

# ActivLives

## Changes Lives

April - June 2025  
Newsletter

**ActivSport**

### ACTIVFELIXSTOWE

*New Age Kurling and Boccia*

Come and join our very friendly inclusive sport session for older, independent adults



**BOOK NOW!**

Every Saturday  
1.00pm-3.00pm  
Walton Community Hall  
Walton, Felixstowe,  
IP11 9DS

**£5.00 per session**

The New Age Kurling and Boccia sessions are held in a very comfortable, accessible venue. And the sessions are suitable for participants who use a wheelchair.

If you would like to know more about this session, please feel free to contact us on 01473 345350 or email frazier@activlives.org.uk

**STEP-STEP**



**ActivSteps**

For people 55 years and over  
Gentle and fun moves to music to help improve strength, balance & stamina - no partner required

**THURSDAYS**  
£6 per session

<b>CALIFORNIA SOCIAL CLUB</b> 10:00 am - 11:00 am Foxhall Road Ipswich, IP3 8LB		<b>CASTLE HILL COMMUNITY CENTRE</b> 12 noon - 1:00 pm Highfield Road Ipswich, IP1 6DG
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For more information, please call Jemma on 01473 345350 or email jemma@activlives.org.uk





**GOOD HEALTH @WORK**  
Support for Suffolk Sites

We are proud to announce that we have been awarded the **Bronze Good Health @Work Award** by Suffolk County Council, recognising our commitment to creating a healthier, happier workplace for our employees

**GOOD HEALTH @WORK BRONZE AWARD**

Delivered by **Get Set** for a better tomorrow  
Funded by **Suffolk County Council**

[www.goodhealthatwork.co.uk](http://www.goodhealthatwork.co.uk)

**GIVE SUPPORT**

Building a sense of community, supporting people to stay active, connected and involved are not an easy feat. But with your support, through donations, sponsorship and volunteering, these are not impossible. We are asking for your support to help ActivLives charity change more lives and make a difference across Ipswich and Suffolk.



Making an Impact with Love to Move



Join ActivGardens FREE courses



Stay active with ActivSport sessions

Welcome to Spring!

Well, Spring is finally here and it's lovely to see all the plants and bulbs popping up in gardens and tubs. The bees are waking up and I even saw a butterfly at the weekend.

It's always busy at ActivLives, but this time of the year even more so, with new people wanting to join our activities, new courses starting at the gardens, checking our lovely bees, new projects and initiatives, fundraising events and filling in lots of funding applications to make sure we can continue to deliver our activities in Ipswich and across East Suffolk.

In April we welcome Colin Baldwin who is our new Partnership and Fundraising Officer who will be working with partners to organise fundraising events such as the Felixstowe Disability Pride event on Friday 11th July – 10.30am – 4pm. The procession will start outside SeaYou and everyone is welcome to come and join us... There will be stands, the amazing Samboomba Samba Band will be playing and the event will be raising funds for ActivLives and Suffolk Mind.

If you enjoy walking why not sign up and raise funds for ActivLives at the Orwell Challenge Walk on the 29th June. You can walk 3 – 25 miles. For more information call us on 01473 345350.

Colin will be looking at all sorts of ways we can raise funds to ensure ActivLives can continue to run all our activities and support over 2,000 people each year.

I also have a correction to make. In the last Newsletter I said this was our 18th year, well actually it is our 19th year.... So, let's work together and make sure we can celebrate 20 years in 2026. I think I can feel a party coming on!!!!

Don't forget to tell your family, friends and neighbours about ActivLives and the wide range of activities we provide. Please spread the word.



Julie Stokes  
ActivLives CEO



Ian Hirst  
ActivGardens Operations Officer

Herbs for health

Healing Herbs & Spices

 <b>OREGANO</b> Helps soothe stomach muscles	 <b>CLOVE</b> Anti-microbial properties
 <b>MINT</b> Can help ease hiccups	 <b>SAGE</b> Has antibiotic & antiseptic properties
 <b>GINGER</b> Offers anti-nausea remedies	 <b>THYME</b> Relaxes respiratory muscles
 <b>GARLIC</b> Offers natural antiseptic properties	 <b>TURMERIC</b> Contains anti-cancer properties
 <b>FENUGREEK</b> Helps flush out harmful toxins	 <b>BASIL</b> Can relieve gas & soothe upset stomachs
 <b>FENNEL</b> Can reduce bad breath & body odor.	 <b>BLACK PEPPER</b> Helps relieve indigestion
 <b>ROSEMARY</b> Contains anti-oxidant properties	 <b>DILL</b> Treats colic, heartburn, & gas
 <b>CAYENNE</b> Can stop a heart attack	 <b>CINNAMON</b> Helps to lower blood pressure

