



Building Healthier, Connected Communities Fundraising Campaign

We continue to seek your support to raise funds for ActivLives through our Building Healthier, Connected Communities fundraising campaign.

You may donate through this link:

<https://donate.giveasyoulive.com/campaign/pound100000-for-activlives-charity> or scan the QR code. You may also call us on 01473 345350 to chat with us on other ways to donate and support our charity. Your support and donation will help us in providing more opportunities for the people in Ipswich and across Suffolk to stay active, connected and involved in the local community through our inclusive exercise, sport and gardening programmes and specialist hubs.



Suffolk Land Rover Owners Club is a family friendly club. They have their own off-road site, where they run driving days and trials, and in the summer campovers.



ACTIVLIVES 100 CLUB

Find out more information inside...

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OFFICE FURNITURE

A local independent family run business.

It was established in 1984 and now a leading furniture provider specialising in design, planning, supply and installation. For more information about the range of products and services they offer, please visit their website

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Brightspace, 160 Hadleigh Road, Ipswich, Suffolk IP2 0HH Tel. No: 01473 345350

ActivLives Changes Lives

January - March 2026 Newsletter

Supporting Communities Together for a Healthier New Year



Starting the year with exciting activities in community gardens



Welcoming new year with success and achievements



Looking forward to more milestones with community sport

20th Year of ActivLives

Happy New Year to you all.

This year is a year of change, as well as a year of celebration. We are currently reviewing the services we deliver, so you may see some changes to our timetable during the next few months. Some sessions may unfortunately have to close, but we will ensure that members are offered other ActivLives services to attend or signposted to other organisations, so that people can keep active and connected.

This year will be our 20th year from when we started as the 'Town & Bridge Project' in 2006. We have come along way since then, supporting thousands of people across Ipswich, Mid Suffolk & Babergh and East Suffolk to get active, improve their health & well-being, volunteer, gain skills and employment, meet and make new friends and in some cases, even get married!

Our focus this year will be reaching more older adults to come and join the many different activities we deliver and hopefully developing new projects along the way. Obviously, our fundraising campaign will continue during 2026 to ensure that ActivLives is sustainable now and in the future, with many new and different initiatives and events for people to get involved with throughout the year.

I would like to thank everyone who has donated so far in the fundraising campaign, you are all amazing and we really appreciate your support.

Watch this space for news of the 20th Anniversary Party, we hope you will come and join in the celebration. ActivLives wouldn't be the organisation it is today, without all of you, so thank you again for being part of the ActivLives family and welcome to all our new members through 2026.



Julie Stokes
ActivLives CEO

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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.



@ActivLives



Ian Hirst
ActivGardens Operations Officer

Gardening through January, February and March – cultivating growth in the stillness of Winter



Daffodils herald Spring at the People's Community Garden

The first three months of the year can feel like the slow heartbeat of the gardening calendar. The days are short, the air is cold, and much of nature appears to be sleeping. Yet beneath the frost and quiet, life is quietly preparing to return. For gardeners, January, February, and March are not idle months but a vital time for reflection, restoration, and anticipation. These are months to nurture both the garden and the gardener's own well-being.

January invites pause. The garden, often resting under frost or snow, mirrors the human need for stillness and renewal. While outdoor work may be limited, this is an ideal time to take stock of the previous year's successes and challenges. Reviewing garden notes or photographs helps identify what worked well and what might need rethinking.

Indoors, seed catalogues offer the promise of new beginnings. Choosing varieties suited to your climate and space can lift winter gloom and rekindle excitement for spring. Starting small projects—cleaning pots, sharpening tools, or organising supplies—can bring a sense of purpose without pressure.

From a mental health perspective, January is about gentleness. The post-holiday lull and lack of sunlight can affect mood, so spending even brief moments outdoors—feeling the cold air, observing birds, or checking on overwintering plants—can help combat seasonal fatigue. Bringing greenery indoors through houseplants or forcing bulbs like Paperwhites, Narcissus or hyacinths can also brighten spirits and spaces.

