

# ActivLives Changes Lives

July - September 2025  
Newsletter



## DONATE NOW

Supporting us through **DONATIONS, SPONSORING A PROJECT OR EVENT, ORGANISING AN EVENT or VOLUNTEERING**, will help us continue with our people-centred & community-based programmes that help everyone improve their physical & mental wellbeing, get connected and build a resilient and healthy community.



Picture from Sizewell C

## Discover summer with fun activities and events




**2025 Dates**

Bringing people together in a fun and social way, making friends, reducing stress and boosting self-confidence through song!

First session **FREE** for new members!

### Woodbridge

Twice a month on a Friday morning, 10 am - 12 noon

4 & 18 July, 5 & 19 September,  
3 & 17 October, 7 & 21 November,  
5 & 19 December

Venue: Quay Church, Quay St, Woodbridge IP12 1BX  
£7 per session

Feel your spirits lift and find a new confidence in singing! Learn some new songs - Learn harmonies to songs you know - Improve your breathing, your circulation and have some fun! Take some time out to relax and make music with others! Please call Julie Stokes on 01473 345350 for more information.



Start the Autumn Season with Grow Your Future



Celebrating ASDA Community Diamond Award



Opening exciting new initiatives with Sizewell C

Hello Summer

Well, at last the sun is here, gardens, parks and open spaces are flourishing, bees are working hard, ants are in abundance and hopefully we are all feeling better in ourselves. A big shout out to all the members and volunteers who attended their activities through the heat wave, you all did really well.

We are now building up to the first Felixstowe Disability Pride event on Friday the 11<sup>th</sup> July with the parade starting outside the Sea You Cafe at 11.30am. We hope that members and volunteers will come and support the event, which is raising awareness about disability and raising funds for ActivLives and Suffolk Mind. There will be stands in the Leisure Centre providing lots of information to help and support people and my favourite samba band Samboomba will be getting us all moving, with their samba rhythms.

We are planning a number of fundraising initiatives over the next few months, which we hope that local businesses and the local community, staff, volunteers, members, families, friends and neighbours etc will all get involved with, to help support the activities and services that ActivLives provides across Ipswich and East Suffolk. So, watch this space...

Please look after yourselves on hot sunny days, try not to go out between 11am – 3pm; close your windows and blinds in the day, then open them in the evening if it is cooler; keep hydrated – drink plenty of cool drinks; wear loose and cool clothing; stock up with food so that you don't need to go out during the heat wave and if you do, slap on the sun cream, don't get burnt and wear a sun hat. Don't worry – we have just had the Summer Solstice, so we will soon be moaning about the wind, the rain and the cold dark nights!!!!



Julie Stokes  
ActivLives CEO



Ian Hirst  
ActivGardens Operations Officer

Staying Cool in the Heat — For You,  
Your Garden and Local Wildlife



When the temperatures soar, it's not just us that feel the heat—our garden visitors do too! Luckily, with a few simple actions, we can **stay comfortable** and **help local wildlife beat the heat too**.

For You:

- **Stay hydrated:** Drink water regularly and avoid too much caffeine or alcohol.
- **Dress appropriately:** Wear cool, loose clothing that covers the skin and most important – a cap or sun hat. Carefully apply sun cream to face exposed skin.
- **Create shade:** Use umbrellas, shade sails, or even a sheet over a frame in the garden.
- **Cool your space:** Close curtains during the hottest part of the day and use fans or bowls of ice in front of open windows to cool air naturally.

For Your Garden:

- **Avoid planting in the heat:** Consider waiting until Autumn to put in new plants or move plants from one location to another.
- **Use water wisely:** Water your garden early or late in the day to avoid evaporation and help plants thrive.
- **Don't water established plants unless they show signs of wilting:** Mature plants will have their roots well down in the soil, and watering will only bring their roots to the surface and make them more vulnerable. If you do need to water, give plants a good long soak.

For Wildlife:

- **Top up birdbaths and shallow dishes** with clean water daily—for birds, bees, and hedgehogs.
- **Leave a patch of long grass or dense shrubs** as a shady retreat for insects and small mammals.
- **Avoid pesticides** during heatwaves—they can be especially harmful to already stressed pollinators.
- **Put out a small dish of soaked raisins** for tired birds or offer sugar water for bees (1 tsp sugar in 2 tsp water, never honey).

Caring for ourselves, our garden and the creatures around us helps everyone stay healthier and more resilient in the heat. A shaded garden with a splash of water becomes a haven for both people and wildlife!

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**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.**



Picture by Special Olympics Suffolk Volunteer



Picture from ASDA Ipswich

Young greenfingers get healthy in garden

ActivGardens are encouraging young children and their families and carers to garden, grow and enjoy healthy lifestyles.

