

What's On
Lots to do and join…

Edition 66

(from 03 September 2026)

If you would like to know more about ActivLives please call on 01473 345350 or go to www.activlives.org.uk

ActivLives
Changes Lives

ReBalance Programme
Keep on Moving Sessions

These sessions are ideal if you would like to: stay steady on your feet; improve your balance, strength & mobility; reduce your risk of falling; improve your confidence; stay independent and help you meet and make new friends. All programmes include evidence-based OTAGO (falls prevention) exercise. For people aged 55+.

Day	Time	Activity	Location	Cost
Mon	10.30am -11.30am 11.45am -12.45pm	**Keep on Moving Ipswich**	Goldcrest Court, Goldcrest Rd, Ipswich IP2 0SF	£7.00
Mon	10:15am-11:15am	**Keep on Moving Saxmundham**	The Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL	£7.00
Mon	12 noon – 1pm	**Keep on Moving Holbrook**	Holbrook Village Hall The Street, Holbrook, IP9 2PZ	£7.00
Tue	9.30am – 10.30am 11.15am – 12.15am	**Keep on Moving Felixstowe**	Walton Community Hall High Street, Walton Felixstowe IP11 9DS	£7.00
Tue	10.30am -11.30am	**Keep on Moving Ipswich**	St Mary at Stoke Church Hall Stoke Street, Ipswich IP2 8DA	£7.00
Tue	9.30am -10.30am 11am – 12 noon	**Keep on Moving Ipswich**	Rushmere St Andrew Village Hall Humber Doucy Lane, Ipswich IP4 3PD	£7.00
Tue	10am – 11.30am	**Keep on Moving East Bergholt**	Constable Memorial Hall Gandish Rd, East Bergholt, CO7 6TP	£7.00
Tue	2pm – 3.30pm	**Keep on Moving Wickham Market**	The George Pub, 95 High Street, Wickham Market IP13 0RA	£7.00
Wed	10:30am – 12noon 1:00pm – 2:30pm	**Keep on Moving Leiston**	Waterloo Centre, Waterloo Ave Leiston IP16 4HE	£7.00
Wed	10.30am-12noon	**Keep on Moving Martlesham**	Martlesham Community Hall, Felixstowe Rd, Martlesham, IP12 4PB	£7.00
Wed	10.45am -12.15pm 1.15pm -2.45pm	**Keep on Moving Felixstowe**	Old Felixstowe Community Centre, Ferry Road, Felixstowe IP11 9NB	£7.00
Wed	10am – 11am 11.30am -12.30pm	**Keep on Moving Needham Market**	Needham Market Bowls Club, Barretts Lane, Needham Market, IP6 8BX	£7.00
Wed	2pm – 3.30pm	**Keep on Moving Shotley**	Shotley Village Hall, The Street, Shotley, Ipswich, IP9 1LX	£7.00
Thu	10.30am -12 noon	**Keep on Moving Ipswich**	All Hallows Court Raeburn Road, Ipswich IP3 0EH	£7.00
Thu	10am -11am 11:30am -12.30pm	**Keep on Moving Woodbridge**	Quay Church, Quay Street, Woodbridge IP12 1BX	£7.00
Thu	10am -11.30am	**Keep on Moving Kirton**	Kirton Church Hall Church Lane, Kirton IP10 0PU	£7.00
Fri	9.30am – 10.30am 11am -12 noon	**Keep on Moving Ipswich**	Rushmere St Andrew Village Hall, Humber Doucy Lane, Ipswich IP4 3PD	£7.00
Fri	10am – 11am	**Keep on Moving Woodbridge**	Fred Reynolds Centre, Churchill Close, Woodbridge, IP12 4UU	£7.00

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12-week Strength and Balance Programme

If you are aged 65 or over, you may benefit from our Strength & Balance programme.

