incorporating crops and growing methods from diverse cultures, and welcoming Ugandan teachers visiting Chantry High School. Gardening will be on the National Curriculum from September 2014, and ActivGardens will develop a dedicated schools gardening resource to teach and encourage children, and give them hands-on experience, as well as inspiring schools to develop their own gardens back at school.

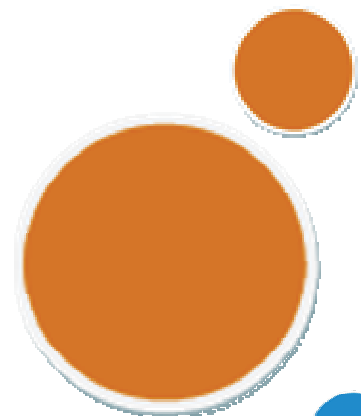


ActivGardens has worked hard to build relations with the diverse communities of Ipswich and encourage multi-culturalism at the gardens. It holds an annual event with Suffolk Refugee Support, and has volunteers and Patchwork Plot holders from all over the world, including Bangladesh, Poland and Iran.

The Games Garden was launched at our annual summer event, which attracted more than 500 visitors and provided a fantastic day for the local community.



Maz Rasmussen – PCG Horticultural Site Co-ordinator



Colin's Story Aged 45 IP4

Colin started volunteering at the People's Community Garden in January 2010 through CSV Media's SAM Project, for people with mental health issues. Colin, who has been unemployed for some years and has had a number of personal problems, finds that being out in the open with other people helps his state of mind. As well as being a really hard grafter and contributing to the maintenance of both gardens, Colin has been eager to take up every opportunity that has come his way, undertaking a number of horticultural courses and becoming part of the Market Enterprise Team, as well as taking on a 'Patchwork Plot' to grow his own veg.

In January, he joined GardenGATE – ActivGardens' European Social Fund scheme to bring people closer to the job market through bespoke training at both garden sites. As a result of this training, Colin gained the confidence to start a full-time Level 2 Diploma in Horticulture and Landscaping with Suffolk New College. It's a year's course and represents a huge step forward for Colin.



Ric Staines - Lead Horticulturalist & Training Officer with PCG core & Special Branch volunteers

What our volunteers at ActivGardens say:

Barry's Story Aged 62 IP2

Barry joined GardenGATE in January after seeing an advertisement for the scheme in the Ipswich Star. He had been unemployed for some time after suffering a stroke after an operation. Being unemployed had hit Barry hard, as it was the first time in 48 years of work. Barry has learnt many new skills at the garden and has enjoyed working as part of a team and contributing to a community project. Barry has also lost around two stone in weight and become much fitter through regular activity. After several weeks with GardenGATE, Barry got a job as caretaker at a primary school. He has also taken on his own plot on Maidenhall Allotments.

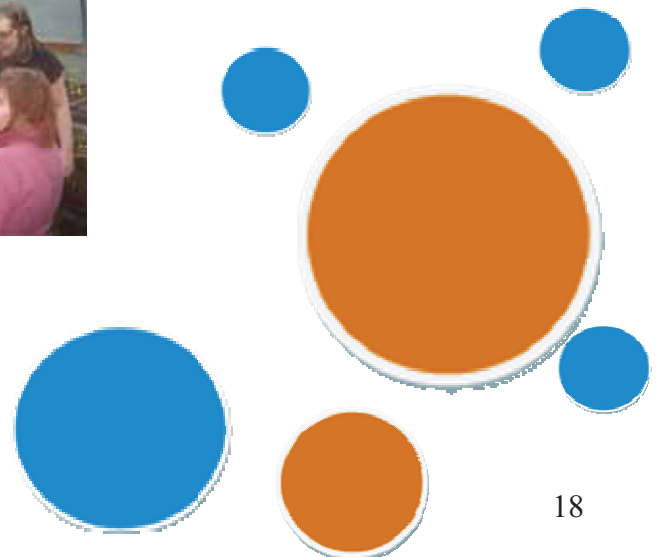
He said: "It's like a family. Everyone's so nice and help each other out and look after each other. I've learnt a lot about gardening off people like Trevor – he's been absolutely brilliant. The team have been fantastic. It's been my saviour."

Celia's Story Aged 76 IP2

Celia, had a stroke two and a half years ago losing the use of her right arm, very limited use of her right leg and little speech. She volunteers one day a week at the People's Community Garden and is keen to volunteer at Chantry Walled Garden once disabled access has been established. She is now confined to a wheelchair although does walk several times a day with a quad stick and carer at close hand.

Celia's daughter, Sally Lilley, says: "The highlight of her week is, without doubt, her trip to the People's Community Garden. With one of her carers and services of a wheelchair taxi, she spends a couple of hours each week pottering around the garden doing some simple jobs. Even her carer now looks forward to their sessions and has become quite motivated about the Community Garden project.

This service has helped Celia reconnect with a pre-stroke activity and has shown that her memory of plants, flowers, trees and weeds has not disappeared. It has become a very important event in her diary. I know that if Celia could verbalise her experience, it would be nothing but praise for the work done at the community gardens. She expresses pleasure every time the subject comes up."





ActivGardens

ActivSinging

Keep on Rockin' Community Singers



Currently in its fifth year, Keep on Rockin' has now reached 27 members in total. There have been two venue changes in the last year to accommodate the growing number of members and now the group meets at Stratford Court Sheltered Housing Scheme in Whitton, North West Ipswich. In June 2012 the Town and Bridge Project gained charity status and KOR has been involved in the transition, providing input and feedback and promoting the new organisation ActivLives at their performances.

