



What's On

Lots to do and join.....

Edition 12

(From 1st September 2017)

If you would like to know more about ActivLives please call on 01473 345350 or go to www.activlives.org.uk

ActivLives
Growing Stronger People & Communities

Falls Prevention – Strength and Balance Classes



These sessions are ideal if you would like to:

- Stay steady on your feet
- Improve your balance, strength and mobility
- Reduce your risk of falling
- Improve confidence
- Stay independent
- Get out and meet others in a sociable environment

| Day | Time | Activity | Location | Cost |
|-----|---|--|---|---------------------|
| Mon | 9.45am – 10.45am (Level 2/3) 10.45am – 11.15am (Refreshments) 11.15am – 12.15pm (Level 1) | OTAGO (level 2) | Fred Reynolds Centre Churchill Close, Woodbridge IP12 4UU | £4.00 |
| Mon | 10.00am - 11.00am 1st, 2nd & 4 th Monday each month | Better Balance (level 2) | Red Gables Ipswich Road, Stowmarket IP14 1BE | £3.00 |
| Mon | 11.00am -12.30pm | Sitting Strong (level 1) | Greenfinch Church Hall, IP2 0SQ | £4.00 |
| Tue | 9.30am – 10.30am 11am – 12 noon | OTAGO (level 2 & 3) | Walton Community Hall Felixstowe, IP11 9DS | £3.50 |
| Tue | 10.30am -11.30am Followed by lunch | Better Balance (level 2) | St Mary at Stoke Church Hall Stoke Street, Ipswich IP2 8DA | £4.00 (Lunch £4) |
| Tue | 10.30am- 12 noon | Better Balance (level 2) | Rushmere St Andrew Village Hall Humber Doucy Lane, Ipswich IP4 3PD | £4.00 |
| Wed | 10.00am – 12 noon | OTAGO (level 2) | King George Community Centre Leiston, IP16 4JX | £4.00 |
| Thu | 10.00am – 11.00am | ActivSteps Mixture of dance steps with some seated exercise | California Social Club Foxhall Road, Ipswich IP3 8LB | £4.00 |
| Thu | 10.30am -12 noon | Better Balance (level 2) | All Hallows Court Raeburn Road, Ipswich IP3 0EH | £4.00 |
| Thu | 12noon – 1pm | ActivSteps Mixture of dance steps with some seated exercise | The Meeting Place, Limerick Close Ipswich, IP1 5LR | £4.00 |
| Fri | 10.30am - 12 noon | Better Balance (level 2) | Dundee House Renfrew Road, Ipswich IP4 3HT | £4.00 |

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|------|---------------------------------------|---|---|-------|
| Tues | 9:30am – 10:30am 11:00am – 12 noon | OTAGO (Level 2 & 3) | Walton Community Hall Felixstowe IP11 9DS | £3.50 |
| Tues | 11:00am -1:00pm | NEW AGE KURLING | Eye Community Centre 25 Magdalen Street Eye IP23 7AJ | £4.50 |
| Wed | 10:00am – 12 noon | FUNCTIONAL FITNESS – OTAGO Strength & balance exercises to improve your everyday activities. | King George Community Centre Leiston IP16 4JX | £4.00 |
| Wed | 10:30am– 12:30pm | NEW AGE KURLING | Stowmarket Scout Centre Milton Road North Stowmarket IP14 1EX | £4.50 |
| Thu | 2:00pm – 4:00pm | NEW AGE KURLING | Debenham Community Centre Gracechurch Street Debenham IP14 6BL | £4.50 |
| Fri | 10:30am - 12:30pm | NEW AGE KURLING | Peace Memorial Hall The Street Lakenheath IP27 9EW | £3.50 |
| Sat | 1:30 pm – 3:30 pm | NEW AGE KURLING, NEW AGE BOWLS & BOCCIA | Senior Citizens Centre, Orwell Road Felixstowe IP11 7DD | £4.50 |

If you enjoy singing and would like to sing with other people, then why not come and join our community singing group - 'Keep on Rockin'. An excellent way to meet and make new friends and enjoy a fun evening, singing a wide range of songs with Gina Silburn – Music Facilitator.

| | | | | |
|-----|-------------------|---|---|-------|
| Wed | 6:30 pm – 8:30 pm | Keep on Rockin' Community Singing Alternate Wednesdays | Stratford Court Sheltered Housing, Stratford Rd Ipswich IP1 6EQ | £3.50 |
|-----|-------------------|---|---|-------|

ActivWalks – It's a walk in the park.....