Two groups of childminders and their children visited the People's Community Garden to sow seeds, water and weed, pick and try fresh veg, and visit the bees.

We also took part in Sanctuary Housing Community Day at nearby Downside Close – running gardening activities and giving away free plants for residents' gardens and balconies.

The visits were part of our Grow Well Eat Well project - encouraging local people to use community green spaces and access fresh produce for the benefit of their health and wellbeing.

As part of the project, three local families have taken up a Patchwork Plot at the community garden, and we have taken on an additional plot for childminders to continue to encourage their children to grow!

Thanks to volunteers who helped clear the plot.



Children enjoy a day in the garden with their childminders

Grow Well Eat Well events at the People's Community Garden:

- Friday 4<sup>th</sup> July – **Pizza Non-Express** – pick your own toppings for a tasty treat baked in our clay oven.
- Wednesday 27<sup>th</sup> August – **Harvest Festival** – come and pick for the giant pot and help make soup to eat together.
- 8<sup>th</sup> and 15<sup>th</sup> October 10am to 3.30pm – **Slow Cooker Course** - learn how to cook simple and delicious meals with Realise Futures at the CRESS Pavilion. What we cook will be eaten alongside your packed lunch – please bring. **Participants completing the course will receive a Free slow cooker to take home!**
- 29<sup>th</sup> October – **Autumn Adventure on Halloween**– dress up for the occasion and come and carve a pumpkin.

For more information, or to book your place, please contact Phoebe [phoebe@activlives.org.uk](mailto:phoebe@activlives.org.uk) 07756 533424 or Susannah [susannah@activlives.org.uk](mailto:susannah@activlives.org.uk) 07530 407302



Top: Fresh vegetables from the garden  
Below: Our clay oven for baking tasty treats

Grow Your Future at ActivGardens!



If you would like to learn new skills and gain confidence as part of a friendly team, why not join a FREE 12-week course at ActivGardens this Autumn?

In these friendly, welcoming sessions you will learn about horticulture and nature conservation, while developing skills for further learning, training or employment.

Being outdoors, connecting with nature, getting active and enjoying fresh produce will boost your health and wellbeing too!

Visit our Open Days to have a look around, meet the team and chat to volunteers – just drop in any time between 10am and 2pm.

Grow Your Future Open Days:

- **Monday 14<sup>th</sup> July at the People's Community Garden**, Maidenhall Allotments, Halifax Road, Ipswich IP2 8RE
- **Tuesday 15<sup>th</sup> July at Chantry Walled Garden**, Chantry Park, Hadleigh Road, Ipswich IP2 0BS

Never mind the weather - volunteers grew their community at Open Day!

The team in Sudbury shrugged off the downpours at our Open Morning and welcomed visitors - including Mayor of Sudbury Andy Welsh and Babergh District Councillors Ruth Hendry and Laura Smith.

Everyone enjoyed a cuppa and a chat under the gazebo, and when the weather picked up, discovered more about Belle Vue Park past and present through displays and an historical trail prepared by volunteers. continued overleaf...

Autumn course dates:

- **Grow Your Future at the People's Community Garden** – Mondays 1<sup>st</sup> September to 17<sup>th</sup> November 2025 - 9.30am to 2.30pm
- **Grow Your Future at Chantry Walled Garden** – Tuesdays 2<sup>nd</sup> September to 18<sup>th</sup> November 2025 - 9.30am to 2.30pm

For more information, please contact Project Officer Phoebe Hyett [phoebe@activlives.org.uk](mailto:phoebe@activlives.org.uk) Mobile: 07756 533424 or call ActivLives 01473 345350.



Volunteers and visitors at Open Day in June



Volunteers and visitors at Open Day in June

**Farewell and thank you to Jane**

Staff and volunteers wish Jane Bearham a fond farewell as she leaves her freelance post to focus on her own gardening business. Jane joined Grow Your Community - Sudbury in May 2021 as a volunteer, taking up the role of Project Co-ordinator in April 2023.

We would like to thank Jane for being such a fantastic leader, always cheerful and helpful, and ready to give encouragement and advice. Jane has overseen the development of new areas of the park – something we hope to build on with funding for new planting from Babergh District Council, as ActivGardens Project Officer Phoebe Hyett takes up the reins in September.

Like many public parks, Belle Vue was originally the garden of a private house – in this case, of Nathaniel Burrough, a cousin of Sudbury’s most famous son – the painter Thomas Gainsborough. However, it’s difficult to believe the site has ever been more beautiful than it is today – tended by our dedicated team of volunteers.

Thanks to everyone who helped make the day such a success.



Project Co-ordinator Jane moves on to pastures new

Good luck with all you do in the future, Jane – and don’t forget to come back and see us from time to time!