Learning and Performing

The benefits of singing and being part of a group both physically and mentally, is more and more evident as the group grows. KOR members now have more stamina to perform longer, often up to an hour and the group have also become very relaxed and united, adapting to last minute performance changes and supporting each other in and outside of the group.

KOR members have performed at over 12 venues this year including the Suffolk Foundation AGM in November. This was a great opportunity for the group to showcase what has been achieved since Suffolk Foundation funded



Gina Silburn – KOR Music Facilitator performing with Ian 'Manny' Mantel

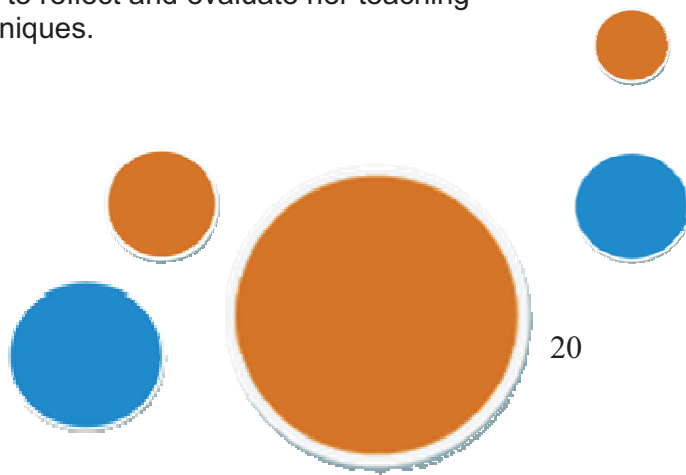
the project five years ago. The group also sang in the Buttermarket Shopping centre in October to celebrate Older People's Day.

KOR members are encouraged to set goals for the group and this year they have met all their targets and more, including learning new repertoire, detailed round songs, trying natural voice singing and short choral pieces. Their confidence has continued to grow and some members are now coming forward to sing solo or with one or two other members and they are now assisting the music facilitator in leading rounds. Members are always involved in agreeing new sets, including new songs and more diverse numbers.

Working with Local Songwriters

This year KOR members were fortunate to work with a number of local musicians and songwriters including Phil Jackson, Trish Bessell, Ian Mantel and Andy Copping from Ipswich. Andy taught the group one of his original songs called 'Jayne' and also accompanied the group at a number of performances, including the Queen's Diamond Jubilee party held at St Mary at Stoke ActivAgeing centre.

Working with other musicians and singers gave KOR members the opportunity to experience new ways of teaching, different types of songs and music as well as giving the music facilitator time to reflect and evaluate her teaching techniques.



ActivSinging Project funded by ICVS (now Community Action Suffolk) Community Fund

During the year ActivSinging held a number of taster sessions in Ipswich and East Suffolk. Workshop Facilitator Gina Silburn ran twelve sessions in total, which took place at various venues and each session created its own positive outcome. The sessions were either a one off session or held over four to six weeks and included Mayo Court and Stratford Court Sheltered Housing Schemes. These sessions attracted new members and found a new home for KOR.

Other sessions were held at International Women's groups in Felixstowe and Ipswich and were a great success. Thirty seven women took part aged between 25 – 65 years and included women from Portuguese, English, Russian, Kurdish, Polish, Italian and Asian communities. One of the groups showcased the songs they had learnt at the organisation's annual AGM.

The ActivSinging Project provided opportunities for people from very different ethnic backgrounds to come together and experience community singing. 42 people took part in the project altogether, many of them finding their 'voice' for the first time and it is hoped that the groups will come together to celebrate in song in the near future.

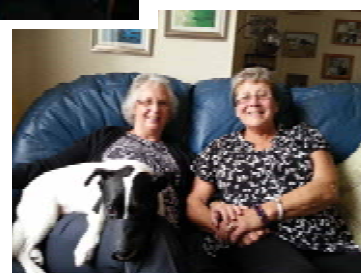


"Thank you, Gina for our wonderfully invigorating session! You made the music 'come alive'. At first we thought your expectations of us were far too high but you turned our shyness and nervous anticipation into a delightfully warm and joyous feeling of achievement. We all enjoyed it so much. Please come and visit us again so we can invite more of our friends to enjoy the singing too!"

Rosemary Ellitson – International Women's Coffee Break Group Leader

Sharmin's Story Aged 28 IP2

After leaving Iraq in 2010, Sharmin joined the International Women's Group in Ipswich. ActivSinging ran six sessions with this group and Sharmin attended every one. Sharmin explained the session helped her bond with the other women in the group and songs enabled her to practice her English. She enjoyed the fun tongue twisting warm ups and liked the romantic and slow round songs. "I will definitely join in any future singing/music sessions".



Sid's Story IP14

Sid's daughter was attending Otley College participating in the Duke of Edinburgh Award. Part of the award's programme included joining a local activity and as Leeza enjoyed singing, a member of Otley College signposted her to Keep on Rockin'. Leeza joined the group in March 2007 and Sid brought her to the fortnightly sessions. One cold winter's night the music facilitator asked Leeza where her father went during the session. Leeza replied, "he sits in the car outside". Immediately, Sid was invited to come and sit in the venue and to join in the singing if he wanted to. Sid did join in and both Leeza and Sid have now been KOR members for 6 years.

Sid has liked learning about vocal techniques and feels his confidence has grown and now sings solo and with his daughter. He had hoped to sing a folk song at the FolkEast Festival on an open mike stage, but didn't get the opportunity. However, Sid stood up and sung the song in front of fellow KOR members. Sid said, "Just being involved in something helps make you feel better in yourself and gives you something to look forward to."

