



**ActivLives**  
Changes Lives ●●●

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ActivLives 100 Club and  
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**50**

Places available in  
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Join now and help us  
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For only £10 a month, you get the  
chance to bring home the monthly  
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**ActivLives**  
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[activlives.org.uk](http://activlives.org.uk)

# ActivLives

## *20 Years of Changing Lives*

October - December 2026 Newsletter



### What's Inside?



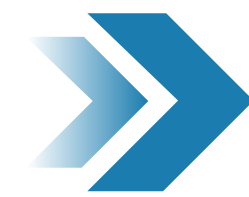
**Milestones & Memories:**  
Celebrating 20 years at AGM



**ActivGardens: Winner,**  
BBC Make A Difference  
Environmental Award



**What's On with ActivSport**



**Staying Active with**  
ReBalance Programme

## Where has this year gone?

It hardly seems possible that we are already in autumn! Although the weather is still surprisingly warm, the changing seasons are a good reminder that we need to be prepared for whatever the weather may bring. With climate change bringing increasingly unpredictable weather, including heavy rain, flooding and periods of extremely cold weather, being prepared is more important than ever.

A huge thank you to everyone who joined us for this year's AGM. It was wonderful to see so many of our members, volunteers, staff — past and present — supporters, funders and Councillors. We were particularly delighted to welcome the Mayor, Councillor Pat Bruce-Browne, and the High Sheriff, Oliver Paul, who helped make the occasion even more special.

As I look back over the last 20 years of ActivLives, I feel incredibly proud of everything we have achieved and, most importantly, of the many people we have supported along the way.

Helping people to remain independent, mobile and connected, enabling them to enjoy happier, fuller lives, is at the heart of everything we do. It is a privilege to see the difference ActivLives makes in our community.

It was lovely to celebrate our 20th anniversary with everyone — and, of course, my 70th birthday too!

We were treated to a wonderful performance from our Woodbridge

ActivSinging Group, and I certainly couldn't resist having a bop with the amazing Gina Cristallino! There was a real sense of celebration, friendship and community throughout the day.

Here's to the next 20 years of ActivLives! 🥳

We need your help though! We still have a number of places available in our exciting new ActivLives 100 Club, and I would absolutely love to see all the places filled by Christmas.

By joining the 100 Club, you will be helping us raise much-needed funds for ActivLives, supporting the work we do with people in our community.

And there's something in it for you too... You'll have the chance to win a prize in our monthly draw! So you'll be supporting a great local cause and giving yourself the chance to win. It really is a win-win!

If you haven't joined yet, why not give it a go? Every membership makes a difference and helps us continue the weekly activities we deliver across the organisation.

As we come towards the end of another year, we would like to wish all our members, volunteers, staff, supporters and friends a happy and peaceful festive season. Whatever you celebrate and whatever traditions are special to you, we hope you enjoy time with family, friends and loved ones. Thank you for being part of the ActivLives community, and we look forward to sharing another year with you.



**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, community garden courses, learning new skills and volunteering opportunities.**



@ActivLives



## Our 20 years journey of changing lives....

Two decades ago, we started as the Town and Bridge Project, one of the first multi-agency projects established by the One Ipswich Local Strategic Partnership. The project brought local residents together through various community projects including two lunch clubs, a variety of exercise sessions, the development of the People's Community Garden, a Community Singing Group, advice, information and support service and opportunities for volunteering.

In July 2012, the Town and Bridge Project became a Charity called ActivLives to continue providing healthy lifestyle programmes in Ipswich and across Suffolk.

Today, ActivLives is a local independent charity working with individuals and communities of all ages, but with a particular focus on 55+ who live in hardpressed areas in Ipswich and across Suffolk.

Through the wide range of inclusive ActivLives programmes that we deliver, including ActivGardens, ActivSport, ActivSingers, ReBalance and our Specialist Hubs, we provide opportunities for people to connect with others, become more active, learn new skills, gain employment and become volunteers.