As daylight slowly lengthens, February carries a quiet optimism. The first snowdrops and hellebores begin to appear, hinting that spring is on its way. Gardeners can use this month for planning and early preparation.



Keeping tender plants warm and early sowings under cover are part of the routine

It's a great time to draw up garden layouts, rotations, and decide on planting schedules. Indoors, early sowing begins for hardy vegetables like onions, leeks, and peppers. Seedlings started on sunny windowsills or under grow lights become tangible symbols of hope and perseverance.

Physically, February is still a slow month, so activities should be steady and mindful. Spending time outdoors pruning dormant fruit trees or tidying borders can provide fresh air and light exercise—both proven to lift mood and reduce anxiety.

Emotionally, this is a month for mental cultivation as much as physical gardening. Practising patience, journaling about goals for the growing year, or simply appreciating the small signs of life returning can foster resilience. Nature reminds us that growth often happens invisibly before it blooms.



Crocus burst from bare earth soon in the new year

March is when energy begins to shift. The garden stirs awake: buds swell, birds sing louder, and soil softens. It's the bridge between winter's rest and spring's rush.

This is the time for early planting and gentle re-entry into outdoor work. Hardy crops like peas, spinach, and broad beans can be sown outdoors if the soil is workable, while tender plants such as tomatoes can continue growing indoors. Garden beds benefit from a top-up of compost, and perennial plants whose stems will appreciate cutting back, if their stems have been left over winter, and mulching as they reawaken.

The increased activity can also bring a boost to mental well-being. Regular time outside - feeling sunlight on the skin, hearing the rustle of wind through branches - naturally reduces stress hormones and promotes a sense of connection. To avoid feeling overwhelmed, it's wise to pace oneself: plan short sessions, take breaks for stretching or tea, and celebrate small achievements rather than rushing toward perfection.

In March, the garden and the gardener both come alive again. The rhythms of sowing and tending re-establish routine and purpose, grounding us in something steady and life-affirming.

Children enjoy fun activities and healthy food at Autumn family day



Pumpkin proud

Families enjoyed our Autumn Adventure at the People's Community Garden in October as part of Grow Well Eat Well project.

Children and their parents, grandparents and carers had fun exploring our wonderful garden, tended and decorated by volunteers especially for the event, and filled with an autumnal glow of yellow and orange hues.

They carved pumpkins, collected edible flowers to add to their garden potions, and crafted spider webs, before enjoying a healthy veggie lunch made by volunteer Mark, and cooked on the fire by volunteers Jay and William. This was followed by an indulgent pumpkin pie for dessert.

Some of the children said they really enjoyed the tomato and basil soup and veggie stew, despite thinking they might not like it - highlighting how valuable our project is in making good nutritious food accessible and showing people how to make it tasty.



Creativity comes to the fore at festive community activity



Families enjoy pumpkin carving



Edible flowers make pretty potions

Festive visit to community Top Up Shop

In the spirit of the season, ActivGardens Project Officer Phoebe and volunteer Jagger attended St Peter's Top Up Shop to make seasonal decorations out of natural materials.

Members enjoyed creating their own festive masterpieces out of bay leaves and other herbs, holly, oak twigs and more – all grown and collected at ActivGardens.

Herbs can do more than just flavour your Christmas dinner!

Huge thanks to all our volunteers!

Volunteers finally downed tools to enjoy seasonal celebrations across our three sites.

ActivLives would like to say a **HUGE THANK YOU** to you – our amazing volunteers - for your dedication and commitment to ActivGardens in 2025.

You have tended our gardens, built and repaired, sown and planted, done endless amounts of watering and weeding, stepped up at events, helped and mentored others, shown people round, supported staff and each other.... the list is endless.

We hope you enjoyed the break! Now here's to another healthy year of gardening in 2026!



