



ActivLives
Changes Lives ●●●

www.activlives.org.uk

Lots to do and join.....

Edition 54

(from 1st July 2024)

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

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Step by Step Programme

Falls Prevention – Strength and Balance Classes

These sessions are ideal if you would like to: Stay Steady on your feet; Improve your balance, strength & mobility; Reduce your risk of falling; improve your confidence; Stay independent and help you meet and make new friends. All programmes include evidence-based OTAGO (falls prevention) exercise. For people aged 55+.



Day	Time	Activity	Location	Cost
Mon	10.30am -11.30am 11.45am -12.45pm	Better Balance Ipswich	Goldcrest Court, Goldcrest Rd, Ipswich IP2 0SF	£6.00
Mon	10am-11am 11.45am -12.45pm	Keep on Moving Saxmundham	The Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL	£6.00
Tue	9.30am – 10.30am 10.45am – 11.45am	Better Balance Felixstowe	Walton Community Hall High Street, Walton Felixstowe IP11 9DS	£6.00
Tue	10.30am -11.30am	Better Balance Ipswich	St Mary at Stoke Church Hall Stoke Street, Ipswich IP2 8DA	£6.00
Tue	9.30am -10.30am 11am – 12 noon	Better Balance Ipswich	Rushmere St Andrew Village Hall Humber Doucy Lane, Ipswich IP4 3PD	£6.00
Tue	10am – 11.30am	Better Balance East Bergholt	Constable Memorial Hall Gandish Rd, East Bergholt, CO7 6TP	£6.00
Wed	9:30am – 11am	Better Balance Leiston	Waterloo Centre, Waterloo Ave Leiston, Suffolk IP16 4HE	£6.00
Wed	10.30am-12noon	Better Balance Martlesham	Martlesham Community Hall, Felixstowe Road, Martlesham, Woodbridge, IP12 4PB	£6.00
Wed	10.45am -12.15pm 1.15pm -2.45pm	Keep on Moving Felixstowe	Old Felixstowe Community Centre, Ferry Road, Felixstowe IP11 9NB	£6.00
Wed	10.30am – 12noon 1:30pm-3pm	Better Balance Needham Market	Needham Market Bowls Club, Barretts Lane, Needham Market, IP6 8BX	£6.00
Wed	2pm – 3.30pm	Better Balance Shotley	Shotley Village Hall, The Street, Shotley, Ipswich, IP9 1LX	£6.00
Thu	10.30am -12 noon	Better Balance Ipswich	All Hallows Court Raeburn Road, Ipswich IP3 0EH	£6.00
Thu	10am -11am 11:15am -12.15pm	Better Balance Woodbridge	Quay Church, Quay Street, Woodbridge IP12 1BX	£6.00
Thu	10am -11.30am	Better Balance Kirton	Kirton Church Hall Church Lane, Kirton IP10 0PU	£6.00
Thu	10am – 11am	ActivSteps - Ipswich Mixture of dance steps with seated exercise	California Social Club Foxhall Rd, Ipswich IP3 8LB	£6.00
Thu	12 noon – 1pm	ActivSteps - Ipswich Mixture of dance steps with seated exercise	Castle Hill Community Centre Highfield Road, Ipswich IP1 6DG	£6.00
Fri	9.30am – 10.30am 11am-12noon	Better Balance Ipswich	Rushmere St Andrew Village Hall, Humber Doucy Lane, Ipswich IP4 3PD	£6.00

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ActivSport is a community sports programme



An inclusive sports programme that is open to adults of any age, who would like to become more physically and socially active. It is targeted particularly at those who are not already involved in regular physical activity or sport. We welcome **all** new participants with all levels of ability. We focus on the social and physical benefits that can be gained from these sport sessions.

