



CHENTRY WALLED GARDEN PLANTS FOR SALE







Picture by John Ferguson

Tuesdays and Thursdays
10am - 2pm

Chantry Park,
Hadleigh Road, Ipswich,
IP2 0BS

WHAT'S ON SALE

Shrubs, perennials,
climbers, bedding &
bee-friendly plants at
competitive prices

CONTACT US

Call us on 01473 345350
for more information or visit
www.activlives.org.uk/activgardens

For disabled parking – please call
ahead on 07599 951060

ActivLives

20 Years of Changing Lives

July - September 2026 Newsletter



Making Summer Active Together

Read and Share

What's Inside?

- ActivLives- Ipswich Mayor's Charity of the Year
- 10 years of volunteering in Belle Vue Park
- What's On for Summertime
- An Afternoon of Tea, Tunes and Community

Welcome to our Summer edition!

Summer is well and truly here and it's hot, hot, hot! It is important at any time of year to stay hydrated and drink plenty of water, but this is especially important during the summer months. Try to keep cool by using fans, opening windows early in the morning and later in the evening, keeping curtains closed during the hottest parts of the day and avoiding direct sunlight around midday when temperatures are at their highest.

We were absolutely delighted to be selected as one of the charities being supported by the new Mayor of Ipswich, Councillor Pat Bruce-Browne, during her year in office. We look forward to attending and supporting the Mayor's fundraising events over the coming months. It was a privilege to be invited to Ipswich Borough Council's Annual General Meeting and to witness Pat being invested with the Chain of Office and Mayoral Robes.

We continue to raise much-needed funds through our online fundraising campaign, our 100 Club and a variety of fundraising and social events. I would like to thank everyone who has donated, joined the 100 Club or attended one of our events. Your support is greatly appreciated and helps us continue our work within the community.

Our recent Woodbridge Tea Party with a Musical Twist was a great success, and everyone who attended reported having a wonderful time. The event was thoroughly enjoyed by all and

provided a fantastic opportunity for people to come together socially and enjoy the entertainment provided by Phil Jackson, music bingo, a seated dance routine, a raffle, refreshments and not forgetting the wonderful cakes and biscuits.

There are still places available in our 100 Club, and we have already celebrated the first winners of our monthly prize draws. If we reach our target of 100 members, you could be in with a chance of winning either £150 or £100 each month.

If you would like to find out more or join the 100 Club, please contact the main office on 01473 345350. We would be delighted to hear from you.

We are delighted to be celebrating our 20th Anniversary and AGM this year on 15 September 2026 at Kesgrave Community Centre from 2.00pm. We hope that our members, volunteers, former staff, supporters and friends will come along to help us mark this special milestone and celebrate 20 years of supporting people to become more active, connected and involved in their local communities.

The event will be an opportunity to reflect on our achievements, share memories and recognise the many people who have contributed to our success over the years. We very much hope you will be able to join us for this special occasion.

Please look after yourselves in this very hot weather.



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

ActivLives selected as one of chosen charities of newly elected Ipswich Mayor



Councillor Pat Bruce-Browne selected ActivLives and BME Suffolk Support Group to support and raise funds during her term as Mayor of Ipswich from 2026 to 2027. ActivLives attended the Mayor Making Ceremony at the Corn Exchange on 27th of May 2026. This is a huge honour for ActivLives especially as is celebrating its 20th year of supporting local communities across Ipswich and Suffolk.

The Ipswich Mayor visited one of the charity's ActivFriends sessions last year and recognised volunteers and staff's hardwork and commitment in supporting people living with Dementia, their carers and former carers when she was a deputy mayor. In February this year, she met staff and volunteers at Chantry Walled Garden, where she was given a tour of the site and learned more about the amazing work taking place there. She then visited the Short Mat Bowls group at Gainsborough Leisure Centre, where she spoke with members, staff, and volunteers. The visit continued at Rushmere, where she observed part of an exercise session and again had the opportunity to engage with staff, volunteers, and participants. The tour concluded at St Mary at Stoke Lunch Club, where she enjoyed a hot two-course meal and spent time chatting with members and speaking with volunteers about their experiences.

ActivLives is looking forward to collaborating with the Mayor to change more lives in Ipswich.



Season of Abundance



Ian Hirst
ActivGardens Operations Officer

As summer gets under way, our community gardens are approaching the season of abundance. This is a very busy time for both our staff and volunteers and the wildlife that relies on our beautiful community gardens.

Harvest & Share

Our **Grow Well Eat Well** project has yielded its first major harvests of the year. We've gathered plenty of runner beans, courgettes, and early potatoes, much of which has been shared with the local top up shop. If you're growing your own, remember: over-harvesting encourages more production! The more you pick, the longer the plants keep going.

Beekeeping Season in Full Swing

For our apiary team, late July through September is the busiest period of the year. Our bees are working tirelessly to build winter stores, now we have extracted the excess honey from their spring foraging. The new queen bees that we have been rearing over the past couple of months will be going out on their mating flights. We will soon be able to tell if all of our hard work this summer has paid off.

Preparing for Autumn

While we enjoy the current harvest, it's also time to think ahead. Over the next few weeks, we'll be:

Sowing cover crops: We're planting winter rye and clover to protect our soil over the colder months and suppress weeds naturally.



Cleaning up: Gently clearing spent annuals while leaving perennial borders untouched to provide shelter for emerging insects.

Winter prep: Checking all bee equipment, repairing frames, and ensuring our sheds are ready for the wetter weather ahead.

Our new **Wild About Nature** Monday sessions are a great way to contribute to local biodiversity and learn and care for nature.

