



What's On

Lots to do and join.....

Edition 21

(From 16th November 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	Exercise, Singing, Crafts & Social Opportunities	Wingate House, 93 Bramford Road, Ipswich IP1 2JA	£4.00
Wed	1:30pm – 2:30pm	Seated Dance	Morecambe 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
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

Keep On Rockin' Community Singing



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

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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**.

Day	Time	Activity	Location	Cost
Mon	10.00–12.00	ActivKurling	Ipswich St Raphael Club, Highfield Rd, IP1 6DA	£4.00
Mon	12.30–1.30	ActivYoga	Ipswich St Raphael Club, Highfield Rd, IP1 6DA	£5.50
Mon	1.00-3.00	Bap n' Boccia	Goldcrest Court, IP2 0SF	£3.50
Tues	10.45-12.45	ActivBowls (Short Mat)	Gainsborough Sports & Community Centre, IP3 0SP	£3.50
Tues	1.30-2.30	Kurling & Boccia Group	St Mary at Stoke Church Hall, IP2 8DA	£2.50
Tues	2.00-3.30	ActivBadminton (Beginners & Improvers)	Whitton Sports & Community Centre, IP1 6LW	£4.00
Wed	10.30-12.00	Ping Pong and Short Tennis	Gainsborough Sports & Community Centre, IP3 0SP	£4.00
Wed	1.15-2.15	ActivYoga for Beginners/Improvers (Booking is required)	All Hallows Church Hall, Landseer Road, IP3 0EN	£5.50
Wed	4.30-6.00	Special Olympics Badminton (For adults with a learning disability)	Suffolk New College Sports Centre, IP4 1LT	£3.50
Thurs	10.00-12.00	ActivBoccia (and Ping Pong!)	Whitton Sports & Community Centre, IP1 6LW	£4.00
Thurs	10.30-12.00	ActivStretch	All Hallows Church Hall, Landseer Road, IP3 0EN	£3.50
Thurs	3.00-4.00	Activ Walking Football (No physical contact)	Gainsborough Sports & Community Centre, IP3 0SP	£5.00
Fri	2.00-3.30	Activ Walking Football (Limited physical contact)	Whitton Sports & Community Centre, IP1 6LW	£5.50

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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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

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.

ActivHubs Lunch Clubs



Enjoy a hot homemade 2 course meal!

- Eat healthily
- Improve confidence
- Make friends
- Stay independent
- Get out and meet others in a sociable environment

Tue	Lunch served at 12noon	St Mary at Stoke Church Hall, Stoke Street, Ipswich, IP2 8DA	£4.00
Tue	Lunch served at 12noon	Oasis Club, Ipswich International Church, Burlington Rd, Ipswich, IP1 2HS	£3.50

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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 7th December 2018 – More dates for 2019 coming soon.

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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