Day	Time	Activity	Location	Cost
Mon	11:00am – 12noon	Health Walk (every fortnight, please check dates on website or by calling)	Christchurch Park, IP4 2BG. Meet inside Soane Street Gate	Free
Mon	11:30pm-1:00pm	ActivKurling Group	Felixstowe Leisure Centre, Seafront, Felixstowe, IP11 2AE.	£5.00
Tues	10:30am -12:30pm	Activ Bowls (Short mat indoors)	Gainsborough Sport Centre, Ipswich IP3 0SP	£5.00
Tues	2:00pm - 3:30pm	ActivBadminton	Whitton Sports Centre, Ipswich, IP1 6LW	£5.00
Wed	10:30am - 12noon	Ping Pong and Short Tennis	Gainsborough Sports Centre, Ipswich IP3 0SP	£5.00
Wed	1.15pm - 2.15pm	ActivYoga for Beginners/Improvers (booking is required)	Landseer Road Methodist Church, 382 Landseer Road Ipswich IP3 9LX	£6.00
Wed	3:45pm – 4:45pm 5:00pm - 6:00pm	Inclusive Badminton (For adults with a learning disability)	Suffolk New College Sports Centre, IP4 1LT	£4.50
Thurs	10:30am -12:30pm	ActivBoccia	Whitton Sports Centre, Ipswich IP1 6LW	£5.00
Thurs	10:30am – 12noon	Activ Walking Football	Gainsborough Sports Centre, Ipswich IP3 0SP (All weather pitches)	£5.00
Thurs	1:30pm-3pm	Inclusive Boccia	Mid Suffolk Leisure Centre, Gainsborough Road, Stowmarket, IP14 1LH	£4.00
Thurs	2:00pm - 3:30pm	Ping Pong and Short Tennis	Whitton Sports Centre, Ipswich IP1 6LW	£5.00
Sat	1:00pm – 3:00pm	ActivFelixstowe New Age Kurling & Boccia	Walton Community Hall, Felixstowe IP11 9DS.	£5.00

BreatheFit

Every Monday 2pm – 3.30pm

Grove Medical Centre, Grove Road, Felixstowe, Suffolk, IP11 9GA

Every Wednesday 1pm - 2:30pm

Waterloo Centre, Waterloo Avenue, Leiston, IP16 4HE

Every Thursday 10:30am - 12noon

Stowmarket Scout Hall, Milton Road North, Stowmarket

Every Friday 1.30pm – 3pm

St Francis Church Hall, 190 Hawthorn Drive, Chantry, Ipswich IP2, 0QQ

A follow on group specifically for people with a diagnosed respiratory condition/breathlessness. A low intensity exercise class that can be adapted to suit individual fitness levels. £5 per session, call Frazier on 01473 345350 or email frazier@activlives.org.uk on how to join on the session.

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

ActivSingers Community Singing

If you enjoy singing and would like to sing with other people, then why not come and join our community singing group - ActivSingers. An excellent way to meet and make new friends and enjoy a fun session, singing a wide range of songs.



Fri	10:00am – 12:00pm	ActivSingers - Woodbridge 1st & 3rd Friday of the month	Quay Church, Quay Street, Woodbridge IP12 1BX	£5.00
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ActivFriends Hub

Every Friday 10.30am - 2pm

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

For people aged 55 years and over. A Friendly community hub for Carers and people they care for. Come and join our community hub for a social morning of tea, coffee & biscuits and a fun activity. Then stay for a two-course hot lunch.

£6.00 for the day. To register your interest in coming along please contact Alison Pearson on 01473 345350 or alison@activlives.org.uk

A community led project, supported by Ipswich Borough Council

Men's Breakfast Hub

Every Wednesday 10am-12pm CRESS Pavilion, Halifax Road, Ipswich, IP2 8RE

Would you like to meet some like-minded people and have a chat over a cuppa and a bacon bap? Our friendly Breakfast Hub offers a friendly, safe environment for discussion and advice from qualified staff, volunteers and outside agencies.

A social, confidential support group for men aged 45 and over. **£5.00 per session** to get involved please contact Alison Pearson on 01473 354350 or alison@activlives.org.uk

St Mary at Stoke Lunch Club

Every Tuesday - Enjoy a hot homemade 2 course meal!

• Eat healthily • Improve confidence • Make friends • Socialise and meet others



Tue	Lunch served at 12noon	St Mary at Stoke Church Hall, Stoke Street, Ipswich IP2 8DA	£6.00
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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** from 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.**

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

ActivGardens

The People's Community Garden, CRESS Pavilion & ActivSheds

Maidenhall Allotments,
Halifax Road
Ipswich
IP2 8RE

Open for volunteering, placements and
produce sales:
Mondays, Wednesdays and Fridays
9:00am – 2:00pm
Bespoke visits and activity days by
arrangement

Chantry Walled Garden

Chantry Park
Hadleigh Road
Ipswich
IP2 0BS



Open for volunteering and plant sales:
Tuesday and Thursday
9:00am – 2:00pm
Bespoke visits and activity days by
arrangement

Belle Vue Park

Cornard Road, Sudbury, Suffolk, CO10 2RG

Grow Your Community – Sudbury provides opportunities for local people to get involved in
community growing in and around Sudbury.