## New Chapter for the ActivLives Community Apiary

We are delighted to announce that the ActivLives Community Apiary has been officially renamed the Barrie Powell Teaching Apiary, in honour of a man whose dedication to beekeeping has left an indelible mark on our community.

The renaming took place during a joyous joint celebration marking 15 years of beekeeping at ActivLives — 15 years of learning, stewardship, and the quiet, steady work of caring for honeybees. It was an occasion made all the more special by the presence of members of Barrie's family, who joined us to share in the moment and to see first-hand the legacy that bears his name.

The Barrie Powell Teaching Apiary will continue to serve as the home of ActivHives. What makes ActivHives special is who walks through the gate. Complete beginners observe their first hive opening from the safety of the hide; the curious borrow a suit and shadow the team; the hooked become regular members of the beekeeping team. Volunteers of every age, background, and level of confidence learn side by side — from locals who've never touched a hive to experienced helpers sharing the craft — all united by fascination with these important insects and a desire to keep them happy. It's designed to be diverse and inclusive, welcoming people who might never otherwise meet.

Friendly open sessions for the public run Mondays from 12:30 until 14:30, April until September, under Lead Beekeeper Ian Hirst, alongside special Beekeeping Experiences for families, individuals, and corporate groups. Over time, members gain excellent



**Ian Hirst**  
ActivGardens  
Operations Officer

knowledge of bees — hive inspections, the rhythm of the season, how to keep a colony happy and healthy — along with the confidence and know-how to keep bees themselves.

None of this would have been possible without the generous and ongoing support of the Ipswich and East Suffolk Beekeeping Association. Their guidance, expertise, and encouragement have been instrumental in helping the apiary grow into what it is today. Here's to the next 15 years — and to the generations of beekeepers who will learn their first lessons at the Barrie Powell Teaching Apiary.

**For further information, or to book a session, contact Lead Beekeeper Ian Hirst**  
[ian@activlives.org.uk](mailto:ian@activlives.org.uk) Mobile: 07599 951060 or call **ActivLives on 01473 345350.**



## Team celebrates making a difference

Staff and volunteers are celebrating after winning a BBC Radio Suffolk 'Make A Difference' Award in the Environmental category.

Staff and volunteers picked up the award at a glittering ceremony at DanceEast on Wednesday 16<sup>th</sup> September, hosted by BBC presenter Wayne Bavin, after a tough contest between four nominees in the category.

Suffolk Community Foundation CEO Hannah Bloom said:

"The unenviable task of judging this category went to Anjali Sule from Ipswich Community Media, who is not able to be with us tonight. But she said it was a real pleasure hearing about such brilliant people making such a huge impact.

However, the winner has shown an outstanding commitment to improving and protecting their local environment. Their efforts have delivered huge benefits to the community with the scale of their impact and passion for conservation offering food-growing, beekeeping, biodiversity, education, woodworking and community wellbeing."

Receiving the Award, ActivGardens Project Officer Phoebe Hyett said: "ActivLives is celebrating our 20<sup>th</sup> birthday this year and our fantastic CEO Julie is in the audience. We do some amazing work - courses for



employability, we work with people's mental health and wellbeing, getting people out the house and always providing an inclusive space for everyone to enjoy. Please come and visit us if you haven't already!"

Nominations for the awards, which run each year, came from BBC Suffolk listeners in February and March. The entries were initially judged by a panel, who selected four finalists in each category. A winner was then selected by a second round individual judge for each award.

The other categories were: Active Award, Animal Award, Community Award, Fundraiser Award, Great Neighbour Award and Volunteer Award.





### Families go wild about nature

More than 30 families joined us during the summer holidays for our Nature Family Day – connecting local people with nature at the People's Community Garden.

Our fantastic volunteers helped children take part in natural crafts, bug hunting and identifying species. Children found different insects, including a Devil's coach horse beetle, which they made habitat for. We were impressed to see beautiful journey sticks made from flowers and foliage collected as children explored the community garden.