**Autumn Plant Sale at Chantry Walled Garden**

Fill in the gaps in your garden or community green space on Thursday 25<sup>th</sup> September 10am to 2pm at our Autumn Plant Sale.

Visit our pop-up café for a cuppa and cake - and find out more about what we do and how you can join us.

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.



**GROW YOUR FUTURE**

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+

**When and Where?**  
**Mondays 1<sup>st</sup> September until 17<sup>th</sup> November 2025, 9:30am-2:30pm**  
 People’s Community Garden, Maidenhall Allotments, Halifax Road, Ipswich, IP2 8RE

**Tuesdays 2<sup>nd</sup> September until 18<sup>th</sup> November 2025, 9:30am-2:30pm**  
 Chantry Walled Garden, Chantry Park, Hadleigh Road, Ipswich, IP2 0BS

Why not drop in to one of our Open Days on:  
 Monday 14<sup>th</sup> July, 10am-2pm at The People’s Community Garden  
 Tuesday 15<sup>th</sup> July, 10am-2pm at Chantry Walled Garden

To join the course or find out more, please contact Project Manager Susannah Robirosa on 07530 407302 or email susannah@activlives.org.uk or call ActivLives on 01473 345350

This programme is funded by The Henry Smith Charity Improving Lives Grant

**ActivHives**  
**Apiary & Bee Garden**

**Mondays 11am to 1pm**

The People’s Community Garden, Maidenhall Allotments, Halifax Road, Ipswich, IP2 8RE

Get closer to nature with a beekeeping experience!

Come along to our taster sessions to find out more about beekeeping!

Observe our hives being opened and checked from the safety of our hide  
 Borrow a suit and shadow our beekeepers who will guide you through a routine hive inspection  
 Gain experience of handling bees

Thinking about becoming a beekeeper? Sign up as a volunteer and learn all about it as part of our friendly team

To find out more or book a session, please contact [ian@activlives.org.uk](mailto:ian@activlives.org.uk) mobile number 07599 951060  
 Find out more at [www.activlives.org.uk/activgardens](http://www.activlives.org.uk/activgardens)

**Call for VOLUNTEERS**

The People’s Community Garden, Maidenhall Allotments, Halifax Road, Ipswich, IP2 8RE

Discover the joy of hands on, meaningful work by volunteering with us! Get involved with your local community, make a difference and feel amazing!

Volunteering at the People’s Community Garden is a fantastic way to connect with nature, support local food production, and care for the wildlife around us.

Whether you are tending vegetables, caring for honey bees in our community apiary, or constructing wildlife habitats, you’ll be part of a vibrant team working together to create a greener, more sustainable community environment.

Gardening is a natural stress reliever, with studies showing it boosts mood and reduces anxiety. Plus, it is a gentle form of exercise that improves flexibility and strength. For those who like to build, our community garden has plenty of projects like constructing raised beds, seating or trellises – perfect for anyone with a creative spark, who likes working with their hands.

Join us for fresh air, new skills and friendships in an inspiring outdoor space  
 Let’s grow, build and cultivate both a healthier planet and a healthier you, and make a lasting impact together

For more information on how to join the volunteer team contact Operations Officer Ian Hirst [ian@activlives.org.uk](mailto:ian@activlives.org.uk) or call 07599 951 060

**How to Find Us**

The People’s Community Garden, Maidenhall Allotments, Halifax Road, Ipswich, IP2 8RE

15 from Tower Ramparts  
 16 from Museum Street  
 97 from Willis Building

**ACTIVSHEDS**  
 SOCIALISING, SHARING & LEARNING NEW SKILLS

Do you like working with tools, DIY projects? Would you like to build skills? Meet like-minded people? Develop Confidence? Get involved in your community?

If so, why not join ActivSheds project!

You can share tools and resources and work on a wide range of projects or get involved in bigger projects such as renovation and building raised beds

**Thursday Mixed Gender Sessions**  
 9:30 AM – 12:00 noon & 1:00 PM – 3:00 PM

**Friday Men’s Sessions**  
 9:30 AM – 3:30 PM

For further information, please contact Susannah on 07530 407302 or email [susannah@activlives.org.uk](mailto:susannah@activlives.org.uk), or ActivLives office: 01473 345350

**ActivSheds Location:**  
 CRESS Pavilion, Halifax Road, Ipswich, IP2 8RE (near People’s Community Garden)



**CHANTRY WALLED GARDEN**  
Plants for Sale

**Tuesdays and Thursdays, 10am - 2pm**

**WHERE?**  
Chantry Park,  
Hadleigh Road,  
Ipswich, IP2 OBS

**WHAT'S ON SALE?**  
Shrubs, perennials,  
climbers, bedding &  
bee-friendly plants at  
competitive prices

**CONTACT US**  
on 01473 345350  
for more information or  
visit  
[www.activlives.org.uk/  
activgardens](http://www.activlives.org.uk/activgardens)

ActivLives  
Changes Lives

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@ActivLives

**ASDA awards Community Diamonds**

ActivGardens Fundraising and Development Manager was delighted to receive ASDA's first Community Diamond Award in May as part of its 60<sup>th</sup> Birthday Celebration.