Rosemary's Story IP1

Rosemary recently moved from Essex, leaving her family and friends behind and started to feel a bit lost. Rosemary's husband has had some health problems and Rosemary has to care for him. She says she saw the advert for KOR in the paper and thought she would give it a go. She met Sue and now they have become really good friends and have a laugh together and lots of fun. "Meeting Sue made me feel welcome. She is kind and not judgmental and we are both a bit scatty."

Rosemary says that KOR has given her the motivation to get out and do something, her confidence has grown and the vocal techniques have helped with her breathing and stamina. She loves performing, meeting people and feels great after a KOR session. "I get up in the morning, have a song in my heart and it makes me feel happy."

Rosemary said, "I have always been a person who stands at the back of the room, but all this has brought me to the front. ActivLives has made a big difference in my life."

ActivLives would also like to welcome our youngest new member to KOR. On the 9th March 2013 Gina Silburn, KOR's music facilitator, gave birth to Isabel Pearl. Isabel has attended a number of KOR sessions and performances and is always fascinated when the group start to sing. She now has lots of aunties and uncles, who enjoy seeing her at the sessions and watching her grow.





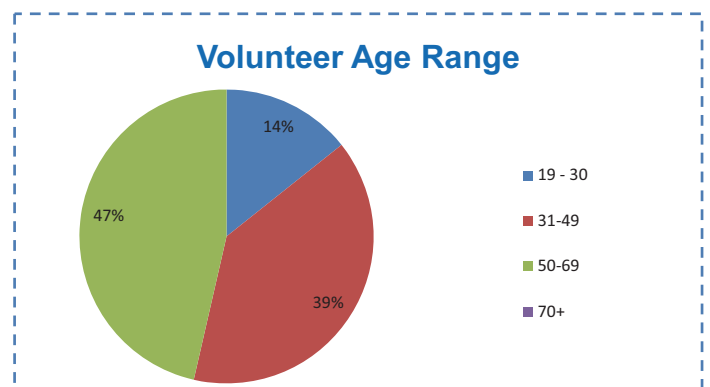
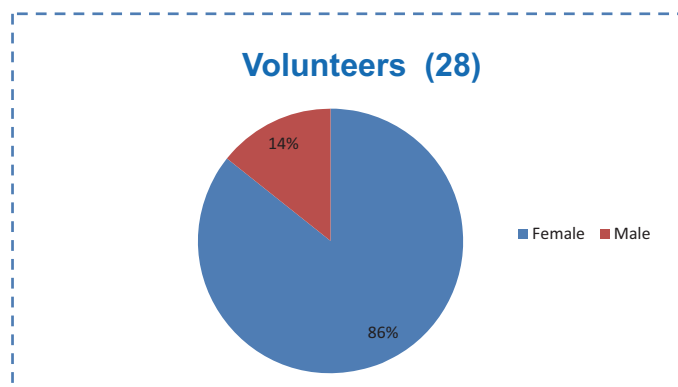
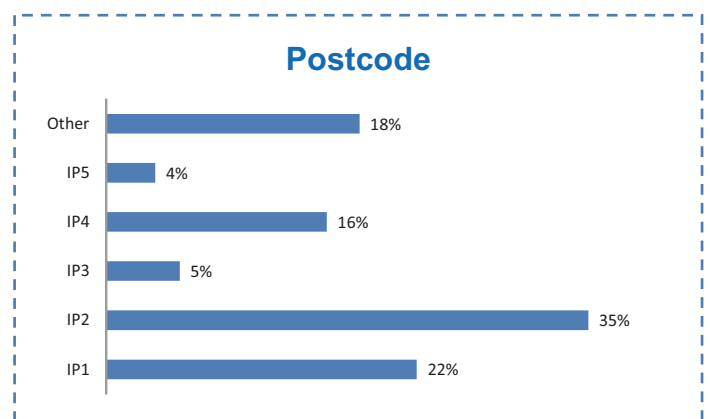
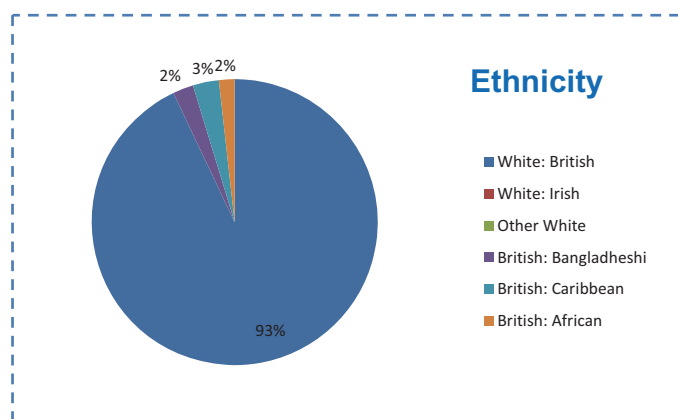
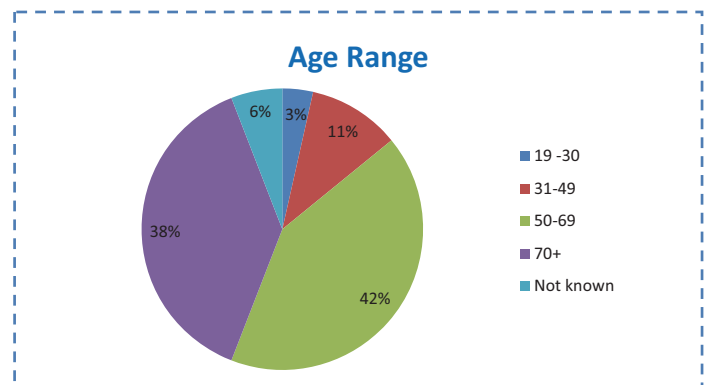
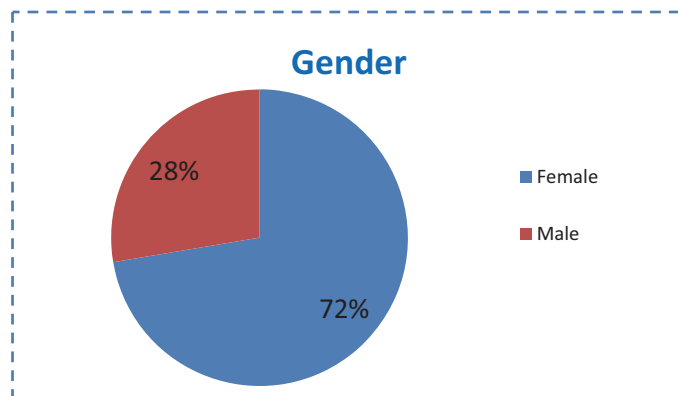
ActivSinging