Sudbury volunteers enjoy their festive meal



Volunteers at the People's Community Garden make a big difference



Christmas cheer at Chantry Walled Garden



Beekeeping volunteers keep our bees buzzing



ActivSheds volunteers can turn their hand to anything



Time to relax and enjoy the party at Chantry Walled Garden

Blow away the January blues at Grow Your Future Open Days

Come along to ActivGardens Open Days at to find out about our FREE 12-week courses designed to help you build skills and confidence on the way to brighter future.

- **Monday 19th January at the People's Community Garden on Maidenhall Allotments, Halifax Road, Ipswich IP2 8RE**
- **Tuesday 20th January at Chantry Walled Garden in Chantry Park, Hadleigh Road, Ipswich IP2 0BS**

Just drop in any time between 10am and 2pm to have a look round the gardens and chat to staff and volunteers over a cuppa to find out more.

Grow Your Future for people aged 16+ will help you gain skills and confidence for further learning, training, volunteering or employment.



Grow Your Future member is proud of her achievements

Course dates -

- **Mondays 9th February to 27th April 9:30am-2:30pm at the People's Community Garden**
- **Tuesdays 10th February to 28th April 9:30am-2:30pm at Chantry Walled Garden**

The friendly group sessions will include - gardening and horticulture, growing your own veg, working in a plant nursery, nature conservation and beekeeping (optional), and therapeutic/ creative activities.

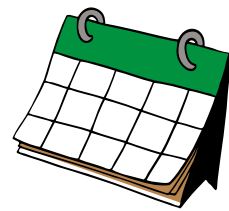
The courses aim to promote good physical and mental health, and help you learn practical skills, in a supportive environment where you can meet others.

To register your place or to find out more, please contact programme manager Susannah Robirosa on 07530 407302 on 01473 345350 or email susannah@activlives.org.uk or visit our website: www.activlives.org.uk/activgardens



Grow Your Future welcomes new recruits

Watch this space for upcoming events....



Easter Coffee Morning at PCG – Date TBC



Chantry Walled Garden New Season Launch Plant Fair and café – Tuesday 14th April TBC



ActivSheds celebrates 10 years! Open day and celebration - Friday 8th May TBC



Grow Your Community – Sudbury & Great Comard celebrates 10 years! – Celebration at Belle Vue Park - date TBC

New year – new you!

If you are looking for a fresh start or want to try something new in 2026, please get in touch.

You can try your hand at gardening, woodwork, beekeeping, nature conservation, or helping at events – **get in touch with the team on 01473 345350 or email ian@activlives.org.uk**



Feel like carving out a new path? – come and try out ActivSheds



Come and feel the buzz at our community beekeeping project

Businesses give gardens a boost

More than 25 companies have supported ActivGardens in the past year in a variety of different ways. We have welcomed teams of volunteers to help us carry out big projects like building compost bays or bramble-bashing.

We have received donations of tools and equipment, or food and materials for events and family fun days, as well as financial support and gifts of appreciation for volunteers.

Thanks to you all – your help is greatly appreciated. Come back and see us in 2026!



Picture from Breheny Civil Engineering

ActivSheds volunteers are joined by staff at Breheny Civil Engineering - which is kindly supporting us



Perrywoods surprises volunteers with baskets of Christmas flowers as a mark of appreciation for their work



Mow holding back - Bosch team gives their all at a corporate team-building day

Ending the year with joyful sessions

Members from our ReBalance sessions took part in fantastic Christmas celebrations during their last days of sessions for 2025. Everyone enjoyed Christmas games, routines and shared some lovely drinks and food. Here are some of the snapshots of the celebrations.