After making their natural works of art, families enjoyed their picnics in the garden - including fruit and snacks donated by Asda.

Operations Officer Ian then walked families to the Community Apiary, where children enjoyed seeing the bees up close and finding out more about these fascinating creatures.

- If you would like to volunteer or try your hand at Beekeeping – please contact ActivGardens Operations Officer Ian Hirst [ian@activlives.org.uk](mailto:ian@activlives.org.uk) Mobile: 07599 951060 or call ActivLives Office 01473 345350
- If you would like to learn about wildlife, habitats, develop ID skills and meet like-minded people, then come and join our FREE Wild About Nature course. The four-week course will be every Monday in October, 10am-12pm. Contact ActivGardens Project Officer Phoebe [phoebe@activlives.org.uk](mailto:phoebe@activlives.org.uk) Mobile: 07756 533424



- If you represent a group which would like to take part in nature-based activities at our site or in your local community green space, please contact Phoebe (see contact details above). As part of the Wild About Nature project, Ian delivered talks to Dale Bridge ladies club and 10 children from a 17<sup>th</sup> Ipswich Scout Group, who got to experience what beekeeping is like with an interactive session looking at an observation hive and tasting honey.



### Young people improve health, skills and confidence in garden-based course

Seven young people have enjoyed learning new skills and growing their confidence as part of a partnership project in Sudbury funded by Babergh District Council West Suffolk Alliance.

Project Officer Phoebe has delivered gardening sessions at Belle Vue Park and the Phoenix Family Hub, where we renovated planters and grew vegetables and flowers.

Participants said:  
"I'm enjoying a lot meeting new people my age. I have developed my confidence to talk to new people and stopped being so quiet."

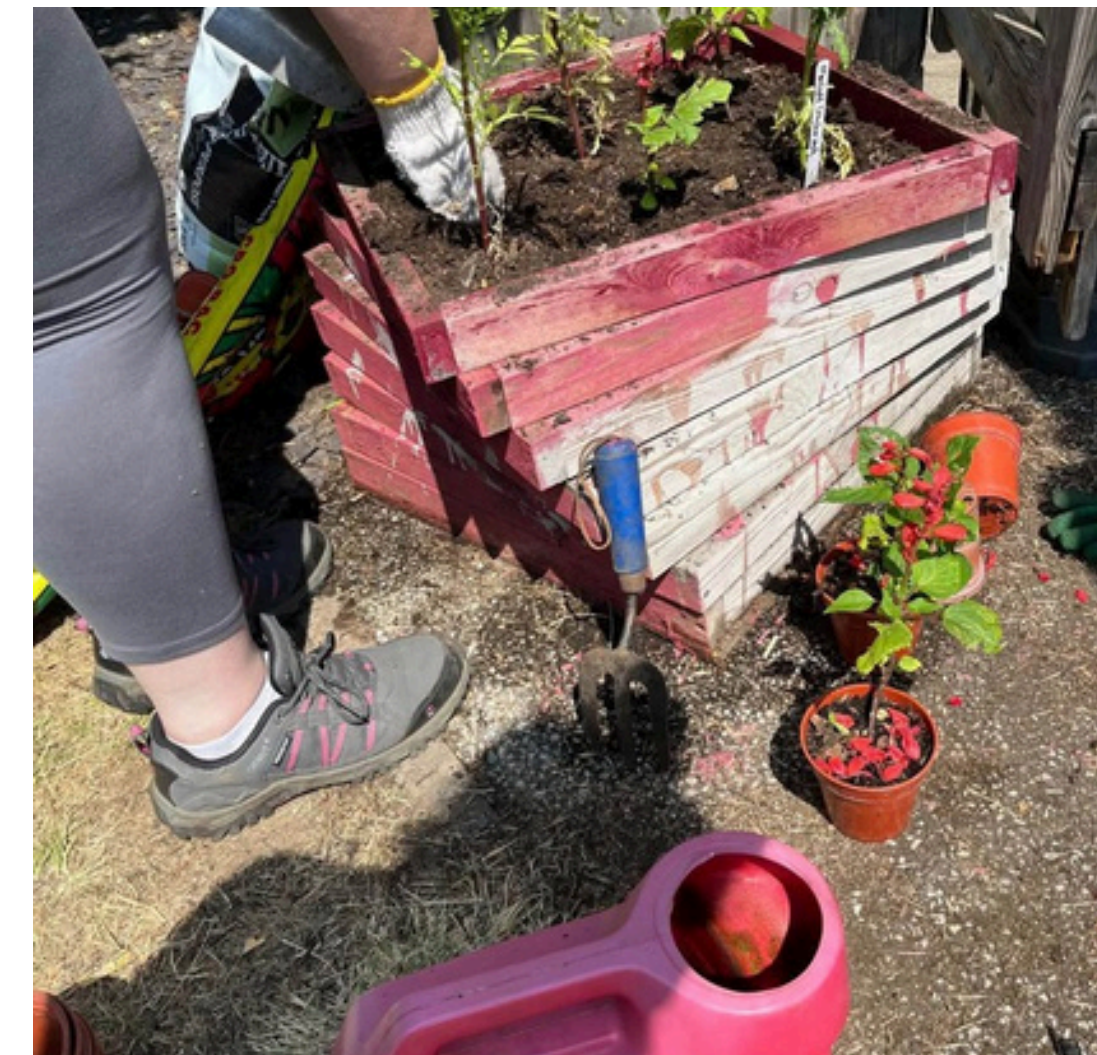
"It's good to get out the house and being with nature is good. It helps build confidence."