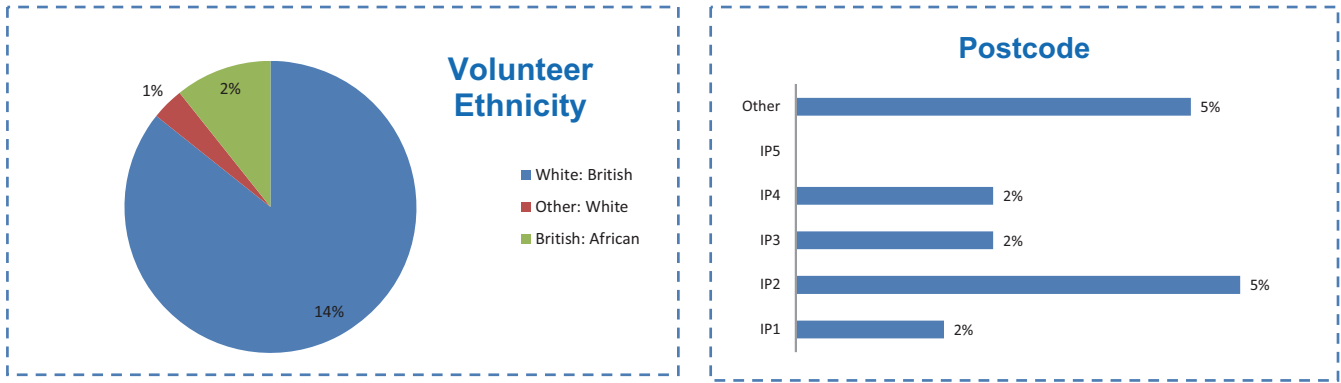
ActivLives Participation & Monitoring Data

ActivAgeing

In March 2012 there were 476 people registered with the Town & Bridge Project including active and non – active members, with over 696 people benefiting from the Fit as Fiddle Project and 2,471 attendances at the various Fit as a Fiddle activities. In April 2012 a new database was established for the new organisation ActivLives, which is now beginning to grow. The figures below show active members registered with ActivLives during 2012/13.

- Basic data is collected to enable the ActivLives staff to monitor both overall participation levels and client profiles.
- 170 monitoring forms have been completed and uploaded on to the ActivAgeing data base during 2012/13
- The ActivAgeing programme is mainly aimed at people 45 plus and so the majority of participants are aged between 50–70+ years (80%). However, in some activities and ActivHubs we are now attracting people between 19–49 years (15%).
- 13 people (8%) have registered as carers. (This includes volunteers.)





Attendances

Taster Sessions

Sunshine Club – All Hallows	15
Whitehouse Baptist Church	10
Vinnicombe Court	9
Gainsborough Library (Top Time)	20
Wilding Court, Woodbridge	12
Westbourne Library (Top Time)	15
Park View Residential Home	8
Greenfinch Church	10
Total	99

Events Attended

Age UK Suffolk Voices (Eye)	50
Bangladeshi Winter Project	180
Total	230

ActivAgeing Attendances

ActivHub	Sessions	Attendance	New members	Average
Cameo Greenfinch	3	5	3	2
Health Walks	31	471	104	15
Oasis Lunch Club	46	1155	43	25
St Mary at Stoke (Exercise)	40	610	5	15
St Mary at Stoke (Lunch Club)	44	957	8	22
St Mary at Stoke (Afternoon Session)	43	649	5	15
Stress Workshop	1	5	5	5
Walk Tall Group	43	314	6	7
Shotley Exercise Session	7	73	15	10
Total	258	4,239	194	116



ActivGardens

People's Community Garden (PCG)

Total number of people using the service = approximately 1200

This includes:

School/Children Centre visits

- At least 20 separate visits by schools, totalling around 500 pupils
- Many schools were involved with the Schools Olympics Garden project, helping to create a garden based on the five interlocking Olympic rings – these were Bridge School (Secondary Campus – special school), East Bergholt Primary, Halifax Primary, Bardwell Primary, Gusford Primary and Ranelagh Primary
- Chantry High School – 10 students took part in an art activity
- Other visits included 18 children and adults from Hillside Children's Centre and a small party of staff and children from Montgomery Road Pupil Referral Unit