Ending the year with joyful sessions



Active Suffolk Awards 2025

We are back this year at the Active Suffolk Awards with three nominations including the Runner Up – Activity Champion of the Year award for Jemma Tilley, ReBalance Development Co-ordinator. CEO Julie Stokes also led an exercise session during the awards night. (Pictures from Active Suffolk website)



Start 2026 with our **ReBalance Programme!**
Join our **Keep on Moving sessions** with venues across Ipswich and East Suffolk



A fun chair based exercise session for people 55 plus, £7 per session

Ipswich
Monday, 10.30am -11.30am AND 11.45am -12.45pm, Goldcrest Court, Goldcrest Rd, Ipswich IP2 0SF

Tuesday, 10.30am -11.30am, St Mary at Stoke Church Hall, Stoke Street, Ipswich IP2 8DA

Tuesday, 9.30am -10.30am AND 11am – 12 noon, Rushmere St Andrew Village Hall, Humber Doucy Lane, Ipswich IP4 3PD

Thursday, 10.30am -12 noon, All Hallows Court Raeburn Road, Ipswich IP3 0EH

Friday, 9.30am – 10.30am AND 11am -12 noon, Rushmere St Andrew Village Hall, Humber Doucy Lane, Ipswich IP4 3PD

Holbrook
Monday, 12 noon – 1pm, Holbrook Village Hall The Street, Holbrook, IP9 2PZ

Felixstowe
Tuesday, 9.30am – 10.30am and 11.15am – 12.15am, Walton Community Hall High Street, Walton Felixstowe IP11 9DS

Wednesday, 10.45am -12.15pm, Old Felixstowe Community Centre, Ferry Road, Felixstowe IP11 9NB

Wednesday, 1.15pm -2.45pm, Old Felixstowe Community Centre, Ferry Road, Felixstowe IP11 9NB East Bergholt

Tuesday, 10am – 11.30am, Constable Memorial Hall Gandish Rd, East Bergholt, CO7 6TP

Leiston
Wednesday, 9:30am – 11am, Waterloo Centre, Waterloo Ave, Leiston IP16 4HE

Martlesham
Wednesday, 10.30am-12noon, Martlesham Community Hall, Felixstowe Road, Martlesham, Woodbridge, IP12 4PB

Needham Market
Wednesday, 10am – 11am and 11.30am -12.30pm, Needham Market Bowls Club, Barretts, Lane, Needham Market, IP6 8BX

Shotley
Wednesday, 2pm – 3.30pm, Shotley Village Hall, The Street, Shotley, Ipswich, IP9 1LX

Woodbridge
Thursday, 10am -11am and 11:30am -12.30pm, Quay Church, Quay Street, Woodbridge IP12 1BX

Friday, 10am – 11am, Fred Reynolds Centre, Churchill Close, Woodbridge, IP12 4UU

Kirton
Thursday, 10am -11.30am, Kirton Church Hall Church Lane, Kirton IP10 0PU

Saxmundham
Monday, 10:15am-11:15am at the The Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL

Wickham Market
Thursday, 2pm – 3:30pm, Wickham Market Village Hall, IP13 0HE

Did you know?

During April 2024 to March 2025, we delivered 743 Keep on Moving sessions across Ipswich and East Suffolk.

Making an Impact

“When starting the classes I was awaiting a knee operation. I wanted to stay as supple as possible to give my new knee the best chance and prevent my other knee needing an operation. My physical and mental health is definitely better for attending the class.”
-Member, Keep on Moving Walton

Chat with us on 01473 345350 for more information or to sign up!

ActivLives 12th AGM

12 Free



Strength and Balance sessions for anyone over the age of 65

Our 12 week strength and balance programme uses progressive exercises to improve stability, build strength and reduce the risk of falls. Used worldwide and proven to be effective, the programme helps increase confidence and support independence. Funded by East Suffolk and Babergh District Councils.

Saxmundham Monday
12pm -12.45pm
The Fromus Centre,
Street Farm Road,
Saxmundham, IP17 1AL

Holbrook Monday
1:30pm-2:30pm
Holbrook Village Hall, The Street,
Holbrook, Ipswich, IP9 2PZ

East Bergholt Tuesday
11.45am – 12.45pm
Constable Memorial Hall
Gandish Rd, East Bergholt, CO7 6TP

Leiston Wednesday
11.15am -12.15pm
Waterloo Centre, Waterloo Ave
Leiston, Suffolk
IP16 4HE

Felixstowe Wednesday
1.30pm – 3pm
Walton Community Hall
High Street, Walton, Felixstowe
IP11 9DS

Woodbridge Friday
11:45am – 12:45pm
Fred Reynolds Centre,
Churchill Close, Woodbridge,
IP12 4UU

REGISTER NOW >

Call ActivLives on 01473 345350 for more details

Did you know?