Picture from [https://www.threads.net/@\\_chef.eazzy/post/C\\_z\\_yz\\_oROy/healing-herbs-and-spices-](https://www.threads.net/@_chef.eazzy/post/C_z_yz_oROy/healing-herbs-and-spices-)



ActivLives is a local independent charity working in Ipswich and across Suffolk to keep people active, connected and involved with their local community through accessible sports and exercise, courses, learning new skills and volunteering opportunities.



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Picture by Indigo Opportunities



Growing herbs in your garden offers a wealth of benefits—not just for their delicious flavours, but also for their medicinal properties and their ability to support other plants.

From a culinary perspective, herbs bring fresh, bold flavors to homemade meals. Basil pairs beautifully with tomatoes, rosemary enhances roasted meats, and mint adds a refreshing twist to teas and desserts. Freshly harvested herbs elevate dishes in a way that dried store-bought versions simply can't match.

Herbs also have medicinal benefits that have been valued for centuries. Chamomile and lavender promote relaxation, peppermint aids digestion, and thyme has natural antibacterial properties. Many herbal remedies can be made into soothing teas, salves, or infused oils for natural healing.

Beyond their kitchen and health benefits, herbs make excellent companion plants in the garden. Basil helps deter pests from tomatoes, dill attracts pollinators, and rosemary repels insects that can harm vegetables. By strategically planting herbs among your crops, you create a healthier, more resilient garden ecosystem.

To get the most out of your herbs, use them fresh in cooking, dry them for long-term storage, or infuse them into oils and vinegars. Whether for flavour, wellness, or garden health, herbs are a powerhouse addition to any space—so why not start growing some today? Find out how by volunteering for ActivGardens or joining one of our FREE courses.

New courses put spring in step of budding gardeners



New Grow Your Future recruits participating in course activities

ActivGardens has welcomed a new cohort of recruits eager to learn skills as part of our series of free courses at ActivGardens.

Chantry Walled Garden has welcomed 13 people to our community-run plant nursery, while at the People's Community Garden, six people are learning about how to prepare the ground for spring and plan vegetable beds, while getting hands-on with building wildlife habitat and taking part in beekeeping.

Over in Sudbury, a number of people have joined Grow Your Wellbeing – which offers a variety of horticultural activities alongside learning exercises and plant identification, helping people to de-stress find a sense of community in their local park.

Imagination runs wild at ActivSheds

It's not all about straight lines at ActivSheds - members continue to surprise with the amazing ideas they bring into being.

Ian has made a sausage dog planter, Geoff is building a spiffire for his grandson, and John, our Project Officer, has overseen the development and crafting of the most amazing bee sculpture to honour our beekeeping mentor Barrie Powell, who passed away in December.

The bee takes pride of place in our Sensory Garden – we will certainly never forget Barrie the Bee.



Leading the way: Ian is proud of his four-legged planter



Open days:

- Monday 14th April 10-12 – Belle Vue Park, Sudbury
- Wednesday 16th of April 10-2 – People's Community Garden
- Thursday 17th April 10-2 – Chantry Walled Garden

Why not come along to have a look round and, if you like what you see, sign up?

Summer course dates:

- **Grow Your Future** – The People's Community Garden, Maidenhall Allotments – Mondays 19th May to 4th August
- **Grow Your Wellbeing** – Belle Vue Park, Sudbury – Tuesdays 20th May to 5th August
- **Grow Your Future** – Chantry Walled Garden, Chantry Park – Thursdays 22nd May to 7th August



Bee amazed by ActivSheds' sculpture honouring Barrie Powell

Thinking of volunteering for us? Why not visit us to find out what we do

ActivGardens are planning two Volunteer Open Days, so you can come and look around and chat to staff and volunteers to find out more about what we do and how you can get involved.

On **Wednesday 7th May**, we are open at the People's Community Garden from 10am to 2pm. Come and look around the different areas of the garden, visit the bees and explore our Wild Zone.