Volunteering 10am - 12 noon
Beekeeping 12:30pm - 2:30pm

Summer holiday fun: We especially need willing hands for our wildlife sessions during August, when we'll be creating vital overwintering habitats for a variety of wildlife.

No prior experience needed—just bring enthusiasm and sturdy shoes!

All welcome - including families and supervised children.

**To take part, contact ian@activlives.org.uk,
Mobile 07599 951060... See you in the garden...**

Grow Your Future celebrates success

Our three-year skills and confidence course 'Grow Your Future' funded by the Henry Smith Charity, came to an end in May. The 12-week course was repeated nine times and saw over 90 people develop their practical, social and employability skills. In the friendly group sessions participants learnt about veg growing, working in a plant nursery, nature conservation, beekeeping, garden design and practical gardening such as taking cuttings.

The course promoted good physical and mental health, by learning in a supportive environment where you can meet other people and feel part of a new community.

Many of the participants have continued to volunteer with us. Some have enrolled in further training programmes, such as Horticulture studies at Suffolk Rural. Others have gained employment, helped by the extra confidence and support during the course.

Two participants represented ActivGardens on local radio. Gemma contributed to our BBC Radio Suffolk's 12 Tastes of Christmas, discussing her experience growing veg at The People's Community Garden. While, on 'Blue Monday' Stephen described how gardening and being part of the community was improving his mental health and urged anyone who struggles with anxiety or depression to give us a try.



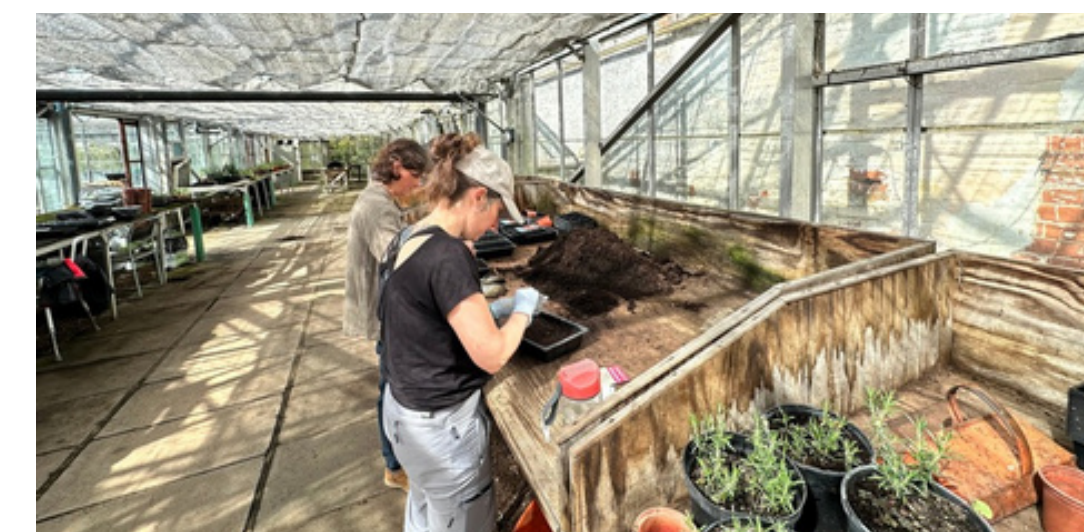
Some participants acquired new skills and became volunteers



Gemma planting colourful flowers in the community garden

We have been pleased to hear positive feedback from participants. Project Officer Phoebe recently heard from a parent whose teenager is thriving after joining Grow Your Future as the first step on their ladder after mainstream education. Another participant who struggles with anxiety and depression said the course "has really helped me grow as a person and has really helped with my confidence". Other participants have been inspired to expand their own projects in care home gardens, churchyards or allotment plots.

ActivGardens is now seeking funding to continue our successful model and hopes to restart courses later in 2026 or early 2027.



Participants at Chantry Walled Garden plant nursery

Community helps grow the garden and enjoy the produce!



Volunteers Mark and Maxine serve up treats

Local families enjoyed our Spring Adventure at The People's Community Garden in April as part of the Grow Well Eat Well Project – designed to showcase what we do and encourage people to get involved.

Children enjoyed going on an egg hunt, decorating an egg with natural materials, exploring the garden and eating freshly baked cakes made by our wonderful volunteers.

The garden was full of life and laughter as the children searched for eggs in the spring foliage.

Our fantastic volunteer Mark cooked a hearty Italian bean soup, quiche, salad and fresh bread. This was followed by delicious pastries and chocolate treats made by volunteers Maxine, Sue and Isabel.

Sixty-four adults attended with their children. One family said: "We had lots of fun and love the place and activities. The staff are very kind and friendly and the food was amazing!"



Our fun Spring activities attracted children and families



Children made egg-cellent decorations with natural materials



Volunteers prepared hearty meals for local families



Pat advising members of St Peter's top-up-shop how they can grow veg at home

St Peter's joined us for our annual Messy Church get together in the garden in May. Children enjoyed getting stuck into weeding, sowing seeds and watering the crops. Many little hands make light work! They then enjoyed their tea of pizza and salad in our Pavillion.

In June, we hosted a Garden Coffee Morning. Residents of Avocet Court Care Home, local community leaders and ActivLives members and volunteers were invited to join us in the garden. We had a good mix of local organisations and groups, who explored the People's Community Garden after enjoying home-baked cakes. Thank you to our fantastic volunteers Isabel, Rosie and Helen who made five different cakes and scones – they were delicious!

Gina, Avocet Activity Coordinator, has helped build our partnership, joining our beekeeping team so she can set up hives for residents to enjoy.