We delivered 47 sessions of Strength and Balance last year. The programme has been running for 3 years now.

Making an Impact

“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 Strength and Balance programme I have improved my balance since starting the programme.”
-Member, Strength & Balance East Bergholt

On 13th November, we held our 12th AGM. During the event, we highlighted the incredible journey of our staff and some members with ActivLives. The Mayor of Ipswich, Councillor Stefan Long joined the event with our members, volunteers, staff, partners, funders and supporters. We also honoured one of our longest freelance staff, Halstead Ottley, who has been leading our Keep on Moving session at the St Mary at Stoke Church Hall for over a decade. Our ActivSingers group serenaded everyone with a set of lovely songs including Take Me Home Country Roads, True Colours and Build Me Up Buttercup.



ActivLives Men's Breakfast Hub Christmas Feast with our new Men's hub opening in Woodbridge in 2026.... Join us!



A festive celebration with Men's Hub members in Ipswich

We have now reached the end of 2025, for our weekly, Wednesday Morning Men's Breakfast Hub, in Ipswich; the hub has grown from strength to strength with new members joining us recently and next year it's been going for 4 years.

We have had some really wonderful sessions, historical presentations, gardening, wildlife presentations, reminiscence discussions about life, work and Christmas, hobby presentations from members and wellbeing and exercise to name a few. We now have a core group of 15 very friendly, regulars, who come weekly to share news, discuss local issues, and enjoy the wonderful bacon breakfast rolls we have to offer, with the help and support of our members John, Bob, Andrew and our wonderful volunteer Mary Sones. Laughter and banter are the order of the day, we always have a lot of both at the sessions.

We celebrated Christmas on the 10th December with a massive Breakfast Roll stuffed with bacon, chipolatas and a fried egg, also we had home-made mince pies, shortbread, cheese straws, flapjacks and cinnamon buns all from members and our volunteer Mary. Ian excelled himself with delicious savoury home-made scotch eggs, yummy sausage rolls and some walnut shaped sweet pastry treats called Oreshki, stuffed with chocolate, strawberries and just loveliness. All finished off with Mary's Chocolate Yule Log, goody bags were the order of the day.

So, if you want to join us in 2026 in Ipswich, or are interested in our Woodbridge Men's Hub on a Monday Afternoon, call Alison Pearson, Project Lead on 01473 345350 or email alison@activlives.org.uk.



ActivFriends a Christmas to remember and much more...

ActivFriends is a very friendly and welcoming group, 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.

We meet on Fridays at Whitehouse Baptist Church Hall in Ipswich. We offer a weekly opportunity to make new friends, take part in fun activities and enjoy a freshly cooked 2 course meal supported by regular volunteers.

ActivFriends had a full programme from October through to 12 December 2025. We had the wonderful Care to Dance programme from Dance East, vocalist and guitarist Phil Jackson, The Ukulele Players and our lovely singer Gina.

We played bowls, had crafting sessions and played bean bag target numbers game, which everyone enjoyed. We also celebrated some lovely members and volunteers Birthdays, with cards, cake, candles and chocolate and lots of birthday singing.

We had a brilliant Christmas party on the 5 December with the lovely Gina entertaining us with a wonderful Christmas show. We had a very full hall, with the new Minister Sean, from the Baptist Church attending, plus a full house with some 41 people, including members, some of their family, local councillors and the Deputy Mayor of Ipswich. Included in that are our very hardworking volunteers, plus Claire from Paddy Geere. The hall looked marvellous, a sea of red and white with gold and silver sparkles, with all the Christmas decorations, tablecloths and Christmas settings and everyone said what a brilliant Christmas Party it was.

So, if you are caring for a loved one who is aged 60+, are a former carer or feel isolated at home, this may be the group for you and we do have some limited spaces available now.