Over in Sudbury, we are inviting people to come and meet us in Belle Vue Park on **Thursday 5th June** from 10am to 12 noon to chat over a cuppa. There will be a small display about the park, as well as a quiz to encourage you to explore.

**Thanks to Milestone Infrastructure – Suffolk Highways** – whose staff gave up a whole day to come and paint Chantry Walled Garden cottage, which serves as a base for our volunteers. If you are a business looking to give something back to your local community, please get in touch with **Operations Officer Ian Hirst** [ian@activlives.org.uk](mailto:ian@activlives.org.uk) or phone **ActivLives 01473 345350**.

Young people explore green futures

A group of students from St Alban's Catholic High School visited the community garden to learn what it takes to work in horticulture or nature conservation, as well as finding out more about all the different elements of working for a charity.

The young people explored the garden and wildlife areas, visited the bees and made a "toad abode", before talking to Ian and Susannah about what they might like to do in the future. Quite a few felt inspired to work outdoors, or with animals, and one young person said they'd like to work at the People's Community Garden every day!

The visit was kindly funded by the Thomas Wolsey 550 project, celebrating the 550th anniversary of the birth of a famous son of Ipswich - Cardinal Thomas Wolsey.

The visit was organised in partnership with the Thomas Wolsey 550 Project funded by Suffolk County Council's Ipswich Investment Fund.

If your school or community group is interested in visiting us – please get in touch.



Find out how you can Grow Your Community at our project Open Day in Sudbury's park



Corporate team gives volunteers a lift with spring makeover



Ian leads St Alban's Catholic High School students in a wildlife safari

**New season launches at Chantry Walled Garden**

Join us for the launch of our new range of plants at Chantry Walled Garden on **Tuesday 15th April from 10am to 2pm.**

Volunteers will be on hand to show you round and help you pick out perennials for your garden and bedding for your planters – or why not put in an order for a hanging basket?

Tea, coffee and cakes will be available at Nursery Cottage – so join us for a cuppa and a chat to find out more about what we do.

If you can't make it, don't worry – we are open EVERY Tuesday and Thursday 10am to 2pm, and EVERY SATURDAY during late spring and summer.

Every penny you spend with us goes to supporting our charity to reach out to people in Ipswich and Suffolk, bringing them together to learn skills, improve their health and well-being, and connect into their community.



Visit us and bring home the perfect plants for your garden or community green space



**Come and celebrate ActivLives at our summer garden party!**

ActivLives members, volunteers and supporters are cordially invited to our summer celebration at the People's Community Garden on Friday 1st August 11am to 2pm. [RSVP susannah@activlives.org.uk](mailto:susannah@activlives.org.uk) or call ActivLives on 01473 345350.



**Local Giving**

We would like to thank the East of England Co-op – Belstead Hills Store for raising £166.24 for ActivLives, during their Winter Local Giving campaign and for the East of England Co-op for the additional £150, making an amazing donation of £316.24.

Your donation really does make a Big Difference and enables ActivLives to continue to deliver our wide range of inclusive and fun activities for younger and older adults and continue to support our local community.

**What's New?**

**Nominate ActivLives!**

Please nominate ActivLives charity for this year's Movement for Good Awards. The Awards is Benefact Group's annual programme of giving. Your support will help people stay active, connected and involved in the community through the charity's various sports, exercise, and garden programmes and special hubs.

To nominate, please visit [movementforgood.com](http://movementforgood.com). Search for the ActivLives charity's name on the form and choose Health OR Community for the charity type selection. Your support means so much to our members and volunteers.

**A Resounding Success: Love to Move Trimley**

Case Study prepared by Sue Taylor

It is only 2 months since Laura Lopez at ActivLives started up a new Love to Move session in Trimley St Martin, Felixstowe but the session is already a resounding success. Laura completed her Love to Move training in September 2024 and went on to pass her assessment in record time. Her training was funded through a grant received by the British Gymnastics Foundation from Suffolk Community Foundation. Laura was already running several community sessions for ActivLives but Love to Move has offered her the opportunity to add this uniquely different session to her repertoire and she is loving it.

"It's such a rewarding and positive session to deliver. You can see the benefits it brings, not just for participants living with various conditions but the carers get just as much out of it. It is one of my favourite sessions to deliver. It has huge potential for local communities," Laura said.