Care home residents explore wildlife meadow

As well as hosting events, Project Officer Phoebe along with volunteers Pat and Jagger, visit St Peter's Top Up Shop monthly. We have given away free vegetable seeds and tomato plants for families to grow themselves and have shown people how to use fresh vegetables in creative ways.

- **Contact Project Officer Phoebe if you would like to get volunteer, visit or take part in an activity as part of Grow Well Eat Well**
phoebe@activlives.org.uk Mobile 07756 533424



Community leaders and ActivLives members enjoying a tour of the People's Community Garden



Volunteers welcome visitors to our coffee morning

Sun shines on 'Grow Your Community' celebration day in Belle Vue Park



Volunteer Mike with Open Day visitor

Volunteers welcomed more than 30 visitors to our 10-year celebration and Open Day on Saturday 13th June as part of Sudbury Open Gardens event.

People from as far as Ipswich and Colchester admired the borders and talked to members of our team about the project - which brings people together in a healthy, positive way.

Babergh District Councillor Ruth Hendry shared her childhood memories of the park and enjoyed a cuppa and homemade cake with participants – finding out about what the project means to them and commending our work to keep the park looking beautiful for everyone to enjoy.

Shedders give a big cheers to 10 years!



ActivSheds members say cheers to 10 years

Members raised a mug of tea to celebrate a decade of ActivSheds in May – welcoming members of the public to talk about the project and how it brings them together as a supportive team – working on practical projects and developing friendships which enable them to open up and share their problems with each other.

A range of creative items was on display, while volunteer Mark made bacon butties for everyone,

Babergh and Mid Suffolk District Council Public Realm Officer Helen Cuffley presented certificates to proud volunteers – some of whom have been with the project since it began.

- **JumpStart Plus** - ActivGardens is part of a new project supporting young people to develop confidence, resilience and healthy lifestyles. Gardening activities, learning and work experience are offered in the park and at the Phoenix Family Hub. For more information, please contact

Project Officer Phoebe Hyett
phoebe@activlives.org.uk Mobile: 07756 533424



Sudbury volunteers are awarded certificates



Founder member Tony cuts cake with Project Officer John

with meat kindly donated by Asda. A wonderful celebration cake was made by volunteer Maxine.

- For more information, please contact **ActivGardens Development Manager Susannah Robirosa**
susannah@activlives.org.uk Mobile: 07530 407302 or call ActivLives Office 01473 345350

Join our NEW project and get closer to nature



Young people made leaf rubbings and butterfly sketches



Men's Hub members get creative with willow

Ten young people attended a Forest School inspired nature session, as part of our new Wild About Nature project in April. They had a tour of the garden, went on a wildlife walk, looked at the buzzing beehives, hunted for bugs, found a slow worm, and drew botanical drawings in the wildflower meadow.

We also ran a willow weaving workshop for ActivLives Men's Breakfast Hub, which runs on Wednesday mornings at the CRESS Pavilion. This involved making plant supports out of Hazel and Willow. One of the men took his home for his daughter's dahlias!

Wild About Nature is a project to involve our local community in caring for nature and the environment where we live.

The project will give us regular contact with nature, right on our doorsteps, to engender a sense of delight and responsibility for the natural world, foster an understanding of key issues, and develop important skills related to caring for the environment.

The two-year project, funded by the National Lottery Awards for All – Environment Fund will bring us together to grow and garden sustainably, maintain and develop areas for wildlife, and learn about beekeeping.

By participating, we can enhance our physical and mental health and wellbeing, learn skills and gain confidence, and become an active part of our community.

Together we will help local biodiversity by investigating what we have, researching what we could do to improve it, and taking positive action – building a green wave from our community garden outwards into our gardens and community green spaces and onto our doorsteps and balconies!

- If you would like to volunteer, try your hand in beekeeping, or represent a group which would like to take part in nature-based activities at our site or in the community – please contact

ActivGardens Development Manager Susannah Robirosa
susannah@activlives.org.uk
Mobile: 07530 407302 or call ActivLives Office 01473 345350

WILD ABOUT NATURE

at the People's Community Garden
Maidenhall Allotments, Halifax Road, Ipswich IP2 8RE

Join our NEW project and get closer to nature

- Learn how to grow and garden sustainably
- Take part in beekeeping
- Maintain and develop habitat for wildlife
- Record and monitor species

Volunteering – Mondays 10am to 12 noon
Beekeeping – Mondays 12.30pm to 2.30pm

If you represent a group which would like to take part in nature-based activities at our site or out in the community – please get in touch

For more information and to get involved, please contact
ActivGardens Development Manager Susannah Robirosa
susannah@activlives.org.uk Mobile: 07530 407302
or call ActivLives Office 01473 345350

@ActivLives

www.activlives.org.uk
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Registered Charity No. 1147615

One house move. One donation. One week of community support.

We're Dwello, a new local estate agent and we've teamed up with ActivLives to help support all the great work they do

We believe as a local business it's important to support the communities we serve. That's why we created Dwello Gives Back.

A simple idea where everyday home move creates ongoing funding for organisations making a real difference across Suffolk.

When you choose Dwello to sell your home we will donate £500 to ActivLives:

£50 on instruction.

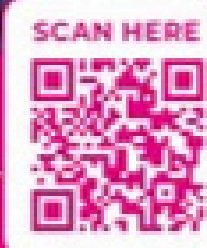
£450 when your move completes.

£500 goes a long way - funding a week of community activities, including:

- People living with dementia and their carers
- Men's Hubs and Lunch Club
- Inclusive sports and wellbeing activities
- Community gardens and volunteering projects

Thinking of
moving home?