Volunteers are also a really important part of ActivLives so please do get in touch if you are interested to find out more, or to find out about attending the Hub, please call Alison Pearson on 01473 345350 or email alison@activlives.org.uk for more information.



“Thank you for making our Christmas Party so special.”

“Thanks to everyone for making our Christmas lunch so special, such a great day, the organising, the food and the entertainment were brilliant.”

“Just perfect in every way.”



St Mary at Stoke Lunch Club members enjoy a hearty Christmas meal

Members of the Lunch Club enjoyed a hearty Christmas meal at St Mary at Stoke Church Hall prepared by Tina the cook and our lovely volunteers. The Lunch Club celebrated its 18th year in November. It started with 8 members and now caters for up to 30 people every week. **If you are interested to join, please call us on 01473 345350.**



Festive melodies with ActivSingers

ActivSingers groups in Woodbridge and Ipswich spent their last sessions of the year filled with memorable songs of the seasons.



McCarthy Stone Christmas session

One of the groups where we run our exercise session is McCarthy Stone. We also provide sessions at the Bangladeshi Support Centre Multicultural Services - Carers Project, Britannia Ladies Group and Oddfellows in Ipswich.



ICare Connect – A carers project when you need it most



Our ICare Connect project has now been running for 2 years, and so far we have had multiple direct beneficiaries who were unpaid carers including husband/wife, family members or friends/neighbours. The project has also supported carers in transition, with loved ones in care or former carers where their loved one has passed. Given the time of the project, some experienced the whole change, from being an unpaid carer, to becoming a carer in transition, and then sadly an ex-carer.

The project is here to provide a listening ear and provide support to carers at various stages of their journey. All carers receive individual sessions so that they feel included and listened to, we talk about their concerns, both in person and on the phone and meet up for chats with other carers.

We can help to look at immediate worries and work in partnership with Shaftesbury Suffolk Memory and Dementia Support, Suffolk Family Carers and many other services, so we can help working through issues with both the carer, cared for and the whole family.

The project addresses physical, emotional and well-being needs through conversations, support and encouraging people to revisit or explore old or new hobbies/interests and make new friends once key issues have been addressed.

With 2026 on the horizon, please do reach out to Alison Pearson, Project Manager on 01473 345350 or email alison@activlives.org.uk and discuss your caring concerns.

Chair of Trustees raises funds for ActivLives

On 15th November, Chair of Trustees Dan Billson with his friend Jonathan successfully finished a Walk for ActivLives from Bawdsey to Aldeburgh raising £1,800 for our charity.