Why not come and join us for a lovely walk around Christchurch Park, Ipswich every other Monday at 11am – 12 noon. We meet at the Soane Street entrance, down from the Mansion and near the park benches. You will meet lots of new people and walking is a good way to improve your health and fitness. Please wear suitable shoes.

The next walks will be on:

September – 11th & 25th

October – 9th & 23rd

November – 6th & 20th

December – 4th & 18th



Call Julie on 07810801316 for more information.

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ActivIpswich is a community sports programme.



It is a partnership between **ActivLives** and **Ipswich Borough Council** and is funded by the National Lottery as part of Sport England's *Community Sport Activation Fund*.

| Day | Time | Activity | Location | Cost |
|-------|--------------|---|--|-------|
| Mon | 12.30-2.30 | NEW 'Woods & Stones' Short Mat Bowls and Kurling Starts 9th October | Whitton Sports & Community Centre, IP1 6LW | £3.00 |
| Mon | 1.00-3.00 | Bap n' Boccia (and Kurling!) Returns 11th September | Greenfinch Church Hall, IP2 0SQ | £3.00 |
| Tues | 10.45 -12.45 | ActivBowls - Short Mat Returns 26th September | Gainsborough Sports & Community Centre, IP3 OSP | £3.00 |
| Tues | 1.30-2.30 | Kurling & Boccia Group Returns 5th September | St Mary at Stoke Church Hall, IP2 8DA | £2.50 |
| Tues | 2.00-3.30 | ActivBadminton Returns 12th September | Whitton Sports & Community Centre, IP1 6LW | £3.50 |
| Wed | 10.30-12.00 | Ping Pong and Short Tennis Returns 6th September | Gainsborough Sports & Community Centre, IP3 OSP | £3.50 |
| Wed | 1.00-3.00 | Phoenix Project/ActivIpswich Mental Well-Being Group | Quaker Meeting House, Fonnereau Road, IP1 3JH | £3.00 |
| Wed | 4.30-6.00 | Special Olympics Badminton <i>(For adults with a learning disability)</i> Returns 13th September | Suffolk New College Sports Centre, IP4 1LT | £3.00 |
| Thurs | 10.00-12.00 | ActivIpswich Boccia Club Returns 7th September | Ipswich Labour Club, Silent Street, IP1 1TF | £3.00 |
| Thurs | 1.45-3.15 | Whitehouse Multi - Sport Returns 7th September | The Meeting Place, Limerick Close, IP1 5LR | £3.00 |
| Thurs | 3.00-4.00 | Walking Football (Indoor) Returns 7th September | Gainsborough Sports & Community Centre, IP3 OSP | £4.00 |
| Fri | 10.00-1.00 | ActivIpswich Kurling Club | Ipswich County Library, IP1 3DE | £3.00 |
| Fri | 1.30-3.00 | ActivIpswich Kurly & Boccia Returns 15th September | Salvation Army Priory Centre, 43, Queen's Way, IP3 9EX | £3.00 |
| Fri | 2.00-3.30 | Walking Football (Outdoor until Oct) Returns 8th September | Whitton Sports & Community Centre, IP1 6LW | £4.50 |

Our programmes are particularly targeted at those who are 45 years of age and over. We welcome **all** new participants. Don't worry about your playing standard - we are a project that provides for all levels of ability. The emphasis is very much upon the social as well as the physical benefits that can be gained from getting involved with regular physical activity.