Scan the QR code or visit:
hellodwello.co.uk/activlives



Dwello Moving,
Supercharged.

hellodwello.co.uk/activlives

ActivLives
Changes Lives

ActivHubs

Move for your health this summer!



Keep on Moving members enjoying their exercise session in Walton

Several studies have shown that moving more and taking regular exercise can improve not only your physical health but also mental wellbeing. As we grow older, staying active is not only important but it is crucial in keeping a balanced and healthy lifestyle. A daily walk in the morning outside your house makes a big difference to your health. Or a slow run in the park has a lot of benefits including being surrounded by nature and meeting new people or bumping into your neighbours.

Now it's summertime, why not try some interesting fun activities such as joining an exercise group or participating in health walks or any activities that will provide long term benefits to your overall wellbeing.

At ActivLives, we encourage people to stay active while getting connected to their local community. Our inclusive movement and exercise sessions are proven to have changed people's lives and improved their health and lifestyle.

Our **ReBalance programme** is one of our initiatives that supports people across Ipswich and Suffolk to improve their wellbeing through partaking in regular weekly exercise.

Under the programme, we offer **Keep on Moving sessions** for people aged 55+. This is ideal if you would like to stay active with the weekly sessions, learn routines to improve your balance and enhance your physical strength. The programme also gives you an opportunity to meet new friends and build your self-confidence. It's only £7.00. We have sessions across Ipswich and Suffolk and you can find out more information by calling us on **01473 345350** or visit our website www.activlives.org.uk

We have different Keep on Moving Sessions in **Ipswich, Saxmundham, Holbrook, Felixstowe, East Bergholt, Wickham Market, Leiston, Martlesham, Needham Market, Kirton, Shotley and Woodbridge.**

But if you are keen to improve your strength and balance, we also offer **FREE 12 Strength and Balance sessions for people aged 65 or over in Holbrook, East Bergholt, Woodbridge and Saxmundham.** After finishing the 12 sessions, you may join our Keep on Moving programme to continue staying active with regular weekly exercise. Find out more information on our website and by calling our office.

Remember, it's never too late to change your lifestyle! A regular movement and exercise will definitely make a big difference to your overall health and wellbeing. So what are you waiting for? **Register in our different sessions and start connecting with your local community....**



Keeping active with Strength & Balance in East Bergholt

Staying Active with our Rebalance Programme

Over the last few weeks, Jomel, our Marketing & Communications Officer, has been visiting a number of our ReBalance sessions across Ipswich and Suffolk to meet members and volunteers and hear first-hand about their experiences.

Through interviews and conversations, we've been gathering valuable feedback about the benefits of the programme, what participants enjoy most, any barriers they face, and how we can continue to improve access to our services.

Jomel also captured some wonderful photographs that highlight the positive impact ReBalance is having on people's lives. From improving physical and mental wellbeing to building confidence, reducing social isolation, and creating new friendships, these images tell the story of our fantastic community in action. The photos featured are from our ReBalance sessions in East Bergholt, Woodbridge, Martlesham, Walton and Felixstowe. A huge thank you to everyone who took the time to share their experiences and be part of the project.



**MORE SPACES
AVAILABLE**



We are looking for more members to join our exciting Keep on Moving and Strength and Balance Sessions in the following locations. If you are interested, please call us on 01473 345350 to register. £7 per session.

Keep on Moving Holbrook

Mondays, 12 noon – 1:00pm
Holbrook Village Hall
The Street, Holbrook, IP9 2PZ

Strength & Balance East Bergholt

FREE 12 sessions
Tuesdays, 11:45am – 12:45pm,
Constable Memorial Hall
Gandish Rd, East Bergholt, CO7 6TP

Keep on Moving Wickham Market

Tuesdays, 2:00pm – 3:30pm
The George Pub, 95 High Street,
Wickham Market IP13 0RA

Strength & Balance Holbrook

FREE 12 sessions
Mondays, 1:30pm - 2:30pm
Holbrook Village Hall
The Street, Holbrook, IP9 2PZ

Keep on Moving Martlesham

Wednesday, 10:30am - 12noon
Martlesham Community Hall,
Felixstowe Road, Martlesham,
Woodbridge, IP12 4PB

Keep on Moving Ipswich

Tuesday, 10:30am -11:30am
St Mary at Stoke Church Hall
Stoke Street, Ipswich IP2 8DA

Keep on Moving Ipswich

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

Keep on Moving Needham Market

Wednesday 10:00am -11:00am,
Needham Market Bowls Club, Barretts,
Lane, Needham Market, IP6 8BX

ActivFriends – A weekly social, activities, lunch hub



A session filled with fun and laughter

ActivFriends has been going for over 10 years now and is a very friendly and welcoming group. Many of our attendees have been with us since it started, although we have gained new members recently. One thing we can guarantee is relaxed surroundings, a warm welcome, plenty of lively discussions, friendship, love and support, and a lot of laughter.

We meet weekly on Fridays, from 10.30 am until 2 pm, at Whitehouse Baptist Church Hall, 8 Waterford Road, Ipswich, IP1 5NW. It is an opportunity to make new friends, take part in fun activities and enjoy a freshly cooked 2 course meal, supported by lovely volunteers.

At Easter we had a lovely Easter Bonnet crafting session, lots of lovely decorations and multi coloured Easter Bonnets.

The lovely Gina came along and treated us to a great Country and Western Show, complete with Stetsons, just really good country music and very energising.

Then we have the wonderful Lynette, from Dance East, with their "Love to Move" programme, lots of uplifting music, multiple props, laughter and enjoyment, it is a great session for everyone including the volunteers.