The picture (top right) is of Laura with John and Doreen who are regular attendees at the Trimley St Martin session. John has run the London marathon 6 times with his fastest time being an incredible 2 hours 57 minutes. John had a dense stroke in June 2023 and has had a long road to recovery but is now seeing real benefits since starting Love to Move. One of their favourite parts of the session is the alphabet topic. When they get home after a session, they always go through the topic again (sometimes for hours!) with pen and paper writing a list and coming up with lots more answers. And they never ask Google!

Doreen said "I love it. It gets you going. It makes you think for yourself, not just follow. I'm getting my husband back bit by bit. He is gaining more movement and strength in the side effected by his stroke. It's not just me who notices it but other people too".

Sue, pictured with Laura, is a full time carer for her husband who suffers from acute anxiety and depression and they have been coming to the session since it started. "It has helped me as a carer and done a lot for my husband's mental health and wellbeing. After a session you feel really good. This is the only activity that my husband will come to where he can be with other people."

The Trimley St Martin session is run weekly and participants enjoy a well deserved cup of tea and biscuit and a chat afterwards. Having seen it's success, Laura is keen to develop more Love to Move sessions and the British Gymnastics Foundation is currently liaising with ActivLives and Active Suffolk to look at how we might be able to bring more Love to Move sessions to Suffolk. For more information about Love to Move, please contact: [Susannah.taylor@britishgymnasticsfoundation.org](mailto:Susannah.taylor@britishgymnasticsfoundation.org)



Love to Move members John and Doreen (seated)



Sue with Laura at Love to Move Trimley

**Upcoming Event**

**Share the word!**

We all know someone affected by a disability - whether visible or hidden. This event is about celebrating individuals, not limitations, and we'd love your support to make it truly special. You may participate as a sponsor, or you can donate and help raise funds for ActivLives and Suffolk Mind. More details on <https://www.felixstowedisabilitypride.co.uk/>



What's on in.... FELIXSTOWE



This is a new article focusing on areas where you may not know ActivLives delivers activity sessions. In this edition we are focusing on the lovely seaside town of Felixstowe and surrounding villages.

**Boccia & Kurling Group – Walton Community Hall, Felixstowe, IP11 9DS - £5** This very welcoming group, of different ages and abilities, meet on a **Saturday from 1pm – 3pm**. The first part of the session is a fun game of New Age Kurling, followed by refreshments and a time to socialise and ends with a few games of the Paralympic sport - Boccia. Both activities are accessible to all and the games can be played standing, sitting or in a Wheelchair. The first session is free, so why not come and join us and 'have a go'. **Contact Frazier / Julie on 01473 345350 for more information.**

**ActivKurling Group - Felixstowe Leisure Centre, Seafont, Felixstowe, IP11 2AE - £5** This group meet on a **Monday from 11:30pm-1:00pm**, for people 50 years and over. Participants learn the different techniques of the inclusive game New Age Kurling, play a number of ends with others, followed by social time and refreshments, so that people can get to know one another and make new friends. Again, this is a very inclusive game and can be played standing, sitting or in a Wheelchair. This game includes pushers, kurling stones with ball bearing wheels and various targets. The first session is free. **Contact Frazier on 01473 345350 for more information.**

**Keep on Moving - Old Felixstowe Community Centre, Ferry Road, Felixstowe IP11 9NB - £6** A fun mainly seated exercise session to music, for people 50 years plus on a **Wednesday 10.45am -12.15pm & 1.15pm -2.45pm** who want to keep active and moving but may be living with health conditions that prevent them from participating in standing exercise. The sessions help build confidence, strength, co-ordination and provide social time for people to get to know one another. The first session is free – **Contact Laura on 01473 345350.**

**Love to Move - Trimley Sports and Social Club, High Road, Trimley St Martin, Felixstowe, IP11 0RJ - £6** This is a new programme on a **Monday – 1.30pm – 3pm** is especially designed to get older adults moving and functioning better. It is a seated movement programme to music that benefits older adults and people living with dementia, Parkinson's and other forms of cognitive impairment. The session includes social time and refreshments. **Contact Laura on 01473 345350.**