ASDA Foundation's Community and Customer Champion Teresa Davidson said:

"It is a real privilege to be able to present Susannah with this award. Susannah works tirelessly with the ActivGardens team and dedicated volunteers to maintain the gardens, while delivering activities and learning opportunities inspired by nature, in the very heart of our community."

Accepting the award, Susannah said she would like to hand it on to staff and every volunteer who has helped make ActivGardens the wonderful places they are today.

L-R pictures: Susannah with ActivGardens Operations Officer Ian Hirst and Project Officer Phoebe Hyett; the People's Community Garden; and with ASDA Foundation's Community and Customer Champion Teresa Davidson.



**Join our team as a Volunteer**

We are looking for volunteers to support our Better Balance and Strength & Balance exercise programmes in Saxmundham. Please check the flyer for more information.



Join our team as a **VOLUNTEER** at our **Better Balance and Strength and Balance** exercise programmes in **SAXMUNDHAM**

Support us and the community by helping older adults to keep them fit, active and connected. We are looking for volunteers to help with our Better Balance and Strength & Balance exercise sessions in Saxmundham. Assist our members during exercise, serve some coffee & tea and help prepare the venue.

**Every Monday, 10:15am-11:15 am & 11:45am - 12:45pm**  
**The Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL**



For more information, call us  
on 01473 345350 or email  
[jemma@activlives.org.uk](mailto:jemma@activlives.org.uk)

**New exercise sessions open in Wickham Market**

Start an active life with our new exercise programme at the Wickham Market in collaboration with Fit Villages. £3 fee per session for introductory offer.



ActivLives  
Changes Lives

FIT VILLAGES  
10 YEARS OF PHYSICAL ACTIVITY  
FOR RURAL COMMUNITIES

Please come and join ActivLives  
Seated / standing exercise  
for people 50+  
Introductory offer  
-£3 per session

Thursday, 2pm - 3.30pm  
Wickham Market Village Hall,  
IP13 0HE  
(Driveway to the carpark is next to  
the Co-op on the High Street)

Refreshments & Social  
Please wear comfortable clothing / flat shoes / trainers  
For more information, please contact Julie on 01473 345350

**Voices from our Members, East Suffolk & Babergh - Strength and Balance**



*My physical health was poor before attending the 12 week strength and balance sessions. I wanted to get back to exercising and improve my health. I have seen improvements in my physical and mental health since joining. I am still exercising at home since the sessions finished. I feel better in myself since joining the sessions. I enjoyed exercising with Laura and Jemma.*

**-Mr M, Felixstowe**

## Voices from our Members, East Suffolk & Babergh - Strength and Balance



*My balance needed improvement.  
My goal was to improve my health.  
I have seen improvements with my strength  
and balance.  
I have been using the booklets at home and I  
will continue with the Better Balance session  
with Jemma.  
I learnt new exercises to do at home.  
Excellent tuition – very happy and cheerful  
atmosphere.*  
**-Mrs S, Woodbridge**



*Look forward to this group each week,  
found it very helpful.  
Lovely people, very good teacher.  
I really enjoy the sessions.  
Frazier is a brilliant teacher.*

**-Members, Leiston**



*Before the classes my strength and balance  
was not good.  
My goal was to improve my strength and  
balance.  
Since starting the classes my strength and  
balance have improved.  
I now do exercises at home.  
I enjoy learning new things and  
Marcus is an excellent teacher with a huge  
amount of knowledge.*  
**-Mrs D, Saxmundham**



Picture by  
Richard Allenby-Pratt

*I have Parkinsons, and my balance is quite poor. My  
goal was to improve my balance, I was recommended  
by my consultant to join the Better Balance  
programme. I have improved my balance since starting  
the programme. It was very good, Jemma made it fun  
and she was very encouraging.*  
**-Mrs F, East Bergholt**

## Special Hubs

### ActivLives Men's Breakfast Hub 3rd successful year, with a new hub opening in Woodbridge in Summer 2025. Join us!

Well here we are nearly in July and from April to June we have been busy at the Men's Breakfast hub in Ipswich. The weekly Breakfast Hub has become a regular high spot for the members attending, and for some it leads to looking at new possibilities, so let's look at some feedback from some regular members. Here are some of the comments from our regulars:

***"It's something I look forward to every week"***

***"I enjoy the activities and the banter."***

***"Sharing ideas and outlooks, in a safe environment, has been beneficial to me"***

***"I just wanted to say a big thank you to you Alison and to ActivLives."***

***"When I first came to ActivLives I was undergoing therapy for Anxiety, Depression and Hyper Vigilance, I was also diagnosed with CPTSD, along with all my physical health problems. I was self-isolating and some days my anxiety was so bad I could not even get on a bus, no matter walk into a room of strangers for a coffee and chat."***

***Alison Pearson, who is the project manager for the Men's Breakfast Hub, has played a major part in my recovery and have helped me reintegrate into society and be able to have the confidence to now volunteer. I just wanted to put in writing my appreciation for all ActivLives, you and the Hub has done for me."***



Men's Hub members during one of our Wednesday sessions

We now have a core group of 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. We have a few spaces which are still available so if you are interested to join us on a Wednesday Morning at the CRESS Pavilion, Halifax Road, Ipswich, IP2 8RE. There is parking available outside the venue and it is on a regular bus route.

**We are launching a Woodbridge Men's Hub in Summer 2025. 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 a number of suitable venues at the moment and are very excited about this new project. So, if you want to join us in 2025 in Ipswich, or are interested in looking at Woodbridge, contact Alison Pearson, Project Lead on 01473 345350.



**Men's Hub in  
Woodbridge  
in Summer 2025**



## Special Hubs

### ActivFriends with Easter, Elvis, VE Day and much more...

ActivFriends enjoyed a range of activities from April to June, with as always, great music from Elvis (Andy Ottley) where our members enjoyed the full Elvis experience, rock and roll at its best. Phil Jackson, came along and sang some of his own songs and played some 50's 60' classics on his guitar.

We celebrated Easter with making Easter Bunny and Chick masks, decorated rabbits, and painted eggs, with a lovely Easter meal.

We had a VE Day celebrations with the members dressing up, union jacks and flags and the wonderful Gina singing her VE Day songs, just perfect.

We also celebrated 3 long-term members Birthdays at the end of May, Jackie, David and Derek in whose collective ages came to 250 years, what a great day of celebrations!

ActivFriends is a very welcoming group and we have some places, now, for new members, and you can be sure of a warm welcome, plenty of laughter and lively discussions and friendship, love and support, because that is key to what ActivFriends is all about.

Our team of volunteers are at the heart of the group, with a weekly raffle table, and the wonderful food produced from the kitchen, where our kitchen team of great volunteers, led by Pat and Bob, create a wonderful 2 course meal for our very hungry members.

We have favourites like Cottage Pie, Sausage Casserole, Chicken and Leek Pie and the occasional roast dinner, plus, Pats famous homemade rice pudding, and sweet jammy sponge bakes, using jam made for Pat and Bobs allotment.

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.

VE Day and birthday celebrations at the ActivFriends



## Special Hubs

### ICare Connect Carers Project for ActivLives members and former carers



#### Calling all members of ActivLives

If you are part of our ActivLives Community we have a new carers project for you.

The project is called ICare Connect and is to help you if you are caring for somebody who is aged 55+ or if you are a former carer.

ICare Connect project is a one to one, support service designed to assist people with coping with their caring role and moving forward in a step-by-step way. We can assist with worries and everyday issues in a practical way, signpost to additional services and if appropriate, refer for a Carers Assessment.

All you have to do is to get in touch with ActivLives

To find out more, please contact Alison Pearson at ActivLives on 01473 345350



#### Are you a former carer?

ActivLives can help you after your caring role has ended.

ICare Connect is a one to one, support service designed to assist people after their caring role has ended, to move forward in a step-by-step way.

We do this in a practical way and can assist with worries and everyday issues, introduce you to new interests and activities, where you live, and signpost you to any other appropriate services.