Phil Jackson, a wonderful local musician, composer, band leader and singer got everyone singing along to songs from the 50's and 60's, lots of sing-alongs, dancing, clapping and foot stomping.

We have a Blues and Reds, floor-based target game, which everyone really enjoys. It is very good for hand and eye coordination, everybody cheers on their team members and gets into the competitive spirit.

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.

To find out about attending the Hub, please call Alison Pearson on 01473 345350 or email alison@activlives.org.uk for more information.



ActivLives Ipswich Men's Breakfast Hub – 4-year anniversary

Well Summer has arrived, and we had an opportunity for a visit to one of our members gardens, complete with a lovely allotment, green house, motor workshop, huge green space and a very large Koi fish pond.

Fabulous food was provided courtesy of Andrew our host, and some lovely sweet treats from the talented Ian, another member, with some baked treats from Mary, our lovely volunteer.

Relaxing under the trees, checking out the allotment and the workshop and feeding the fish in the pond, definitely an enjoyable morning for everyone.

Later in the year we had a fantastic session delivered by Phoebe Hyett, a project lead for ActivGardens, where she showed us how to weave willow and other trees, from scratch, and everyone joined in. It was a great activity session, really informative and a lot of fun and everyone thoroughly enjoyed it.

Following that, we have had sessions on Bees, Rural Suffolk through the Ages, Nature documentaries and much more.

We also celebrated Derek's 90th Birthday, with cake and candles, birthday singing and congratulations.

We now have a core group of 12 - 14 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 Fred, John, Bob, Andrew and Dave and our wonderful volunteer Mary.

There is plenty of laughter and lots of chat at every session we have.

The sessions held weekly on Wednesdays at the CRESS Pavilion, Halifax Road. Ipswich. IP2 8RE from 10 am until 12noon. The first session is free and then £7 per session.

So, if you want to join us in Ipswich, we have some space available so please contact Alison Pearson, Project Lead on 01473 345350 or email alison@activlives.org.uk.



The ICare Connect Project - Living Alone Initiative



Our ICare Connect project focusses on supporting carers and former carers, as well as the continued development of the new Men's Hub in Woodbridge. We will be also exploring opportunities to establish a second hub in East Suffolk to support more men in the community.

In addition, we are developing a new initiative called "Living Alone". This is for former carers, carers whose loved ones are now in care, and individuals who live on their own.

This project will explore a wide range of issues that can arise from living alone. These include boredom, loneliness and social isolation, bereavement and grief, as well as practical challenges such as financial management, accessing benefits, employment, health and wellbeing, transport, safety and security, and digital inclusion. We will also look at access to social activities, practical help at home, emotional and mental health support, recovery after hospital admissions or operations, medication management, exercise, and even support around caring for pets.

While many services already exist, knowing where to go and how to access them can often be difficult — particularly for older adults who find themselves living alone for the first time after many years with a partner. We are putting the call out for people who live alone to come and join us to look at the issues people face. If you live on your own and would like to be involved, please contact the main office on 01473 345350 and ask for Alison Pearson or Julie Stokes. *(Pictures from Canva)*

FYI



AGM 2026

On **Tuesday, 15 September 2026**, ActivLives will be celebrating 20 years as a local charity at our Annual General Meeting (AGM). Members, volunteers, supporters, partners and funders are invited.

TIME: 2:00pm - 4:30pm
VENUE: Kesgrave Community and Conference Centre
Twelve Acre Approach Kesgrave IP5 1JF

Call us on 01473 345350 for more details

Like singing with others – come and join us



ActivSingers – Woodbridge is a great way to find your 'voice' through different genres of music led by music facilitator Evie Capon. If you are 50 plus, it's a great way to meet and make new friends, grow in confidence and you don't have to read music or have any experience of singing in choirs etc. This is a community singing group to give people an opportunity to sing with others without any pressure, just come along and give it a go....

The benefits of singing are well documented and include:

Mental Health – singing floods the brain with healthy chemicals, which gives a natural 'high', it also improves concentration, aids muscle memory and boosts self-confidence and self-awareness.

Physical Benefits – singing is good for posture, increases lung capacity and improves breathing and improves circulation and co-ordination. It reduces stress and can alleviate the feelings of social isolation and anxiety.

Social Benefits – Our sessions bring people together and help people meet and make new friends. It's a welcoming group and you will find out about lots of other activities going on in the area or volunteering opportunities.

Building Confidence – ActivSingers perform at ActivLives AGM each year and are very much involved in songs that the group sing.

The group meet at the Quay Church, Quay Street, Woodbridge, IP12 1BX every other Friday from 10am – 12 noon, £10 a session plus refreshments. Give the office a call if you would like more information about the group – 01473 345350.

Session dates for the rest of 2026 - 17th July, 7th & 21st August, 4th & 18th September, 2nd & 16th October, 6th & 20th November, 4th & 18th December

Join Our Team

EXPERIENCED COOK (Paid Post)

**Join us in creating a warm, welcoming space
where good food brings people together.**

WHAT WE ARE LOOKING FOR?

A **reliable and experienced cook** to lead our friendly community lunch club, preparing nutritious, home-cooked meals for older adults (approx. 15–30 people) **every TUESDAY, 9:00AM - 1:30PM** at the **St Mary at Stoke Church Hall – Stoke Street, Ipswich, IP2 8DA.**

TO APPLY

please contact the ActivLives Office for more information – **01473 345350** or email the CEO julie@activlives.org.uk with a brief statement of interest outlining your experience and contact details.