Visits to project

- 'Progress' (European funded project) – PCG hosted a visit from Swedish health worker involved with state-run care homes in Sweden – she was part of a larger contingent who were involved with a project on healthy ageing/ageing well
- International Women's Group – approximately 40 women and 6 children were brought to visit the garden by the Suffolk Refugee Support Forum
- President of International Allotment Office – visited the PCG as part of his tour of allotments in Ipswich and Capel St Mary. There were 8 people in the party, including the Mayor of Ipswich
- Orchard Barn – Sue Burgeon and Pete Jane came to the garden with a particular interest in seeing how we fulfil the principles of Permaculture.
- Suffolk County Council – Chief Executive Deborah Cadman, Director of Adult and Community Services Anna McCreadie and Director of Public Health Tessa Lindfield visited the garden as part of a half day tour of various ActivLives projects.
- Chantry Library "55 Alive" Club – 15 older people came for a tour of the garden and the opportunity to pick up some surplus produce.
- Welsh NHS – Dr Peter Bradley (ex -Director of Public Health – now working in a similar position in Wales) brought a group of colleagues to see the garden, as part of a visit to Suffolk. He subsequently sent a letter of thanks, praising the progress that had been made, and thanking everyone involved for a really enjoyable day.
- Open Road – visit from this organisation which offers rehabilitation to those who suffer from drug or alcohol dependency

Working Parties – Corporate Social Responsibility

- Working parties from AXA (2 groups), BT and St Johns Church in Woodbridge helped with various activities – some worked doing structural things on the Schools Olympic Garden and others helped with planting and laying paths in the newly created bee garden
- Rotary Club – members of a local Rotary club spent a day at the garden in January helping to erect a second polytunnel

Placements

New partnership placements commenced during this period involved the following organisations

- Suffolk Drug and Alcohol Action Team (DAAT)
 - Hadleigh High School (15 year old on 2 weeks work experience)
 - Child and Adolescent Mental Health Service (CAMHS)
 - SAM Project from CSV media
 - Shaw Trust
 - Optua
 - Seetec
 - Sue Ryder
 - IHAG
 - Job Centre Plus
- 12 young people not in employment, training or education (NEET) spent a day at the garden as part of a 3 week “understanding health improvement” course run by Livewell Suffolk and the Princes Trust

Courses

- Pond Construction course – one day a week for 4 weeks – 7 participants made up of a mix of some regular volunteers and 2 people new to the garden
- Hanging Basket workshop – half day session attended by 3 members of Maidenhall Residents Association (all 60+ years old)
- Getting Started with Veg course – half day a week for 4 weeks – 9 participants made up of a mix of 2 of our regular volunteers and 7 people new to the garden.
- Introduction to Bee Keeping Course – run over two Saturdays in January - 13 participants made up of a mix of 4 of our regular volunteers and 9 people new to the garden
- GardenGATE– work experience placement scheme for people not in work, tailored to individual needs. Currently 10 people taking part in the scheme, with age ranges from 20 years old to over 60 years old.
- RHS held a one Schools CPD day course on the garden site, attended by 6 teaching staff

Events

- Even Bigger Garden Party – annual event showcasing the garden, with activities, food and entertainment for all ages - over 500 people attended during the day
- Open day, plant sale and building a clay oven – held in conjunction with Transition Ipswich for their 30 mile Local Food Challenge – approximately 30 people attended
- Halloween – a successful annual Halloween event, attracting children and adults with a range of ghoulish activities and competitions
- Tree Planting – a day of planting more than 400 wild harvest trees donated by the Woodland Trust, in the Bee Garden to provide a nectar rich resource for the bees in the community apiary
- The Big Dig – both the People’s Community Garden and Chantry Walled Garden took part in the Big Dig national volunteering event, welcoming some new volunteers who took part in seed sowing as well as digging. Three local Councillors also visited to give support on the day.

Community

- SAVO award – Adrian Roper, one of our Special Branch volunteers, won the SAVO Unsung Hero Volunteer Award, and was presented with a certificate at their AGM
- Suffolk Foundation AGM – table decorations made of produce grown at the gardens were provided for the Suffolk Foundation AGM
- ***Regular volunteers and students on placements = 82, providing a total of 7,301 hours of volunteering***

Chantry Walled Garden (CWG)

Total number of people using the service = approximately 130

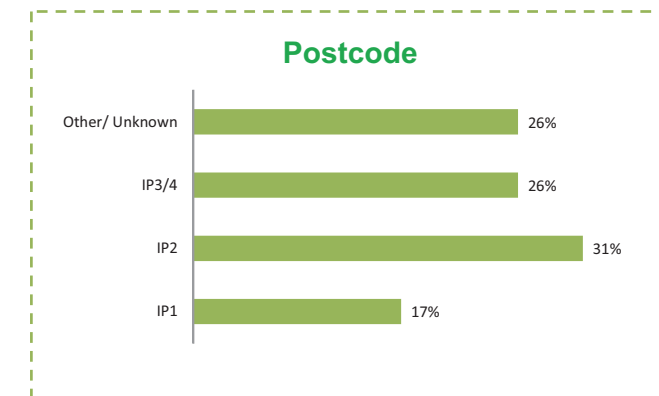
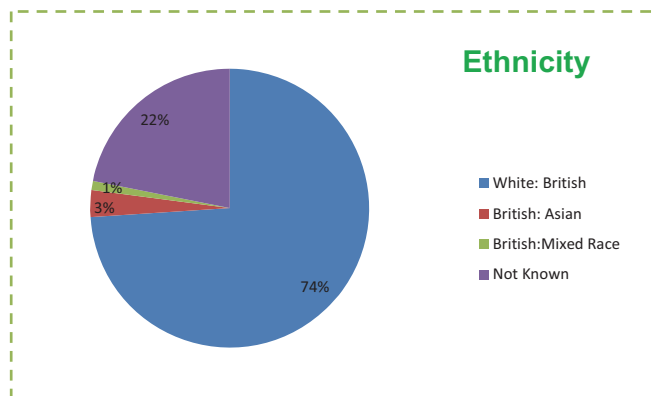
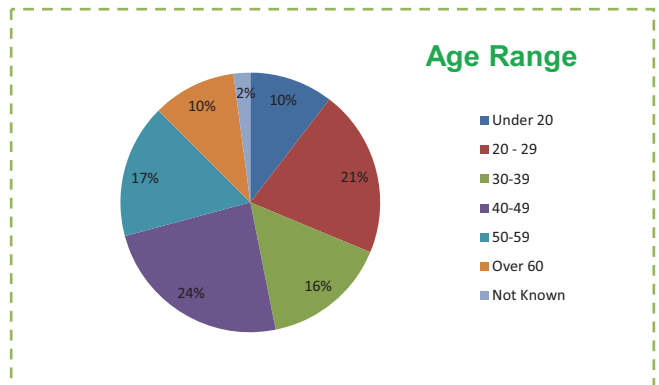
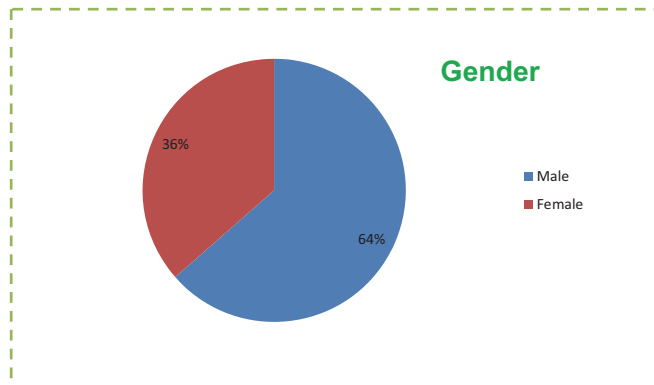
This includes:

- Lapwing students on placement
 - Regular volunteers
 - 10 visitors as part of Garden History tour and tea
 - 37 ActivLives Health Walk visitors (2 walks)
 - 8 visitors as part of Carers Cream Tea event
 - 18 Ipswich Borough Councillors on a site visit to Chantry Park
 - Approx 40 visitors to plant sales
- **Regular volunteers and students on placements = 14, providing a total of 3,574 hours of volunteering**



ActivGardens – PCG & CWG

Profile of gender, age, ethnicity and postcode



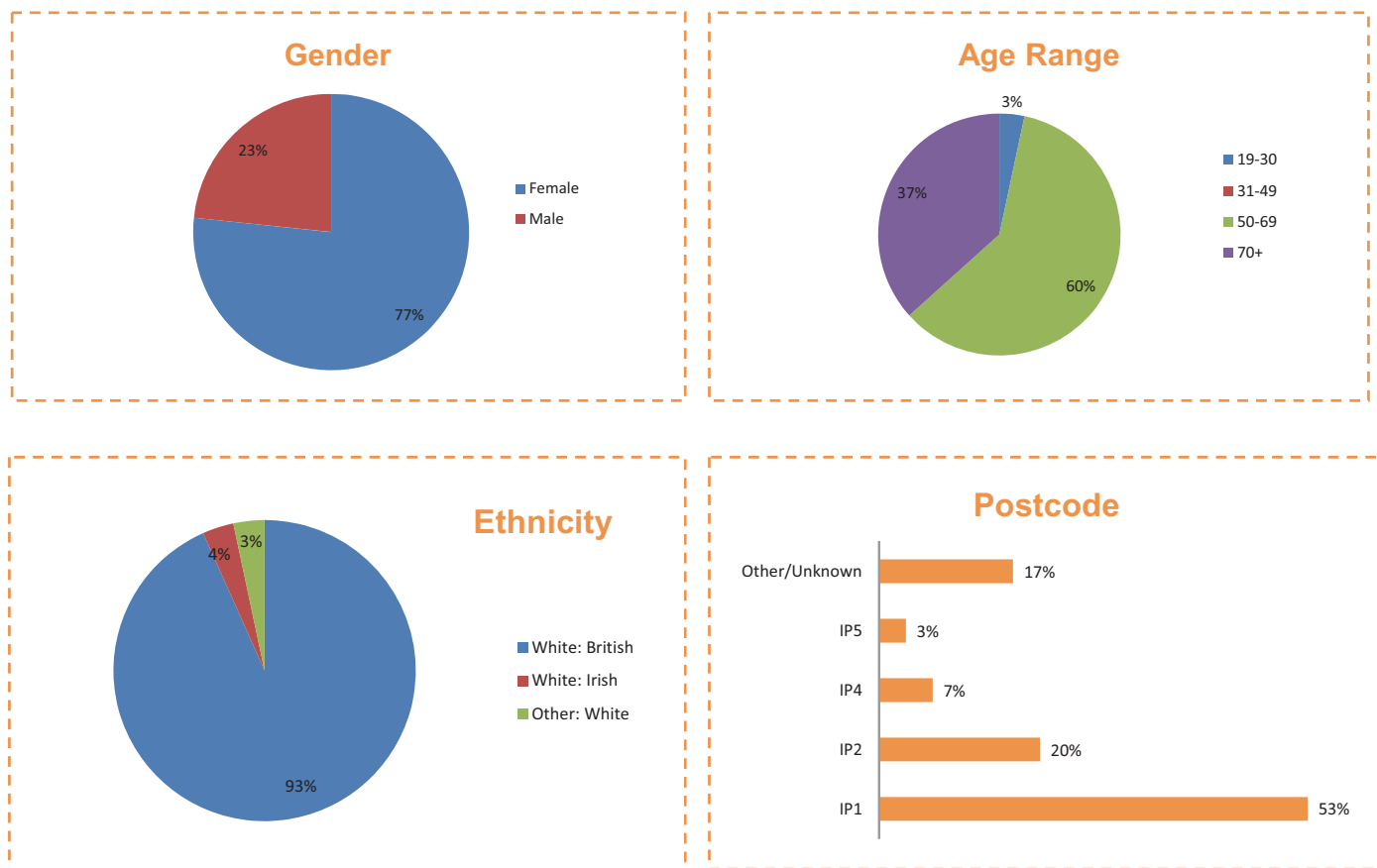
ActivSinging

Keep on Rockin'