"I get to do something different in my day to day life."

"I wanted to get out the house and improve my mental health. I was just going to the library or staying at home."

The project delivered by ActivLives, Abbeycroft and Kendall Counselling is designed to reach young people facing challenges including mental health, helping them move towards accredited learning, training or employment.

- If you or someone you know is interested in joining the next course, led by Suffolk New College, starting in October, please contact Phoebe for more information [phoebe@activlives.org.uk](mailto:phoebe@activlives.org.uk) or 07756 533424.





### Say it with flowers - Happy 15<sup>th</sup> Birthday!

Our wonderful Chantry Walled Garden Project celebrated 15 years with a delicious summer's lunch prepared by volunteers Maxine and Mark.

Volunteers David and Mary, who celebrated a significant birthday this year, cut the cakes, which were enjoyed by all.

From small beginnings in a derelict site, staff and volunteers have built the project into what it is today – with borders overflowing with plants, a garden showcasing drought-resistant varieties accessible to wheelchair users, a plant nursery open to the public, and courses and opportunities for people of all ages and abilities.

Well done to all the team! What an achievement!



### Seasonal closure

**We will be closed from Monday 21<sup>st</sup> December 2026, reopening on Monday 4<sup>th</sup> January 2027**



### Growing our community in Sudbury

Residents of St Joseph's care home in Sudbury enjoyed taking part in gardening and ecotherapy activities. They sowed seeds, smelled herbs, and made table-top patterns. We enjoyed hearing about their past experiences gardening with family members. One resident, Eileen, showed us her beautiful balcony displays.



## WILD ABOUT NATURE COURSE

**October**  
Monday 5<sup>th</sup>  
Monday 12<sup>th</sup>  
Monday 19<sup>th</sup>  
Monday 26<sup>th</sup>  
Time: 10am-12pm

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

• Develop new skills

• Care for your local environment

• Learn about species ID, habitats and wildlife

• Connect with nature through ecotherapy

**For more information:**  
Contact [phoebe@activlives.org.uk](mailto:phoebe@activlives.org.uk)  
ActivLives 01473 345350  
Mobile: 07756 533424

## AUTUMN ADVENTURE ON HALLOWEEN

| DATE                   | TIME         | VENUE                                                                          |
|------------------------|--------------|--------------------------------------------------------------------------------|
| WEDNESDAY 28TH OCTOBER | 11 AM - 2 PM | People's Community Garden, Maidenhall Allotments, Halifax Rd, Ipswich, IP2 8RE |