Meet Callum Knights, ActivSport new Sports Development Co-ordinator



Callum joined the team in May to lead and facilitate different ActivSport sessions across Ipswich

Football has been a huge part of my life for as long as I remember. From playing constantly throughout my life has shaped who I am today and is a big factor for my passion of sport. I have always been a massive sports person, completing an undergraduate degree in Sport and Exercise Science fuelled me to turn my passion into a career to share the same benefits of sport that I have had myself.

I graduated last year with a first-class honours degree and I also currently hold my level 1 football coaching qualification. Straight after University, I began working part time with Maxim Sports Coaching in Sudbury where I deliver PE sessions, football sessions and holiday camps. In January I also joined Norwich FC's Girls development pathway, where I get to share my joy of football and place it into developing a group of young players. I also still play football myself, and last season I played with Debenham FC and I also played/coached for Chesterwell FC on a Sunday.

I am now balancing these roles whilst working with ActivLives, where I coordinate the ActivSport sessions. Taking on the development co-ordinator position has given me a broader perspective on how sport can bring communities together and impact people of all different ages, gender and abilities.

I am really excited about this new role and I look forward to make a difference in my local community, using my own twist from my knowledge to ensure I am able to do this. - Callum



ActivLawn Bowls is back!

The ActivLawn Bowls is back again for the summer sessions from **9th June to 25th August 2026**. The bowls is being held at the **Kesgrave War Memorial Community Centre, Twelve Acre Approach, Kesgrave, IP5 1JF**. The schedule is every **Tuesday from 10:30am -12:30pm**.

The fee for every session is £6.

If you are interested to join, **please email callum@activlives.org.uk or chat with us on 01473 345350 for information.**

REGISTER NOW



Enjoy summer with ActivSport weekly activities



Playing sports has so many positive benefits to your physical wellbeing and mental health. It's never too late to learn a new sport and join weekly sport activities in your local community. It's a good way to meet new people, make new friends and live an active lifestyle. The benefits of playing sport indoor or outdoor will bring a huge transformation in your journey towards good health and improved well-being.

Our ActivSport programme offers different weekly sport activities that you can join anytime. Register now in one of these activities and start your summer with fun sessions, improved confidence and connection with your local community. To be part of these sessions, **please call us on 01473 345350 or email Callum Knights, ActivSport Development Co-ordinator, on callum@activlives.org.uk**. To find out more information, please visit our website **www.activlives.org.uk**.

Short Tennis & Ping Pong

Wednesday, 10:30 am – 12 noon
Gainsborough Sports Centre, Ipswich
IP3 0SP **£6.00 per session**

Thursday, 2:00 PM – 3:30 PM
Whitton Sports Centre, Ipswich, IP1 6LW
£6.00 per session

ActivBoccia Ipswich

Thursday from 10:30am – 12:30 pm
Whitton Sports Centre, Ipswich, IP1 6LW
£6.00 per session



Walking Football

Thursday 10.30am-12.00pm
Gainsborough Sports Centre,
5 Brazier's Wood Road, Ipswich, IP3 0SP
£6.00 per session



ActivKurling & Boccia

Monday 11:30 am – 1:30 pm
Felixstowe Leisure Centre, Seafront,
Felixstowe, IP11 2AE
£7.00 per session

FREE Health Walks Summer Schedule at Christchurch Park



We are inviting everyone to our FREE health walks at Christchurch Park. Our experienced volunteers walk leaders and staff facilitate the health walks. Regular walks can help improve your heart, health, mental health, physical strength and lift your mood being out and about with nature.

We meet every other Monday from 11.00am-12.00pm (excluding Bank Holidays). The meeting point is at the Soane Street gate in Christchurch Park, Ipswich, IP4 2BG (in front of the Mansion). The park is very close to the centre of town and the main bus routes.

Health Walks Summer Schedule



ActivAble Project

ActivAble offerings for your summer activities and beyond

ActivAble Project aims to create fun and social activities to prevent loneliness, social isolation and support people to improve their health and wellbeing for adults in the Sizewell C area. We have different activities that you can join in if you live around the Sizewell C community. The Project is organised within ActivLives and funded by Suffolk Community Foundation – Sizewell C Community Fund for a period of 3 years. **If you are interested, chat with us on 01473 345350 to register or email our ActiveAble Development Officer Alana Sewell on alana@activlives.org.uk.**

New Age Kurling

FREE sessions

Tuesdays 10:30 am – 12 noon
Waterloo Centre, Waterloo Ave
Leiston IP16 4HE

Strength & Balance Saxmundham

FREE 12 sessions

Mondays 12pm -12.45pm

The Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL
Weekly exercises specifically to improve, gait, co-ordination, strength & confidence

BreatheFit Leiston

Wednesdays 1.30pm-3.00pm

Waterloo Centre, Waterloo Ave, Leiston, IP16 4HE

A low intensity weekly exercise class for people living with a diagnosed respiratory condition/breathlessness.

£6 per session

Keep on Moving Saxmundham

Mondays 10:15am-11:15am

The Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL

Weekly exercise for people aged 55+
£7 per session

Keep on Moving Leiston

Wednesdays 9:30am-11:00am

Waterloo Centre, Waterloo Ave Leiston IP16 4HE

Weekly exercise for people aged 55+
£7 per session



Thank you, Frazier!



Unfortunately, we have to say goodbye to one of our colleagues, Frazier, who is leaving ActivLives this July.

Frazier started with the charity in 2023 as ActivAgeing Community Development Officer. He is instrumental in implementing our BreatheFit exercise programme in Ipswich, Leiston, Stowmarket and Felixstowe. The programme received a Runner Up award - Innovative Project of the Year at the Active Suffolk Awards 2024.

Throughout his time at the charity, he helped organised our bowls group and a New Age Kurling tournament and led our boccia and New Age Kurling sessions in Felixstowe and Keep on Moving sessions in Leiston and Saxmundham.