**Step by Step Better Balance sessions** are for people 50 years and over who have had a fall, who are high risk of falling or lack confidence in their mobility. They include seated and standing exercise to music to help boost confidence and build strength, balance and co-ordination. These are held at various locations in Felixstowe and surrounding villages, all include time to socialise, and refreshments and the first session is free. All £6 per session:  
**Tuesday** - 9.30am – 10.30am & 10.45am – 11.45am - Walton Community Hall, Felixstowe, IP11 9DS  
**Thursday** - 10am -11.30am - Kirton Church Hall, Church Lane, Kirton IP10 0PU  
**Contact Laura on 01473 345350 for more information.**

**BreatheFit – St Mary's Church Hall, 1 Cage Lane, Walton, IP11 9BH - £5** A follow-on group for people 50 plus on a **Monday - 2pm – 3.30pm**, who have a diagnosed respiratory condition/breathlessness, COPD, asthma or long-Covid. BreatheFit is a low intensity exercise class that can be adapted to suit individual fitness levels. **Call Frazier on 01473 345350 on how to join the session.**

**Strength & Balance Programme - Walton Community Hall, Felixstowe, IP11 9DS - Free** If you are aged 65 or over, you may benefit from our Strength & Balance Programme that helps to reduce falls and fractures, which is held on a **Thursday - 1.15pm – 2:45pm**. This is a **FREE** 12 x week exercise programme with a specialist OTAGO qualified instructor and exercise that improves, gait, coordination, strength & confidence. **Contact Laura on 014734 345350.**

There is a lot going on in the Felixstowe area. If you would like more information on how to join any of our sessions **call the main office – 01473 345350.**

ActivFriends Valentines, Fish and Chips and much more...

ActivFriends had a full schedule from January to March, with activities like seated dance, chair-based exercise, boccia, and quizzes. Balls have been bowled and we have reminisced about days gone by, remembering loved ones along the way. Happiness is a key part of the sessions so, we have plenty of laughter, lively discussions and enjoy the most important thing, friendship, love and support, because that is key to what ActivFriends is all about.

We have had a grant from Suffolk County Councillor David Goldsmith, so we can buy some new equipment for the kitchen, where our team of great volunteers, led by Pat and Bob, create mouth-watering dishes for our very hungry members. Favourites like cottage Pie, sausage, mash and onion gravy, crispy savoury pastry pies and beef cobbler to name a few. Plus, homemade rice pudding, and sweet sponge bakes with custard. We will also be able to buy some wonderful reminisce items to spark memories from the good old days.

Valentine's day was brilliant fun, making Valentine's crackers and cards, with wonderful creative ideas from Sandra and our lovely volunteers, everybody had a great time and we had a wonderful Whitehouse Fish and Chips, served wrapped in paper, what a lovely treat.

**ActivLives Men's Breakfast Hub 3 Year Anniversary for 2025, with two more hubs opening in Felixstowe and Woodbridge**

With the start of Spring we are delighted to confirm that we are celebrating our 3rd year anniversary for our Ipswich Men's Breakfast Hub and what a great 3 years it has been. The hub has grown from strength to strength during this time, with new members joining our weekly regulars.

We now have a core group of 15 very friendly, regulars, who share news, discuss local issues, explore hobbies and enjoy the wonderful bacon breakfast rolls we have to offer. Lots of chat, laughter and a great social activity.

Now, we want your help, if you, or anyone you know, are interested in joining similar hubs in Felixstowe and Woodbridge. We would encourage you to contact us if you are interested and we have a simple questionnaire we can send to you to complete. We are exploring venues at the moment and we are looking at an April to May start time.



Valentines Day at ActivFriends with full of creativity & fun

So, let's celebrate all the wonderful volunteers at ActivLives, I would like to take this opportunity to say a MASSIVE thank you to all my volunteers....Pat, Bob, Sandra, Barbara, Melissa and Barbs, for all the extra hard work and support you have given to ActivLives since January and a big thank you to our CEO Julie Stokes for stepping in when I couldn't. Not forgetting Sandra's husband Ray, they all provide the glue that holds the group together.

Volunteers are a really important part of ActivLives so please do get in touch if you are interested to find out more, or if you are interested in attending the Hub please **call Alison Pearson on 01473 345350 for more information.**



Celebrating 3 years of Men's Breakfast Hub with fun memories and activities

So, if you want to join us in 2025 in Ipswich, or are interested in looking at Woodbridge or Felixstowe, contact **Alison Pearson, Project Lead on 01473 345350.**

**ActivSingers Ipswich 2025 Schedule**

Date, Time & Venue: 10am - 12 noon, twice a month on a Friday  
 Pinewood Community Hall, Laburnum Close, Pinewood, Ipswich, IP8 3SL

25th April  
 9th & 23rd May, 13th & 27th June  
 11th & 25th July  
 No sessions in August  
 12th & 26th September, 10th & 24th October  
 14th & 28th November  
 12th December





Soup making at the Men's Breakfast Hub

Last year ActivLives ActivAgeing Project was awarded funding through the Suffolk County Council Health Inequality Funding to develop and deliver a number of projects to engage and support more people aged 55 years and over living in Ipswich.