All you have to do is to get in touch with ActivLives

\*Images from Freepik.com

To find out more, please contact Alison Pearson at ActivLives on 01473 345350

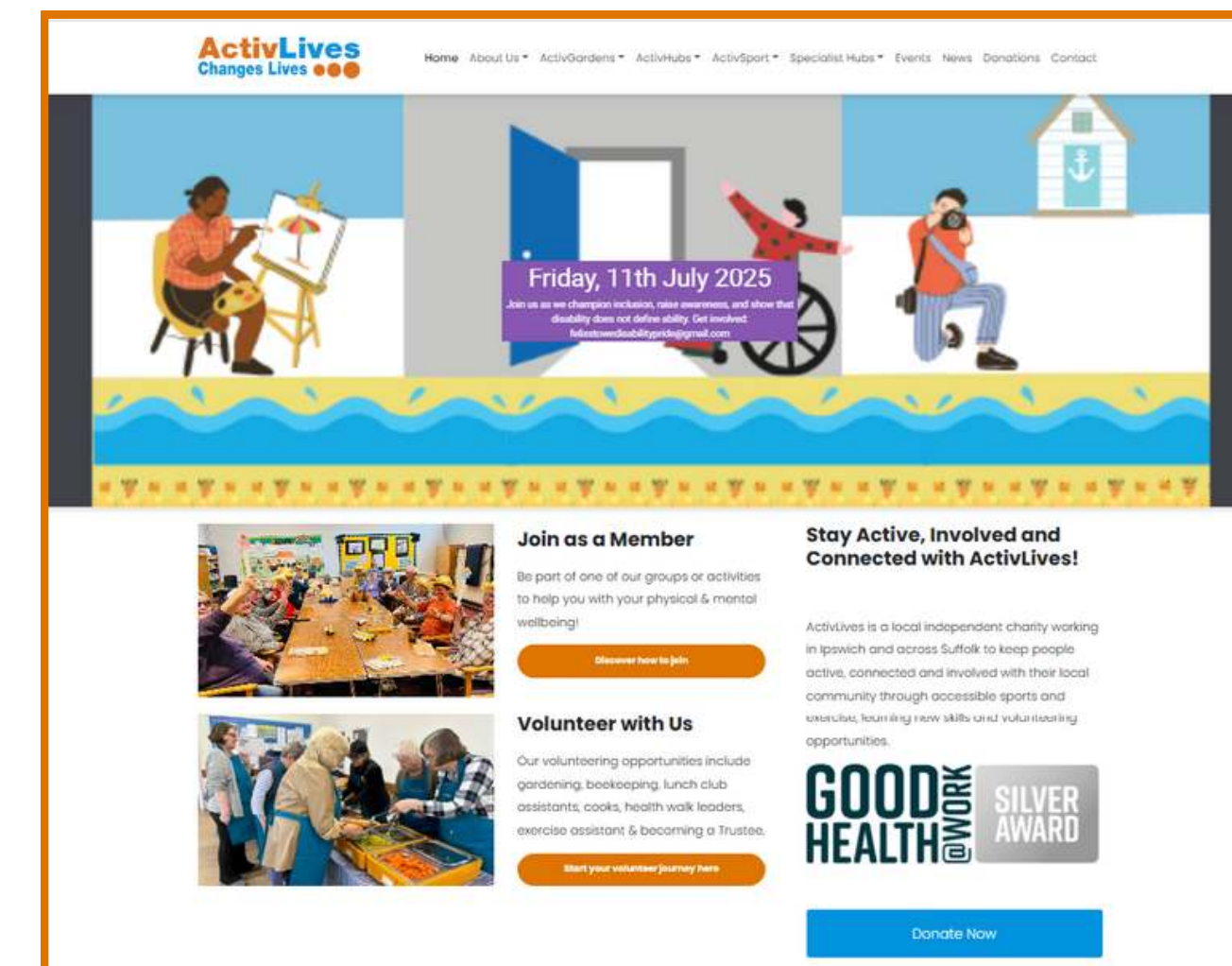
## Good News!

### ActivLives launches new website



Starting 30th of June, the new ActivLives website is up and running! We've built a new online platform for better engagement with accessible and user-friendly features and contents.

Our website link is [activlives.org.uk](http://activlives.org.uk).



**Big success in National Boccia Tournament**



(L - R) Nicola with her boccia coach Evie

We are so proud of you, Nicola! Congratulations! Thank you Evie Edwards-Hill for the solid support!

Nicola is one of our ActivSport regular boccia players who won bronze medal (BC1 classification) at the National Boccia Championships on 31 May 2025.

(Picture from Evie Edwards-Hill)

**First session of lawn bowls at Kesgrave War Memorial Community Centre**



On Tuesday May 27<sup>th</sup> ActivLives held its first session of Lawn Bowls at Kesgrave War Memorial Community Centre.

'It's fantastic to return to Kesgrave Bowls Club, it's a lovely setting for our members to enjoy their Bowls out in the fresh air. The facilities here are brilliant, the lawn is in great condition and the pavilion provides our members with plenty of seating and a space for shelter/shade. I'd like to thank Kesgrave Bowls Club for their continued support of ActivLives.

We have had a strong start to the season and it's great to see so many in attendance. The recent weather hasn't dampened our spirits- the first couple of sessions we have had to adapt to the ever-changing weather. Despite a drizzly and blustery start to the season it's great to see our members donning their anoraks and cracking on with their Bowls despite the challenging weather. The sunshine will be on the way soon!

Alfie Orvis continues to support Frazier in his delivery of this session.

"Having Alfie as a volunteer has been brilliant, both our members and I appreciate his efforts with supporting these sessions. His enthusiasm for the sport of Bowls is really motivating our members and having a positive impact on all involved."