Frazier was an excellent instructor, motivator and team player. He cared for all his members and volunteers, supporting them to improve their physical and mental well-being. He was loved by all and will be truly missed.

Good luck Frazier! We wish you all the best...



The ActivGardens Team is one of BBC Radio Suffolk Make a Difference Awards finalists. The awards ceremony will be held on Wednesday 16 September at Dance East on the Ipswich Waterfront in the evening.

ActivGardens Team is a group of ActivLives charity volunteers and staff who consistently protect and conserve nature and the environment while bringing local people together in Suffolk to help them learn skills in horticulture, gardening, beekeeping, honey making, and woodworking. They all work together in three community gardens: People's Community Garden and Chantry Walled Garden in Ipswich and Belle Vue Park in Sudbury. The community gardening projects they all lead and implement respond to social need in urban Ipswich and rural Suffolk, working in some of the most disadvantaged areas of the UK.

Susannah Robirosa, ActivGardens Fundraising and Development Manager, was shortlisted for the Norfolk and Suffolk Health and Care Awards 2026 Inspirational Leader Award.

The awards ceremony will take place at the Norfolk and Suffolk Health and Care Expo 2026 on Friday 3 July 2026 at Rowley Mile Racecourse, Newmarket.

Norfolk and Suffolk Health and Care Awards 2026

Keeping Safe in the hot Summer sun



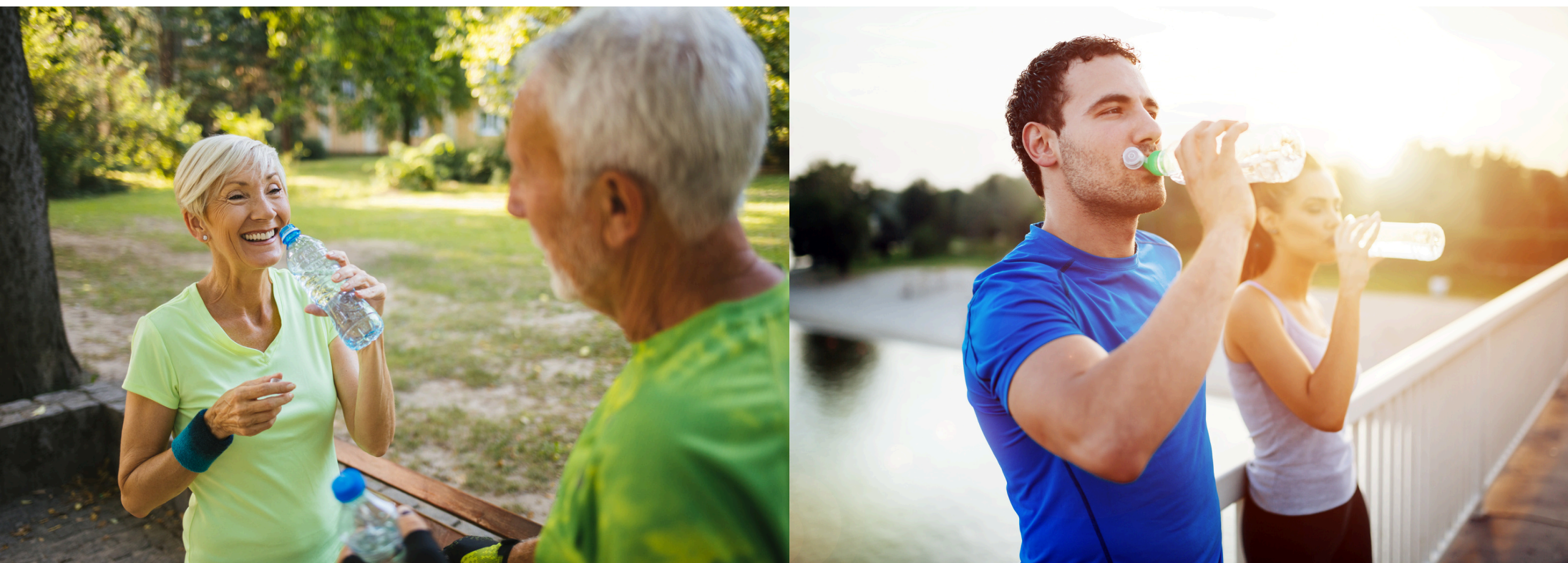
With the warmer weather now here it is more important to keep up with your hydration. Not drinking enough can cause cramps and make you more liable to fall. If you feel thirsty, you are already dehydrated so it is best to drink little and often. Water and squash are the best but a limited amount of tea and coffee can help. Always have a bottle of water with you when you leave the house and keep topping it up.

Eating also contributes to fluid levels and the summer has strawberries, cucumber, lettuce, watermelon to enjoy.

Wearing loose fitting clothes can help air circulate next to your skin. Think twice before opening all your windows because if the temperature is higher outside than inside you might lose a possible cool haven. Close the curtains when they face the sun instead.

Protect yourself from the sun by wearing a hat and applying sunblock. Stay cool and help reduce your risk of sunburn and heat-related illness.

Sleeping when it's hot is sometimes a struggle but rather than throwing off the bed covers have a thin sheet to cover you. This will help your body's ability to control the temperature next to our skin. It's important to keep exercising but in the heat it puts greater stress on the body. Reduce the intensity of your exercise and know your limits. It's better to do a little than push yourself too hard. If you experience cramp, unusual fatigue, weakness, dizziness, these are signs of dehydration. Hydrate yourself and take care of your physical and mental health. Enjoy the summer while it is here. *(Pictures from Canva)*



ActivLives recognised with Good Health @ Work Gold Award

Our charity was awarded the Good Health @ Work Gold Award in May. We are recognised for "our commitment to workplace wellbeing and for demonstrating our dedication to creating a healthier work environment".