Total number of people registered = 30

This includes:

- 23 females and 7 men
- 19 Sessions were held
- 471 attendances
- 7 new members
- Average attendance 22 people



Performances

- 2nd May 2012 – Coffee Morning Group – Felixstowe
- 28th June 2012 – Chantry High School, Ipswich
- 29th June 2012 – Handford House Residential Home
- 7th July 2012 – People's Community Garden Party
- 15th August 2012 – Westgate Ward Social Club Fun Day
- 1st October 2012 – Older People's Day – Buttermarket
- 11th October 2012 – Suffolk Foundation AGM
- 6th December 2012 – Christmas Event – Buttermarket
- 8th December 2012 – Children Centre Ipswich
- 21st January 2013 – Ravenswood Event – Health Watch
- 14th March 2013 – Salvation Army Woodbridge Rd
- 20th March 2013 – Caring in Diversity Event, Burlington Rd

Volunteering and Employment

ActivLives has over 50 key volunteers across the organisation that help maintain our garden projects, run our lunch clubs, cook meals for 80 plus older people a week, help with office administration and attend local health promotion events. Many volunteers and members provide peer support and help promote our services with the ActivLives stand and encourage and motivate people to join an activity or become a volunteer.

Our members and volunteers help to direct our services through team meetings, committees, focus groups, one to one's and they know that they can call in the office or phone to give us feedback, make suggestions, share ideas and their views. Members have also stepped up to become volunteers at the different sites and have also become Trustees of the organisation.

There are lots of opportunities for volunteering with ActivLives: helping maintain and supervise the People's Community Garden; being part of a new enterprise growing plants and supporting students at Chantry Walled Garden; leading

health walks, leading chair-based exercise groups, developing Nordic Walking groups across the county; running ActivHubs and cooking.

ActivLives volunteers include people who are long-term unemployed, people with learning disabilities, people with mental health problems, younger / older people, young mums, carers and people from Black, Asian and Ethnic Communities.

In return volunteers can learn and share skills, participate in training, gain qualifications and improve their employability. Many of ActivGarden volunteers are referred via other groups and organisations and can gain valuable work experience, build their confidence and knowledge in horticulture, gardening, construction and social enterprise.

A number of volunteers have gone on to gain employment or have joined a college course to develop their skills.

Julie's Story (Volunteer)

"I have been volunteering with ActivLives for almost 2 years now after deciding that I wanted to be involved in volunteer work which helped people in my local community. I love cooking and so contacted ActivLives with a view to helping at one of their weekly lunch clubs which is held at my local church hall on a Tuesday. At that time, they didn't actually need help with the preparation / cooking of the meals, so for a year, I assisted with running the afternoon activity (the lunch club consists of an hour's chair-based exercise in the morning, followed by a freshly cooked 2 course meal, finishing with an afternoon activity, which could be anything from Bingo to Skittles!).

In December 2012, the resident cook resigned, so I volunteered to help with the cooking side of things. This involved passing my Food Safety Level 2 course, planning the weekly menus, shopping for the food and then preparing, serving and clearing away ready for the afternoon activity. I and one of the other volunteers take charge of cooking generally every other week and the weeks that we don't cook, we run the afternoon activity. A variety of people attend the lunch club, the majority of whom are elderly and for some, it can be the only time during the week that they go out and socialise. I know some of the lunch club members feel being involved in ActivLives has had a huge positive effect on their lives.

Fitting in my volunteer work around my job and a family is sometimes tricky, but the sense of achievement I feel each week when I drive home from the church hall is amazing. All the volunteers help to make a huge difference to a large number of elderly and disadvantaged people in the community."

Volunteer Value

The number of hours people volunteer varies considerably, but can be from an hour to well over 10 hours a week. Some people stay for a few days or weeks to sustained periods of several months and even more than a year. Many of our volunteers have been with us since we began as the Town & Bridge Project in 2006. During 2012-13 volunteers contributed over 11,000 hours to ActivLives, which equates to a volunteer value of nearly £70,000 if the person was earning a minimum wage.

The ratio between investment in volunteers and their value to the organisation means that for every £1 spent there is a return of approximately £14.

Partnership Working

ActivLives works in partnership with many different individuals, groups and other organisations to bring expertise, knowledge and funding to meet the aims of the organisation, to support and promote other local initiatives, share best practice and reduce duplication of services.



What our partners say:

“The whole team at ActivLives are always incredibly enthusiastic, reliable, flexible and responsive in working with local communities and partner organisations to achieve positive outcomes for Family Carers living locally. Suffolk Family Carers is looking forward to continuing with and developing exciting opportunities with this partnership.”

Liz Peck Suffolk Family Carers

“ActivLives and Livewell Suffolk have been working in a successful partnership for quite a number of years providing accessible led Health Walks within the beautiful park environments of Ipswich. This year has been no exception. Together we maintain the main principles of Health Walks being Safe, Effective and Enjoyable! And this year sees the further establishment of regular walkers in Christchurch Park and an increase in attention to getting Chantry Health Walks equally well known and loved. Health Walks offer a wonderful holistic approach to health and exercise without a square inch of Lycra in sight!