This session is aimed towards anyone interested in Bowls, no matter their ability or skill level. It's a great way of learning more about the sport of Bowls while meeting with new people and making friends. You don't need to own a set of Bowls to join in, all equipment is provided on the day. We just recommend that you wear flat, comfortable shoes for this activity and dress appropriately for the weather conditions on the day.

Lawn Bowls will be available every Tuesday morning for the duration of Summer with our final session being held on Tuesday 2<sup>nd</sup> September.

**Tuesday's 10.30-12.20  
KWMCC Bowls Green  
Kesgrave War Memorial Community Centre  
Twelve Acre Approach  
Kesgrave  
IP5 1JF**

First session free of charge. £5 per session- includes refreshments.

If you are interested in attending this session, please call ActivLives on 01473 345350 or alternatively contact [frazier@activlives.org.uk](mailto:frazier@activlives.org.uk).

**Walking Football**



Walking Football play on the outdoor, all-weather pitches in Gainsborough Sports Centre

We have a great group of people who meet on Thursday mornings on the outdoor, all-weather pitches at Gainsborough Sports Centre, to play the unusual sport of 'Walking Football' – its football, without the running, for anyone who is no longer able to enjoy the traditional version of the game. Occasionally it looks a little bit like a Monty Python sketch rehearsal, but the standard of play is very good, and more importantly, the atmosphere and spirit amongst the group is brilliant. This is a team sport that can be played by women and men. If you are interested in giving it a try, contact Mike by emailing [mike@activlives.org.uk](mailto:mike@activlives.org.uk) or call the office on 01473 345350.

**Inclusive Badminton**

ActivLives continue to work with our partners, Special Olympics Suffolk, to develop opportunities to play badminton for adults with a learning (intellectual) disability. Recently we held our own tournament in Ipswich (with 23 competitors), enabled 8 of our players to compete at a Para-Badminton tournament in Gillingham, Kent and we are now busy helping some of our regular group to prepare for a National Special Olympics tournament, being held at the University of Walsall in August.

Our weekly Inclusive Badminton sessions take a break during August, returning in September. If you would like to find out more about how to get involved, contact [mike@activlives.org.uk](mailto:mike@activlives.org.uk) or call 01473 345350.

Players competing during our recent Inclusive Badminton Tournament in Ipswich



**Ping Pong and Short Tennis sessions in Ipswich**

Our two weekly sessions continue at Gainsborough and Whitton Sports Centres. Like all of our sport activities, these sessions are open to any adults who would like to get involved. They are not clubs (no membership fees or serious competition), we provide all of the equipment and the sessions are led by one of our experienced activity leaders.

If you would like to get involved, please call the office on 01473 345350, or pop along to one of the sessions – we would love to see you!



**ActivSport over the summer**

We have our now annual 'Inclusive Boccia' tournament coming up at the end of July in Stowmarket. This event attracted over 40 competitors last year – we are hoping for a similar number this year.

Most of our weekly indoor sessions take a break during August, although the outdoor Lawn Bowls group in Kesgrave and Health Walk in Ipswich, continue as usual. Our full programme of inclusive sport activities returns at the beginning of September.



ActivLives receives funding from Sizewell C



Picture from Sizewell C

Suffolk Community Foundation and Sizewell C are delighted to announce that ActivLives has been awarded £141,079 through the Sizewell C Community Fund.

Using their knowledge of the impacted area, the organisation identified a need to provide opportunities for older residents to come together, socialise and participate in movement-based activities. The grant awarded will cover staff costs for a part-time 'activator' to co-ordinate and promote new activities.

"This funding will enable ActivLives to continue to deliver and grow our three existing falls prevention and BreatheFit sessions in Leiston & Saxmundham and working with local residents develop new inclusive activities for older adults, to keep people active, connected and reduce loneliness and social isolation. [It] will also enable us to strengthen our presence in the Sizewell C area, widen our reach to other towns and villages to develop new preventative and social activities, that will help break down the barriers to participation and motivate and support older people with their physical, mental and emotional health. We look forward to meeting and working with more local residents and getting them involved in the ActivAble Project." Julia Stokes, CEO ActivLives

The Sizewell C Community Fund will provide up to £23m to local charities, community groups and organisations which are delivering projects that benefit local communities in East Suffolk. Find out more at [www.sizewellcfund.org.uk](http://www.sizewellcfund.org.uk) (Media Release from Suffolk Community Foundation)

Thorpeness Croquet Club



ActivLives have been supporting Thorpeness Croquet Club- a new community project that began in early June.

Sessions are being held in the idyllic setting of Ogilvie Pavillion and Sports Ground, which offers beautiful views of rural Suffolk. In the distance you can see the House in the Clouds... a famous Suffolk landmark. These peaceful and tranquil surroundings feel far away from the hustle and bustle of Sizewell C traffic.