**WHAT'S ON OFFER**

- Pumpkin carving
- Autumnal Arts & Crafts
- Cooked meal
- Pudding
- Hot chocolate

Scan QR code for directions

This event is FREE to attend.  
Book your place by contacting Phoebe by email [phoebe@activlives.org.uk](mailto:phoebe@activlives.org.uk) or ActivLives office on 01473345350

## Boost your health with chair-based exercise



A simple exercise routine can make a big difference to both your physical and mental health. As we grow older, it is important to keep moving and maintain our strength, mobility and independence. Regular physical activity doesn't have to mean going to the gym or taking part in strenuous exercise.

Taking part in an organised exercise session, exercising at home, going for a walk, gardening or simply keeping active throughout the day can all contribute to better physical health. Building strength, balance, flexibility and stamina can make everyday activities easier and gives us more energy for the things we enjoy. We know it isn't always easy to prioritise our own health and wellbeing, especially when life is busy and there are so many other things to think about. But small steps can make a big difference.

Start with something manageable, build it into your routine and gradually do a little more when you can. **Keep moving, stay active and look after yourself — Every movement counts.**

“The exercise sessions have positive effect on my my physical health. Del, the instructor, makes it fun and our group is friendly and we have a laugh.”

“After a fall in town, I began attending the class. After several months my confidence is returning and I am enjoying the sessions I spend with Halstead and sometimes Julie.”

Here's the complete list of the locations where we offer our sessions and to find out more details on the schedule and how to register, please call us on 01473 345350.

- Ipswich
- Saxmundham
- Holbrook
- Felixstowe
- East Bergholt
- Shotley
- Wickham Market
- Leiston
- Martlesham
- Needham Market
- Woodbridge
- Kirton

## Group sessions to promote strength & balance

Taking part in group exercise brings many benefits beyond improving just our physical health. It is a great way to meet new people, make friends and reduce feelings of loneliness and social isolation. Being part of a friendly group also provides encouragement, motivation and peer support. Knowing that others are there to exercise alongside you can make it easier to stay active and keep coming back each week. Just as importantly, the social connection and friendships that develop can become an important part of people's wellbeing.

ActivLives also delivers a Strength & Balance Programme, where participants can receive 12 weeks of free OTAGO exercise designed to help build strength and improve balance and co-ordination. The programme can provide a great starting point for people who want to become more active; improve their confidence and mobility and prevent falls and fractures.

When people complete the programme, some members choose to join one of our weekly Keep on Moving sessions. This gives them the opportunity to continue exercising regularly and maintain the improvements they have made with their mobility, strength, balance and co-ordination.

It's a great example of how taking that first small step can lead to a longer-term commitment to staying active, healthy and being connected. **Call us on 01473 345350 to find out more details on our sessions in East Bergholt, Holbrook, Woodbridge and Saxmundham.**

“My strength and balance improved since joining the class and I find the exercises manageable and easy to do at home. I like that fact that it is a small class and Jemma, the instructor, is very caring.”

“My balance is a lot better than before. I have enjoyed the exercises and improving my balance.”



## A season full of movements, laughter and chats

ReBalance programme members had an unforgettable summer filled with memorable activities: fun routines, welcoming new members, birthday celebration, holiday stories and lots of laughter!