At Belle Vue Park every Thursday
9:30am – 12.00noon

ActivSheds - Calling all DIYers! The Shed is open on: Thursdays – supported group, cost £5 and
Fridays – men's group 9:30am – 3.30pm. Please book your place. Cost: £5

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 everyone!
For further information about joining this project, please contact susannah@activlives.org.uk on 07530
407302 or john@activlives.org.uk on 07943 909733.

Beekeeping – Mondays 11am to 1pm approx. Meet at the community garden green cabin to watch or
for a hands-on experience. Please book your place. Cost: Observation fee £5 Beekeeping experience:
£10. Please contact ian@activlives.org.uk on 07599 951060 for more information.

Plants, Produce and items for sale:

Community Garden Gate Sales - Freshly picked produce, plants and flowers from ActivGardens on Mon,
Wed and Friday 9:00am – 2:00pm.

Plants for sale at Chantry Walled Garden, Chantry Park, Hadleigh Road, IP2 0DE

EVERY Tuesday and Thursday 10:00am – 2:00pm Shrubs, herbaceous perennials, herbs,
bedding & bee-friendly plants available at competitive prices.

ActivGardens Projects 2024/25 - For the latest info around the current ActivGardens projects to
get involved with please see overleaf or visit our website www.activlives.org.uk/activgardens

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

Grow Your Future at ActivGardens – for people aged 16+

If you are looking for a new direction come and take part in our programme to develop practical skills and build confidence on your way to further learning, training or employment! In this free 12-week course, you will learn about gardening, horticulture and nature conservation in our safe, welcoming and inspiring community gardens. Grow Your Future is for anyone aged 16+ who are unemployed or economically inactive, and not engaging in education or training.

Grow Your Future – Ipswich

9:30am-2:30pm Tuesdays 14th May until 30th July 2024 Chantry Walled Garden, Chantry Park, Hadleigh Road, Ipswich IP2 0BS | 9:30am-2:30pm Wednesdays from 15th May until 31st July 2024 The People's Community Garden, Maidenhall Allotments, Halifax Road, Ipswich IP2 8RE.

OPEN DAYS: To learn more, come visit us on Wednesday 3rd April 2024, 10am - 2pm at People's Community Garden and Tuesday 9th April 2024, 10am – 2pm at Chantry Walled Garden.

Grow Your Wellbeing – Sudbury and Great Cornard

Free 12-week course starting Mondays 13th May to 29th July 2024 from 10am – 1pm at Belle Vue Park in Sudbury. Entrance: Newton Road or Ingram's Wells Road CO10 2PP

OPEN DAY: To find out more and meet our staff, come along on Monday 15th April, 10am – 12pm, refreshments provided.

Gardening In Mind at ActivGardens – for people aged 16+

In this free 12-week course you will take part in gardening, growing and environmental activities, with the option to get involved in bee-keeping too. Come and join our outdoor programme to support mental wellbeing.

Taking place between 10am-2pm on Monday 29th April to Monday 15th July 2024, 10am-2pm OR Wednesday 1st May to Wednesday 17th July, 10am-2pm.

Join us for an open day on Monday 8th April 2024 from 10am to 2pm, a great chance to look around the People's Community Garden, find out more about the project and sign up!

Taking place at The People's Community Garden, Maidenhall Allotments, Halifax Road, Ipswich.

Together We Grow at ActivGardens – A project for refugees and asylum seekers

Come and volunteer in the safe and welcoming environment of our community gardens. If you are looking for somewhere to volunteer, develop some practical gardening skills, improve your wellbeing, meet new people, build your confidence, get closer to nature, share your culture, be part of a local community and practise speaking English then Together We Grow could be the perfect thing for you! We can contribute to public transports and packed lunch costs. For more information on volunteering dates and venues, please see on page 5, **ActivGardens** section.

Building Positive Futures at ActivGardens

Do you want to build skills, gain confidence and improve your health and wellbeing? Join Building Positive Futures at ActivGardens for a 12-week placement and become part of our welcoming and supportive community.

Come and visit us at The People's Community Garden & ActivSheds, Halifax Road, Ipswich IP2 8RE during Weekdays between 9am-2pm for gardening, woodwork, beekeeping and nature conservation.

To find out more about any of these projects or to register your interest, please contact: ActivGardens Development Manager Susannah Robirosa via email susannah@activlives.org.uk or by calling 07530 407302. You can also contact ActivLives Main Office on 01473 345350.

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