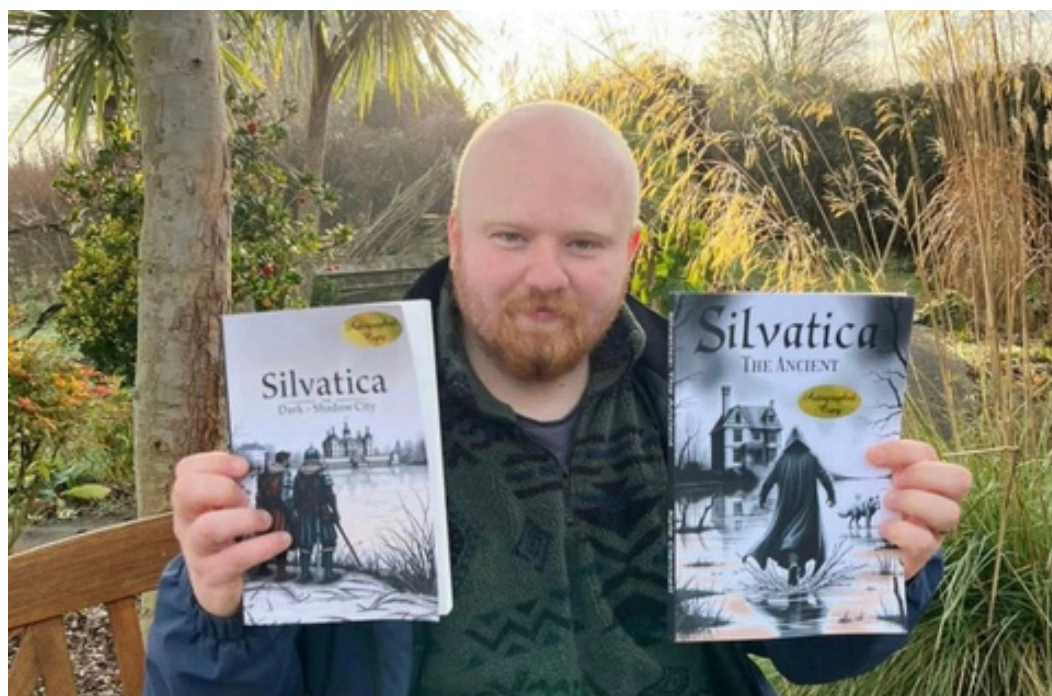


"I just want to say a big thank you to everyone who showed support and/or donated towards our 26.2 miles walk on 15th November along the Suffolk Coast Path from Bawdsey to Aldeburgh for ActivLives", Dan said.



ActivGardens volunteer releases a new book

When Kyle isn't volunteering at our community garden, you can find him writing his own books. The fantasy adventure stories called 'Silvatica' are now on Amazon. Well done Kyle!



St Edmundsbury Cathedral gives a generous donation to ActivLives



Picture from St Edmundsbury Cathedral Facebook page

We would like to thank St Edmundsbury Cathedral for the £1000 donation to ActivLives. This donation will be a big support in our work to change more lives in local communities in Ipswich, Mid Suffolk & Babergh and East Suffolk.

"YANA, ActivLives, Eden-Rose Coppice and The Befriending Scheme are all are doing wonderful work with people in our county needing help in various ways. These donations are part of our social action work", St Edmundsbury Cathedral statement on Facebook.

ActivSport Profile: Alfie Orvis, Volunteer - ActivBowls

"Before Evie started working for ActivLives I attended Boccia sessions with her. Through these sessions I met Mike McCarthy, who invited me to a Boccia competition, and from there he spoke to me about volunteering at ActivLives.

I was involved in Sproughton Bowls Club (outdoor) and Ipswich and District Bowls Club (indoor). I also attended sessions with ActivLives mainly in the ActivSport programme. I have a real passion for the sport of Bowls.

I enjoyed spending the summer at Kesgrave Bowls Club. We play Lawn Bowls there. We had good attendance throughout Summer, and I was busy keeping everyone active and safe. I also introduced players to Lawn Bowls who may not have access to mainstream Bowls Clubs. I would adapt the game to their abilities - to ensure all enjoyed their Lawn Bowls over Summer. We have a range of ages and abilities at ActivLives sessions and I also enjoyed seeing the more experienced and competitive bowls players having fun at the session as well. Different abilities all getting involved in my favourite sport, Bowls.

It has helped me with feeling more confident. Since volunteering I have been talking to new people and helping others.



Picture from Active Suffolk website
Alfie (middle) received his Active Suffolk Awards 2025 Runner Up recognition for Active Unsung Hero

It's a great charity to volunteer for and everyone's friendly and supportive. There are a range of different sports on offer in the ActivSport programme to volunteer for - and you can get involved with the different aspects of inclusive sports. I would recommend it to anyone thinking about volunteering."

A Big Congratulations!



Picture from Boccia UK Facebook page

Congratulations to Nicola Taylor for winning silver medal (BC 1 classification) at the UK Boccia Championships 2025 in Antrim, Northern Ireland! Well done!



Picture from Active Suffolk website

We are proud of Evie Edwards (right) and Nicola Taylor (left) for being recognised with Runner Up award - Team of the Year at the Active Suffolk Awards 2025. Nicola won bronze medal (BC1 classification) in the National Boccia Championships on 31 May 2025 with Evie as her coach.