Three of our Keep on Moving sessions delivered in Kirton, Martlesham and Woodbridge recently received support from East Suffolk Council Enabling Communities Budget. Please check out the flyers for details:



**Kirton**  
**Keep on Moving**  
**Thursdays**  
**Kirton Church Hall**  
**Church Lane, Kirton IP10 0PU**  
For anyone over 55  
These sessions will help keep you mobile, steady on your feet, improve your confidence and help you stay independent.  
To find out more information, please contact us  
01473 345350    [laura@activlives.org.uk](mailto:laura@activlives.org.uk)  
Funded by the Enabling Communities Budget



**Martlesham**  
**Keep on Moving**  
**Wednesdays**  
**Martlesham Community Hall,**  
**Felixstowe Road, Martlesham, IP12 4PB**  
For anyone over 55  
These sessions will help keep you mobile, steady on your feet, improve your confidence and help you stay independent.  
To find out more information, please contact us  
01473 345350    [jemma@activlives.org.uk](mailto:jemma@activlives.org.uk)  
Funded by the Enabling Communities Budget



**Woodbridge**  
**Keep on Moving**  
**Thursdays**  
**Quay Church, Quay Street,**  
**Woodbridge IP12 1BX**  
For anyone over 55  
These sessions will help keep you mobile, steady on your feet, improve your confidence and help you stay independent.  
To find out more information, please contact us  
01473 345350    [jemma@activlives.org.uk](mailto:jemma@activlives.org.uk)  
Funded by the Enabling Communities Budget

## What's been happening at the Hubs



Throwback: News on ActivFriends 2<sup>nd</sup> year celebration

Firstly, we would like to send our love and warmest wishes to Alison Pearson. We are thinking of her and wish her a speedy and full recovery.

We are delighted to welcome Callum Knights and Kristal Kierstenson, who have stepped up to help cover our ActivHubs.

Callum has been getting to know the members who attend the Woodbridge Men's Hub, while Kristal has been supporting the wonderful volunteers at ActivFriends.

ActivFriends members have been enjoying plenty of music, fun and activities, with fantastic sessions from Gina Cristallino, Phil Jackson, Elvis and Dance East. They have also been enjoying some wonderful lunches, lovingly prepared by Pat.

The Ipswich Men's Hub is currently being covered by our CEO, who has been working with members to organise guest speakers and involve members in an Ageing Well in Ipswich focus group.

It is great to see members getting involved and helping to shape the activities and discussions that are important to them.



Thank you to Asda Ipswich Whitehouse for their continuous support to ActivFriends and our activities



DanceEast leading fun activities for ActivFriends members



Pauline, one of ActivFriends longtime members, celebrated her 83<sup>rd</sup> birthday

Our Lunch Club has been busy welcoming new members to both the Keep on Moving exercise sessions and the Lunch Club itself.

We are still looking for a cook, but in the meantime our members have been enjoying some lovely home-cooked meals prepared with care by Pam, Rose and Barbara.

A huge thank you to them for helping to keep everyone well fed and happy!

Our Woodbridge ActivSinging Group have been busy rehearsing their songs for the AGM, and they gave an amazing performance on the day.

It was wonderful to see everyone enjoying themselves and sharing their music with our members, supporters, volunteers and guests. They certainly helped make the AGM a very special celebration!



ActivSingers Woodbirdge members during one of their sessions



A history session for the members with Dr David Norman, a local historian and militaria expert this year



Lunch Club at St Mary at Stoke



ActivLives, as one of the Mayor's Charities 2026, has been invited to take part in the Ipswich Minster Christmas Tree Festival. The festival opens on Friday 27<sup>th</sup> November at 1:00PM to Sunday 6<sup>th</sup> December. Come and visit the event, it is amazing to see all the different trees and you will be supporting ActivLives and BME Suffolk Support Group and the Ipswich Minster. Here is one of our trees from 2016, being modelled by Jackie, one of our long-standing volunteers/member.





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

We're asking the wider ActivLives community to help prove a new way of creating sustainable funding.

If you, **or someone you know**, is thinking about moving home, selling through Dwello will generate a **£500 donation for ActivLives** at no extra cost to the homeowner.

With Dwello, you'll have **one dedicated point of contact, complete visibility through the Dwello Dashboard**, and support from instruction through to completion.

That one home move could help fund another week of community activities, supporting people to stay active, connected and independent.

To help create some early momentum, we're also offering a **one-off £250 thank-you** for the first successful referral.