Enabling walkers to get out in the fresh air to enjoy gentle, supported exercise in the natural environment provides benefits for many with mental and physical health difficulties, as well as providing support for those meeting the challenges of bereavement and social isolation. ActivLives is an important part of Livewell Suffolk's' annual provision of Health Walks in Suffolk. Long may this continue?”

Stephanie Cullen - Stepping Out / Livewell Suffolk

Finance Report

Finance Review April 2012 – March 2013

ActivLives commenced trading as a separate entity on 1st April 2012. Whilst expenditure was fully budgeted and funded from known income and pre-existing reserves the aim was, and remains, to achieve ongoing sustainability on a year by year basis without the need to use those reserves for day to day working capital purposes.

Therefore the outcome as shown in the final accounts - a net inflow of funds in the year of £4,990 – has to be viewed as a success given that this was the first year of independent operation, and that initial budgets had indicated a probable shortfall. Total assets as at the 31st March 2013 were £137,397, equivalent to 73% of total expenditure during that year.

Bankers

National Westminster Bank
Tavern St
Ipswich

Future Plans for ActivLives

ActivLives has now developed a wide range of innovative models that help people to gain skills, knowledge, get involved, find their voice and build their confidence and self-esteem. These together build stronger communities that are confident, inclusive, organised, co-operative, influential and healthier.

All existing services and new projects focus on helping people improve their physical, emotional and mental health. They raise awareness, provide support and information and signpost

Both central and local government services are continuing to face cuts in the current economic climate leaving the private and voluntary sector to “fill the gaps”. Consequently, competition in the voluntary sector for funding has intensified. ActivLives plans to both sustain and expand its existing services and its financial challenge is to continue to attract and generate funding in this difficult climate.

The Board are very aware of this challenge and of the need to keep the financial position of the charity under constant review.

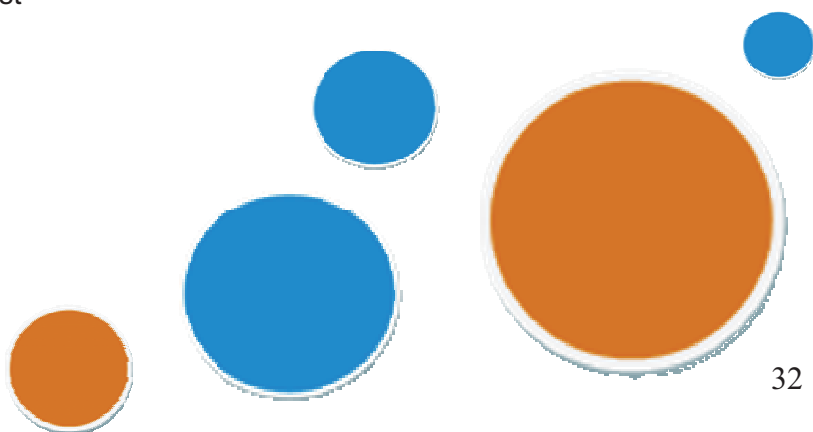
Ian Clouting
ActivLives Treasurer

Accounts Examined by;

Mrs Carol Shakespeare

people to other support networks and organisations and help people to take responsibility for their own health and encourage their peers to do the same.

ActivLives is looking to develop its services across Ipswich and Suffolk, particularly working with people living in areas of deprivation or areas where there is a high population of older people and a lack of support services.



Our Action Plan for 2014

- To secure funding, commissions and to generate more income to help the organisation become sustainable.
- Develop a comprehensive and realistic Business Plan to enable ActivLives to expand and continue to provide high quality services and training.
- Develop the ActivLives team and resources.
- Develop new ActivHubs in Ipswich including:
 - Gainsborough
 - Chantry
 - NE Ipswich
 - Westgate
- Develop Chantry Walled Garden into an outdoor learning centre, with good access for people with a disability and launch the appeal to raise funds to build an eco-centre to provide better facilities for students, volunteers and visitors.
- Develop the Halifax Community ActivHub and learning opportunities at the People's Community Garden
- Develop AQA alternative learning / training and workshops to develop people's skills and employability
- To continue to work with other key organisations to develop improved care pathways for people 45 plus and reduce falls in Suffolk.
- Provide more opportunities for volunteering, learning and helping people get nearer to the job market or gain employment
- To promote and sell what we do
- Continue to develop the infrastructure of the organisation including Policies and Procedures, Communication and Marketing, Health & Safety, Finance and Fundraising



Our Supporters

ActivLives would like to thank:

- All our funders, sponsors, local business and supporters that have enabled us to develop our projects and services
- Our members and volunteers for their time, support, commitment, ideas and feedback
- All our partner organisations that we have worked with over the year and for supporting our projects
- Local media and radio stations for promoting our initiatives
- All our supporters for their gifts and donations
- Tuddenham Press for being patient with us and their professional and efficient service

Funded by:

- Ipswich Borough Council
- Suffolk County Council
- Suffolk County Council Carers Innovation Grant
- Suffolk County Council Transforming Suffolk Innovation Fund
- Suffolk Community Foundation
- Suffolk County Councillors – Locality Funding
- Mayor of Ipswich Inclusion Fund
- TCHC – ESF Community Grants
- Big Lottery - Awards for All
- Ipswich & East Suffolk Clinical Commissioning Group

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Our first Annual Report is dedicated to the memory of Valerie Packer, our lovely physical activity instructor at St Mary at Stoke ActivAgeing Centre, who sadly died in 2012. Staff, members and volunteers still miss her big smile and witty remarks. Valerie helped to develop the Strength, Balance and Stability sessions at the ActivAgeing centre and was an invaluable member of the team. We miss you.



*Please support ActivLives by making a donation
or visit our website for alternative ways of
giving.*

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Visit us at:



www.activlives.org.uk