ActivSport holds successful Inclusive Badminton Tournament in Ipswich



Twenty-four athletes competed in the Inclusive Badminton Tournament



Many thanks to the brilliant team of volunteers who made the event happen, and to our supporting partners Special Olympics Suffolk, Special Olympics GB, Suffolk Community Fund, Sport England and Ipswich Borough Council.

If you would like to find out more about getting involved with badminton for players with a learning disability, please call ActivLives on 01473 345350 or email mike@activlives.org.uk



Thank you to our volunteers at the tournament!

ActivKurling Group achieved a new record of attendances



We ended the year with a new record of 20 attendances at our ActivKurling Group in Felixstowe Leisure Centre on the first of December 2025. It is incredible how inclusive sport like New Age Kurling brings people together in the local community and promote active and healthy lifestyle.

BreatheFit members celebrate the festive season

Members of the BreatheFit programme in Leiston, Felixstowe and Stowmarket enjoyed their last sessions for the year with coffee, tea, cakes and biscuits to celebrate the holiday season.





REGISTER NOW

BreatheFit is a follow on group specifically for people living with a diagnosed respiratory condition/breathlessness. A low intensity exercise class that can be adapted to suit individual needs. If you would like to register, please email frazier@activlives.org.uk or call us on 01473 345350.



BreatheFit Leiston

Every Wednesday 1.00-2.30pm at the Waterloo Centre, Waterloo Ave, Leiston, IP16 4HE



ActivSport sessions will be back on the following schedule:

REOPENING

New Age Kurling, Felixstowe Leisure Centre - 5th January

ActivBowls (Short-Mat), Gainsborough Sports Centre - 6th January

ActivBoccia, Whitton Sports Centre - 8th January

Activ Ping Pong & Short Tennis, Whitton Sports Centre - 8th January

Inclusive Badminton, Suffolk New College Sports - 7th January

Activ Ping Pong & Short Tennis, Gainsborough Sports Centre - 7th January

Inclusive Boccia, Mid Suffolk Leisure Centre - 8th January

Activ Walking Football, Gainsborough Sports Centre - 5th February



To join our different ActivSport sessions, please email mike@activlives.org.uk or call us on 01473 345350 to find out more information.

ActivWalks 2026 Schedule



ACTIVWALKS
CHRISTCHURCH PARK, IPSWICH

Walk for Health & Make New Friends

Join our lovely walk at the park! Our meeting place is at the Soane Street entrance, down from the mansion and near the park benches.

Every Other Monday
11am - 12 noon

2026 Dates

January 5th, 19th
Feb 2nd, 16th
March 2nd, 16th, 30th
April 13th, 27th
May 11th,
June 1st, 15th, 29th

July 13th, 27th
Aug 10th, 24th
Sept 7th, 21st
Oct 5th, 19th
Nov 2nd, 16th, 30th
Dec 14th

ActivSingers Woodbridge 2026 Schedule



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!

Twice a month on a Friday morning, 10am - 12 noon
 Quay Church, Quay St, Woodbridge IP12 1BX
 £10 per session

2026 SCHEDULE

16th January
 6th February
 6th & 20th March
 17th April
 1st & 15th May
 5th & 19th June

3rd & 17th July
 7th & 21st August
 4th & 18th September
 2nd & 16th October
 6th & 20th November
 4th & 18th December

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.

Join our ActivLives 100 Club

Our new exciting 100 Club is now open for membership! This is open to people aged 18 years and over, SIGN UP NOW!



Become a member of
 ActivLives 100 Club and
 win an exciting monthly cash prize
 Open to people aged 18 years and over



HOW TO JOIN

- Pay £10 per month per entry subscription fee by standing order
- Members are welcome to subscribe to more than one entry per month.

WHY BE A MEMBER?

Win a cash prize every month whilst supporting our charity's inclusive health and wellbeing programmes and services in Ipswich and East Suffolk.

HOW TO REGISTER

Please contact
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For more information on ActivLives 100 Club membership, please visit our website:
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