Thinking of moving, or know someone who is?

Help us prove the pilot.

Scan the QR code to find out more.  
[hellodwello.co.uk/activlives](https://hellodwello.co.uk/activlives)

SCAN ME



**Dwello** Moving,  
supercharged.

**ActivLives**  
Changes Lives

## Bringing inclusive sport to local community in Suffolk



The ActivSport programme has created lots of fun, laughter and happy memories over the summer. Despite the hot weather, and having to close some of our scheduled sessions, members were able to enjoy their inclusive sports activities again, when the weather cooled down towards the end of the season. It was great to see everyone back enjoying the different inclusive sports sessions in Ipswich, Felixstowe and Leiston.

Members of our lawn bowls had a great time playing outdoors at Kesgrave Community Centre throughout July and August and on the 1st September, ActivBowls moved indoors again at Gainsborough Sports Centre for the autumn and winter period. Our Ping Pong and Short Tennis members enjoyed a lovely lunch together before the summer break, while Walking Football welcomed some new members, as well as Callum Knights, our new ActivSport Development Co-ordinator. The ActivBoccia group is growing at Whitton Sports Centre with coach Evie Edwards, as well as our New Age Kurling and Boccia sessions in Felixstowe and Leiston with Alana Sewell, our ActivAble Development Officer. (Sizewell C Community Fund)

As part of the ActivSport Project supported by the Sport England Movement Fund, Callum organised a Pickleball taster session with the fantastic team at Warehouse Padel & Pickleball Centre in Ipswich on the 28<sup>th</sup> September. We were amazed by the number of people who were keen to 'have a go', with 16 people attending the taster session. It was great to see so much enthusiasm and interest in trying something new. Following the success of the session, we are now hoping to organise weekly Pickleball sessions. Watch this space for more information! A huge thank you to all our members, staff and volunteers for your support throughout the summer and for helping us spread the word and promote our sessions. We are always happy to welcome new members, so if you would like to get involved, come along and join the fun!

We were also very grateful for the positive responses we received from members and volunteers through our Annual Survey about ActivSport. Your feedback provides us with valuable information that helps us to improve our services and activities and, importantly, ensures that we continue to respond to the needs of our local community.



## Enjoy summer with ActivSport weekly activities



We are looking for more members to join our Ping Pong and Short Tennis and Boccia sessions in Ipswich. For £6 a week, you can be part of our weekly Ping Pong and Short Tennis sessions with a friendly group! Some of our members have been part of these sessions for over 5 years now, a testament of how they have a great time and fun in our various venues in Ipswich. The sessions are run by one of our experienced facilitators. Thank you to Ipswich Borough Council Community Chest Fund for supporting our sessions in Whitton Sports Centre.

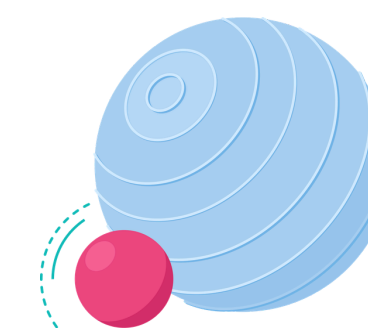
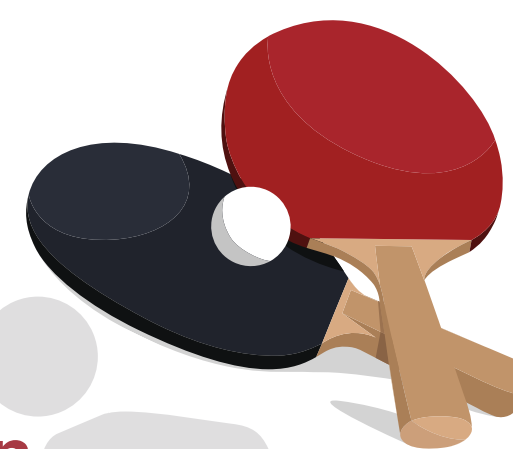
**JOIN NOW**