This session combines structured chair-based exercise with supervised sessions of croquet. No experience or skill-level required. With experienced croquet players taking the lead- you will have the opportunity to learn all about the exciting world of croquet!

It's a great way to get moving, enjoy the outdoors and meet with new people, particularly in rural areas where social isolation can be more common. Following the activity a tasty selection of refreshments are provided for participants to enjoy while socialising with others.

If you are interested in finding out more about these sessions- please contact Alastair or Ruth by email: [croquetcommunity@outlook.com](mailto:croquetcommunity@outlook.com)

In Memory of Cynthia Ray



Unfortunately, a few weeks ago we lost a volunteer, member and a dear friend Cynthia Ray. Cynthia joined the organisation many years ago when we were the Town and Bridge Project and attend one of our first exercise sessions at Cumberland Towers in 2007. Cynthia then became a volunteer at St Mary at Stoke Lunch Club, joined the Keep on Rockin' singing group, attended the Elderflower Hub and helped at various events with the teas and coffees and always supplied us with some lovely homemade cakes.

Cynthia was very supportive of the Town & Bridge Project and ActivLives, when we became a charity in 2012. More recently, due to health issues, Cynthia became a member, but continued to attend many ActivLives activities, which she enjoyed. She made lots of friends over the years and she will be truly missed.

Many of the staff have known Cynthia for over 18 years and we will miss the conversations about cats, the saga of the squirrel and the magpie and her love of nature and plants. Cynthia would have been 90 this year and in her memory, we will plant a tree at the People's Community Garden on Halifax Rd. She loved visiting the garden and helping at the various garden parties and events.

Rest in Peace – Cynthia Ray – 1935-2025



ActivLives welcomes new Partnership and Fundraising Officer



We are happy to welcome Colin Baldwin at ActivLives as our Partnership and Fundraising Officer!

"It means a great deal to me to be working in an organisation that believes in nurturing and supporting local communities. My role is to ensure that we can continue doing so in the future by helping to secure the necessary funding and support to enable us to thrive." - Colin

To contact Colin, email him on [colin@activlives.org.uk](mailto:colin@activlives.org.uk) or call him on 01473 345350

What's on in Stowmarket & Needham Market



In this Newsletter we are focusing on activities we provide in Stowmarket and Needham Market.

**Stowmarket Inclusive Boccia** - In Stowmarket we have been working in partnership with Mid Suffolk Leisure Centre, run by Everyone Active, to develop a weekly Boccia session for younger and older adults with a learning or physical disability. The session is run by Evie Edwards – a Boccia Paralympian and Mike McCarthy our ActivSport Development Officer.

Boccia is a seated, inclusive and fun sport to participate in. You can learn the rules and techniques; take part in tournaments and competitions and it's a great way to meet and make new friends. It's also competitive in a fun way and brings people together. **The session is run on a Thursday afternoon from 1.30pm – 3pm at the Leisure Centre, Gainsborough Road, Stowmarket, IP14 1LH and £4.50 per session. Contact Mike on 01473 345350 for more information.**



**Stowmarket BreatheFit** – Is an excellent low intensity exercise session for people aged 50 plus who have been diagnosed with a respiratory condition / breathlessness, COPD, asthma, long-Covid etc. The session can be adapted to meet individual need.

The session is held on **Thursdays at 10.30am – 12 noon at Stowmarket Scout Hut, Milton Road North, Stowmarket, IP14 1EX.** Your first session is free and then £5 per session. Contact Frazier on 01473 345350 on how to join the session.

**Needham Market - 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. The session includes seated and standing exercise to boost confidence and build strength, balance and co-ordination. Two sessions are held on **Wednesdays at 10am – 11am and 11.30am – 12.30pm at Needham Market Bowls Club, Barrets Lane, Needham Market, IP6 8BX.** Your first session is **FREE** and then £6 per session. **Contact Del on 01473 345350 for further information.**

If you would like more information about the sessions or how to join please contact our main office on 01473 345350.



ActivLives recognised with Silver Award

We have been awarded with the Silver Good Health @Work Award by the Suffolk County Council. Thank you to our members, funders, supporters, staff and partners for always helping us in building healthier and happier communities and workplace.

Your VOICE MATTERS



Do you live on your own?

ActivLives would like to bring members together to discuss the issues that people face.

- You may be:
- A carer whose cared for has gone into care
  - A former carer
  - Older adult

Your 'voice' is really important to us. Your input will help direct, develop and deliver our existing activities and create and establish new projects and services now and in the future.

Please contact Julie Stokes CEO - 01473 345350 if you would be interested in sharing your experiences