Tea, Tunes & Togetherness: Afternoon Tea Party with a Musical Twist



Over 50 guests attended the ActivLives Afternoon Tea Party with A Musical Twist fundraising event at the Woodbridge Community Hall on 13th June. The afternoon was filled with live music from Phil Jackson, music bingo, dancing, sing along and conversations. Some guests were also lucky to win prizes in the raffle draw. The event is part of the charity's initiative to bring people together and connect with their local community. Thank you to everyone who joined us and your support for making it a success.

You're Our Priority



Hi, my name's Veronica and I'm Anglian Water's Partnership Coordinator. I travel all over Suffolk and beyond to talk about Priority Services and Extra Care. Visiting communities like yours is a great excuse to explore new places and meet new people!

So, what are Priority Services and Extra Care all about?

Let's start with Priority Services – and our free Priority Services Register. This means we can help you with practical support when you need it.

What are the benefits?

When you sign up, we'll contact you if your water goes off to check you're OK and keep you updated. We can give you extra time to get to the door or phone, put your bill in a different format if you need it and much more.

How do I know if the Priority Services Register's right for me?

Our customers register for all kinds of reasons - from parents with young children to people over 65, living with a medical condition or mobility problems. Even if you're not sure if we can help you, get in touch. Our dedicated Priority Services Team is on hand to help 7 days a week and they're a lovely bunch. You can contact them on 0800 232 1951, Monday to Friday 7:00am to 9:00pm and 7:00am to 8:00pm at the weekend. If you'd prefer to email, the address is priorityservices@anglianwater.co.uk.

How can you help with my bill?

If you're worried about the cost of living, then our Extra Care Support could make the difference. We have five different tariffs available and a few simple questions about your circumstances will tell you which one's right for you. Our friendly Extra Care Team can complete the application with you over the phone in **as little as 15 minutes** – perfect for sticking the kettle on and having a chat. It's available online too. Last year we supported over 300,000 customers this way.

A common myth is that you have to be receiving benefits to get help – but if you're struggling in any way, we're here for you. Give our **Extra Care Team** a call on **0800 011 3774**. They're available **Monday to Friday 8:00am to 8:00pm and Saturday 8:00am to 4:00pm**.

Did you know that a staggering £23 billion worth of benefits income goes **unclaimed** each year? As part of your Extra Care Support, we'll also tell you if you could be getting any extra benefits to help boost your income, like Universal Credit or Personal Independence Payment. In 2025, this was worth an average of £5200 per year per eligible household!

Taking support directly to my customers, I've visited over 100 community events in the last year, saving over £20,000 in tariff savings alone. This is what some customers had to say:

Customer in Grantham; 'the weight that's been lifted is unreal'.

Customer in March; 'after I spoke with you I called up and my Direct Debit has reduced by half!' I'd love to see if we can do the same for you! To learn more online, scan the QR code.



Thanks for reading!

Men's Hub Woodbridge

New Hub in Woodbridge for Men aged 50 plus

Mondays

10 am - 12 noon, Grove Court Care Home
15 Beech Way, Woodbridge IP12 4BW
£7 weekly with refreshments

A social, confidential support group offering:

relaxed, safe environment for open conversation

group led activities

with support and advice from qualified staff, volunteers and outside agencies

CONTACT US

To book your place please call Alison Pearson on
01473 345350/ 07876 243376 or email alison@activlives.org.uk

"Having been isolated for many years, I have relearned how to mix with people, and have really enjoyed the social interaction and the exchange of information. It has pleasantly surprised me."
-Member

"The group has helped me to forget about problems at home for a couple of hours a week, and it has given me more confidence to open up in group discussions."
-Member

ActivLives
Changes Lives ●●●

ACTIVLIVES 100 CLUB

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 call us on
01473 345350
for more information
or email
jomel@activlives.org.uk

ActivLives
Changes Lives ●●●

DONATE TODAY

Charities are under more financial pressure than ever before, and
ActivLives needs your help NOW.

How your donation can help?

It will help us continue delivering our wide range of inclusive activities that make a real difference to people's lives, living in Ipswich & East Suffolk. This is how your donation will support local communities:

- £30 - buy seeds, tools and materials for community gardens projects
- £50 - provides support to run inclusive sports for older adults and people with disabilities
- £100 - help run the balance and movement exercise and reach more people to participate
- £100 - funds a week of community activities and meals for lunch clubs, men's and dementia hub

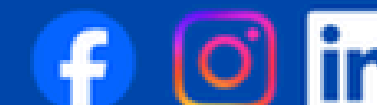
TO DONATE, visit our Donate Now page on
<https://activlives.org.uk>, or scan the QR code

SCAN ME



If paying by cheque, please make it payable to
ActivLives and send it to
**ActivLives, Brightspace, 160 Hadleigh Road,
Ipswich, Suffolk IP2 0HH**

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Registered Charity No. 1147615



Making Impact

'I was at a low ebb due to losing my wife. This group has given me the extra activity I needed, bringing me out of myself, and learning about new things.'
-Member, Men's Hub

'It's definitely comforting to meet with others with a similar condition. We can reassure each other and always find humour in ourselves. The social side of these classes are equally important as the exercises themselves.'
-Member, Keep on Moving exercise

I've gained gardening skills and learned the importance of conservation...It's helping me to have more self-belief in my abilities, both physical and mental.
-Member, Gardening Project

**THANK YOU
FOR
SUPPORTING
ACTIVLIVES!**