## Short Tennis & Ping Pong

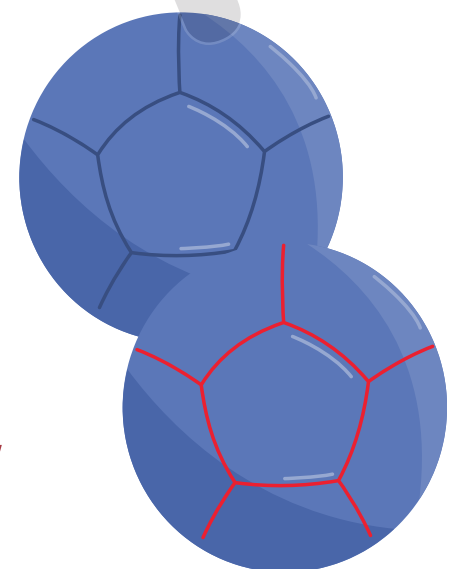
**Wednesday, 10:30 am – 12 noon**  
Gainsborough Sports Centre, Ipswich  
IP3 0SP £6.00 per session

**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



Supported by  
Ipswich Borough Council  
Community Chest Fund

## Annual Survey 2026 - Your Voice Matters

From June to August this year, we invited our members and volunteers to complete our Annual Survey 2026.

The survey provides us with valuable information and insight into the benefits of our services, projects and activities, as well as people's experiences across ActivLives, and gave everyone the opportunity to share their comments, ideas and suggestions about how we can continue to improve our services and activities across the organisation.

We were delighted that more than 200 people responded — a fantastic response! A huge thank you to everyone who took the time to complete the survey and share your views, ideas and feedback. Your input is incredibly valuable and helps us understand what matters to our members and volunteers. Most importantly, your feedback helps us to shape the future of ActivLives, ensuring that our services continue to meet the needs of the people and communities we support. See ActivLives Impact Report 2025 – 26 for more information on our achievements over the year.

Thank you for helping us make ActivLives even better.



# 90.5%

of ReBalance programme members responded positively that their posture, strength, balance & stability have improved after joining

# 93.04%

members shared that ReBalance programme has positive impact on their quality of life

# 88.24%

ActivFriends members surveyed agreed that the hub is welcoming & supportive

# 78.26%

Lunch Club members believed that their self-confidence and self-esteem improved through the lunch club

# 80%

of Men's Hub members reported improvement on their self-confidence and self-esteem

# 84.60%

ActivSingers members strongly agreed that they're in good spirit after singing with the group

# 90.48%

of survey respondents are satisfied with the ActivSport sessions & believe they acquire valuable skills

Visiting the gardens every week has made such a difference to my mental health and wellbeing. I love how the People's Community Garden feels like a real celebration of life and the Walled Garden feels more like a secret sanctuary - which are both so inspiring. It's great to be part of something bigger than yourself.

- **Jaime – Chantry Walled Garden Grow Your Future participant and beekeeping volunteer**

The Hub helps people to get back on track and motivates people to improve their lifestyle and get active rather than just stagnating at home and thinking about everything that has gone wrong- **Member, Men's Hub**

"I am always more cheerful and optimistic by the end of the session than before. The instructor sets the tone of the session with positivity and kindness. This makes the group supportive. The class has improved my flexibility."

- **Member, ReBalance programme**

Before Covid-19, I led a very solitary life. I joined the lunch club and have made new friends. It has changed my life. A big thank you to the club!  
- **Member, Lunch Club**

It is a very supportive group. When I first attended, I was unable to balance at all. Eventhough I was previously active. I can now stand or walk in short distances without a stick. - **Member, ReBalance programme**

Even though I've got a loving family, it's been so lovely meeting so many friendly volunteers and members. I feel I am not alone as I've made so many friends.  
- **Member, ActivFriends**

My self-esteem has certainly improved. And my confidence in singing has greatly improved too.  
- **member, ActivSingers**

