



What's On

Lots to do and join.....

Edition 18

(From 1st August 2018)

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
- Reduce your risk of falling
- Stay independent
- Improve your balance, strength and mobility
- Improve confidence
- 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	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	£4.00
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
Wed	10:30am – 12:30pm Starting 5th September 2018	Exercise, Singing, Crafts & Social Opportunities	Wingate House, 93 Bramford road, Ipswich IP1 2JA	£4.00
Wed	1:30pm – 2:30pm	Seated Dance	Morcambe Court, 76 Roundwood Road Ipswich, IP4 4LZ	£4.00
Thu	10.00am – 11.00am	ActivSteps <small>Mixture of dance steps with some seated exercise</small>	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 <small>Mixture of dance steps with some seated exercise</small>	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
Fri	11am – 12noon	ActivSteps <small>Mixture of dance steps with some seated exercise</small>	St Mary at Stoke Church Hall Stoke Street, Ipswich IP2 8DA	£5.00

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Day	Time	Activity	Location	Cost
Mon	3:00pm – 4:00pm	WELLNESS KICKSTART Exercises you can include in your daily routine	The Scout Centre, Milton Rd N, Stowmarket, IP14 1EX	£4.00
Tues	9:30am – 10:30am 11:00am – 12 noon	OTAGO (Level 2 & 3)	Walton Community Hall Felixstowe IP11 9DS	£4.00
Tues	10:00am -12 noon	NEW AGE KURLING	Eye Town Hall Broad Street, Eye, IP23 7AF	£4.50
Wed	10:00am – 11:00am	WELLNESS KICKSTART Exercises you can include in your daily routine	Scout Group Headquarters, Wellington Road, Eye, IP23 7BG	£4.00
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	10:00am– 12 noon	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	£4.50
Sat	1:30pm – 3:30pm	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	6:30pm – 8:30pm	Keep on Rockin' Community Singing Alternate Wednesdays	Stratford Court Sheltered Housing, Stratford Rd Ipswich IP1 6EQ	£3.50
Fri	10:30am – 12:30pm	Keep on Rockin' Community Singing Alternate Fridays	Woodbridge Library, New Street, Woodbridge IP12 1DT	£5.00

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.

To find out when the next walks are, please call us on 01473 345350.

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ActivIpswich is a community sports programme

It is a partnership between ActivLives and Ipswich Borough Council and was supported by the National Lottery as part of Sport England's *Community Sport Activation Fund until the 31st July 2018*.

We are currently reviewing our programme for the autumn. All of the session fees listed below are for the summer, most will undergo an unavoidable price increase from September.

Day	Time	Activity	Location	Cost
Mon	1.00-3.00	Bap n' Boccia Breaks 16 th July restarts at Goldcrest Court 10 th September	Greenfinch Church Hall, IP2 0SQ. Moving to Goldcrest Court, IP2 0SF	£3.00
Tues	10.30 -12.30	Activ Lawn Bowls Starts 3 rd July - until 11 th September	Kesgrave Community & Sports Centre, IP5 1JF	£3.50
Tues	1.30-2.30	Kurling & Boccia Group Breaks 7 th August - Returns 4 th Sept.	St Mary at Stoke Church Hall, IP2 8DA	£2.50
Tues	2.00-3.30	ActivBadminton Breaks 10 th July - Returns 4 th Sept.	Whitton Sports & Community Centre, IP1 6LW	£3.50
Wed	10.30-12.00	Ping Pong and Short Tennis Breaks 18 th July - Returns 5 th Sept.	Gainsborough Sports & Community Centre, IP3 0SP	£3.50
Wed	1.15-2.15	ActivYoga for Beginners Breaks 18 th July - Returns 5 th Sept.	All Hallows Church Hall, Landseer Road, IP3 0EN	£5.00
Wed	4.30-6.00	Special Olympics Badminton (For adults with a learning disability) Breaks 16 th May - Returns 12 th Sept	Suffolk New College Sports Centre, IP4 1LT	£3.50
Thurs	10.00-12.00	NEW ActivBoccia (and Ping Pong!) Starts on 6 th September	Whitton Sports & Community Centre, IP1 6LW	£4.00
Thurs	3.00-4.00	Walking Football (Indoor) Breaks 19 th July - Returns 6 th Sept.	Gainsborough Sports & Community Centre, IP3 0SP	£4.00
Fri	2.00-3.30	Walking Football (Outdoor) Breaks 20 th July - Returns 7 th Sept.	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
Fri	10.00-1.00	ActivIpswich Kurling Club Contact Mike 01473 345350	Ipswich County Library, IP1 3DE	£3.00

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.

Friday Friends Dementia Cafe

Every Friday 10:30am - 2pm

Whitehouse Baptist Church, Waterford Road, Ipswich, IP1 5NW

Friendly community cafe for people living with dementia and their carers.

Come and join our community cafe for a social morning of tea, coffee & biscuits and an activity. Then stay for a two course hot lunch.

£2.50 per person for morning session £4.00 per person for 2 course lunch.

To book your place, please call Louise Bernard on 01473 345350

A community led project, funded by the NWIBLT Senior Citizens Group in partnership with ActivLives

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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 15th June, 10th August, 14th September, 5th October 2018

Freshly picked produce, plants and flowers from ActivGardens - plus other community stalls. Tea, Coffee, light bites and Homemade cakes.

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

Projects 2018

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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