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What we offer - Community sports sessions that are:

- Friendly and informal - most involve a cup of tea and a biscuit
- Targeted at the over 45's (many of our participants are in their 70's and 80's)
- Welcoming to people who are new to sport as well as those who haven't played for years. You won't need any special kit or equipment
- Without membership fees - we only charge session fees so you only pay for the sessions that you attend. (The first session is always free)
- Suitable for mature participants and those with limited mobility/stability/fitness

Independently run sessions that are part of the ActivIpswich Network

In addition to the groups and sessions that we deliver ourselves, we also support local groups who run their own weekly sessions. The sessions listed below are all run by organisations/groups independent of ActivIpswich - these sessions are however part of the 'ActivIpswich Network'.

| | | | | |
|-------|-------------|--|--|-------|
| Wed | 1.30-2.30 | Anglo-Chinese Kurling Group Contact Lydia 07867614349 | Manor Ballroom, St Margaret's Green, IP4 2BP | £1.50 |
| Wed | 1.30-3.00 | Kurling & Boccia Group Contact Mike 01473 345350 | Stratford Court, IP1 6EQ | £2.50 |
| Thurs | 10.30-12.00 | Kurling & Boccia Group Contact Mandy or Carl 01473 260888 | Gainsborough Library, Clapgate Lane, IP3 ORL | £2.00 |
| Thurs | 10.15-11.45 | Kurling, Boccia and a Cuppa! Contact - Wendy 01473251867 ipswichevents@Oddfellows.co.uk | Oddfellows Hall, High Street, IP1 3QH | £2.50 |
| Thurs | 6.00-7.30pm | Boccia, Kurling & Table Tennis Contact - Emma 01473 260880 | Chantry Library, Hawthorn Drive, IP2 0QY | £2.00 |

Additional Programmes

In addition to our weekly programme of sessions on the front of this leaflet we also run 'one-off' Activity Introduction sessions and 6 week Taster Courses. These are in a variety of sports including Boccia, Kurling, Lawn Bowls, Short Mat Bowls, Badminton, Table Tennis, Short Tennis, Walking Football and Multi Sports.

Coming soon as part of the ActivIpswich Programme

- ActivIpswich Kurling Competition (Whitton) on Tuesday 10th October
- 2nd ActivPentathlon is coming up in October/November
- 3rd ActivLives Community Games (Gainsborough) on Friday 24th November
- A weekly archery session is also being planned to start this autumn

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**The People's Community Garden,
CRESS Pavilion & ActivSheds**
Maidenhall Allotments,
Halifax Rd
Ipswich
IP2 8RE

Chantry Walled Garden
Chantry Park
Hadleigh Rd
Ipswich
IP2 0BS



Garden open for volunteering:
Mondays, Wednesdays and Fridays
9.00am – 4.00pm
Bespoke visits and activity days by
arrangement

Open for volunteering and plant sales:
Tuesday and Thursday
9.00am – 4.00pm
Bespoke visits and activity days by
arrangement

ActivSheds - Calling all Men! **The Shed is open: Fridays 10am–1.00pm**
CRESS Pavilion, Halifax Road, Ipswich IP2 8RE (near the People's Community Garden). DIY, carpentry and construction projects, both at ActivGardens and in the shed. Learn and share skills. Make bird boxes, hedgehog homes, planters and other items of your choice. A "shoulder to shoulder" project for men.

CRESS Pavilion Community Market & Café, Halifax Road, Ipswich IP2 8RE (near the People's Community Garden). **Friday 10am-12.30pm on 13 October**. Freshly picked produce, plants and flowers from ActivGardens - plus other community stalls. Tea, Coffee, light bites and Homemade cakes.

- A special festive market will be held on **Friday 8 December**

Plants for sale at Chantry Walled Garden EVERY Tuesday and Thursday 9am–3.30pm

Projects 2017

Branching Out – Growing Together at Chantry Walled Garden Every Thursday 1.30-3.30pm
A volunteering project for older people living in the Chantry area – come and help maintain this beautiful walled garden, share skills, make friends, enjoy a cuppa. We have facilities for people with mobility problems / wheelchair users.

Women's Skills Exchange at the People's Community Garden
Come and learn and share your skills with other women – eg gardening, crafts, upcycling, cooking, flower arranging, carpentry, hanging baskets. We hope to partner with St Elizabeth Hospice in this project. For more information, call Susannah on 07530 407302 or email susannah@activlives.org.uk

Appleseed FREE 6 week placements Every Monday & Friday 9:30am-4:30pm
Sessions are for adults aged over 24 living in Suffolk who are of working age and have been unemployed or economically inactive for two years. The aim is to gain self-confidence to move towards employment, training, education or job-searching through a range of gardening, horticulture, nature & conservation projects based at the People's Community Garden.
Call Steve on 07880 746413 or email info@appleseed.org.uk if you have any enquiries.

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