The funding has supported our existing inclusive sport activities to enable them to grow, it has enabled us to establish a new BreatheFit session in the Chantry area, for people with respiratory health conditions, deliver 'have a go' events to engage more people in inclusive sport; provide people with useful health information or signpost people to other support organisations and working with the Men's Hub and ActivFriends group have co-produced a project to include healthy eating and a reminiscence recipe book.

The Men's Hub have been looking at the 'Eatwell Plate' and the sort of food they ate through their childhood, growing up, family life and how some health conditions have affected what they can eat and how they have had to change their diet. Discussions also included fast food, the cost of food, how people don't know how to cook and the difficulties of cooking for one.

The men's group actually got 'chopping' and looked at the various nutrients that vegetable such as potassium, fibre, folate and Vitamins A, E and C which are vital for overall health and maintaining different parts of the body. They made a delicious vegetable soup with brown rice pasta, which they later ate together as a social group. Thanks to Mary and Bob for their help with the cooking. Members have been asked to think about different recipes and stories behind the recipe, which will be collated into a recipe book for people to enjoy and use.

## ActivSport

### ActivSport kicks off 2025 with Inclusive Boccia Tournament



In Pictures: Athletes competing at the Inclusive Boccia Tournament with support from volunteers



ActivLives launched its first Inclusive Boccia Tournament for this year on the 22nd of March at the Gainsborough Sports Centre, Ipswich. The event attracted 33 competitors.

Mike McCarthy, ActivSport's Development Officer, appreciated everyone who showed their support for the first tournament for the year with ActivSport. "The day was a success because of the support we received from our players their families, support workers and volunteers. We are grateful to our delivery partners Special Olympics Suffolk and Special Olympics GB, Suffolk Community Foundation and Ipswich Borough Council."

To find out more about ActivSport regular boccia sessions, please email [mike@activlives.org.uk](mailto:mike@activlives.org.uk) or call 01473 345350.



## ActivSport

### New Updates

#### Inclusive Badminton Tournament

The next ActivLives Inclusive Badminton Tournament is being held in Ipswich in May. These events are targeted at athletes who have an intellectual (learning) disability. We are expecting participating players to come from Special Olympics/Inclusive groups in Wimbledon, Lincoln and Canterbury. It should be a great day. If you would like to find out more about how to get involved with our inclusive badminton programme, as a player or a volunteer, please contact **Mike on 01473 345350 or email [mike@activlives.org.uk](mailto:mike@activlives.org.uk)**

#### ActivBowls goes back out into the sunshine!

The ActivBowls group continues to play throughout the winter months at Gainsborough Sports Centre. In May, the group continue their weekly sessions, but outdoors at the Kesgrave Community and Conference Centre (KWMCC). With the support of the KWMCC and Kesgrave Bowls Club, these sessions are held throughout the summer months.

New players are always welcome - for more information please call **Frazier on 01473 345350 or email [frazier@activlives.org.uk](mailto:frazier@activlives.org.uk)**



One of our successful Inclusive Badminton Tournaments in 2024



Enjoy bowls in the sunshine this May, register now!

#### Fun challenges and games bring people together in the community programme sessions!



Participants enjoying the Fun Target Challenge with friendly competitors



Forty participants competed recently in the ActivSport 'Woods and Stones' - Fun Target Challenge held at the Gainsborough Sports Centre. The day was filled with exciting activities with everyone participating in short-mat bowls and new age kurling.

Frazier Seager, ActivCommunity Ageing Officer, was amazed with the turnout and the support that the challenge received during the day. "I am thankful to everybody who came along to make it such an enjoyable day," Frazier said.

To find out more about the Bowls and New Age Kurling and how to join these sports sessions at ActivLives, please call 01473 345350 or email [frazier@activlives.org.uk](mailto:frazier@activlives.org.uk).