12 FREE Strength & Balance Sessions, OTAGO specialist qualified instructors, exercises specifically to improve, gait, co-ordination, strength & confidence

Day	Time	Activity	Location	Cost
Mon	12pm -12.45pm	**Strength & Balance Saxmundham**	The Fromus Centre, Street Farm Road, Saxmundham, IP17 1AL	£0
Mon	1.30pm-2.30pm	**Strength & Balance Holbrook**	Holbrook Village Hall The Street, Holbrook, IP9 2PZ	£0
Tue	11.45am – 12.45pm	**Strength & Balance East Bergholt**	Constable Memorial Hall Gandish Rd, East Bergholt, CO7 6TP	£0
Fri	11.45am – 12.45pm	**Strength & Balance Woodbridge**	Fred Reynolds Centre, Churchill Close, Woodbridge, IP12 4UU	£0

To refer, you can call ActivLives on 01473 345350 or submit a self-referral at activesuffolk.org/strength-and-balance

ActivSingers Community Singing

If you enjoy singing and would like to sing with other people, then why not come and join our community singing group - ActivSingers. An excellent way to meet and make new friends and enjoy a fun session, singing a wide range of songs.

Fri	10:00am – 12:00pm	**ActivSingers - Woodbridge 1st & 3rd Friday of the month**	Quay Church, Quay Street, Woodbridge IP12 1BX	£10.00

St Mary at Stoke Lunch Club

Every Tuesday - Enjoy a hot homemade 2 course meal!

• Eat healthily • Improve confidence • Make friends • Socialise and meet others

Tue	**Lunch served at 12noon**	St Mary at Stoke Church Hall, Stoke Street, Ipswich IP2 8DA	£7.00

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ActivFriends Hub

Every Friday 10.30am - 2pm
Whitehouse Baptist Church, Waterford Road, Ipswich, IP1 5NW

For people aged 55 years and over. A Friendly community hub for Carers and people they care for. Come and join our community hub for a social morning of tea, coffee & biscuits and a fun activity. Then stay for a two-course hot lunch.

£7.00 for the day. To register your interest in coming along please contact Alison Pearson on 01473 345350 or alison@activlives.org.uk

A community led project, supported by Ipswich Borough Council

Men's Breakfast Hub in Woodbridge & Ipswich

WOODBRIDGE - Every Monday 10am – 12pm Grove Court Care Home 15 Beech Way, Woodbridge IP12 4BW

IPSWICH - Every Wednesday 10am-12pm CRESS Pavilion, Halifax Road, Ipswich, IP2 8RE
Would you like to meet some like-minded people and have a chat over a cuppa and a bacon bap? Our friendly Breakfast Hub offers a friendly, safe environment for discussion and advice from qualified staff, volunteers and outside agencies.

A social, confidential support group for men aged 45 and over. **£7.00 per session** to get involved please contact Alison Pearson on 01473 354350 or alison@activlives.org.uk

ICare Connect Carers Project for 2026 – Caring for Carers

ActivLives as a charity has been working with Carers for many years within our existing membership. We understand from experience, that for many carers, caring for a family member, friend or partner, takes up a large part of their lives and some lose touch with friends and family as a result.

ICare Connect project is a one to one, support service designed to assist people with coping when their caring role changes and moving forward in a step-by-step way. If you are a former carer and need some support to re-connect with groups and activities, then this project could help you. The project is also supporting men in Felixstowe, Woodbridge and Ipswich who may be isolated due to their caring role or lonely after losing a partner.

If you want to know more, please contact Alison Pearson on 01473 345350, or email alison@activlives.org.uk as she is the lead for the project.

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ActivSport is an inclusive Sports Programme

An inclusive sports programme that is open to adults of any age, who would like to become more physically and socially active. It is targeted particularly at those who are not already involved in regular physical activity or sport. We welcome **all** new participants with all levels of ability. We focus on the social and physical benefits that can be gained from these sport sessions.

Day	Time	Activity	Location	Cost
Mon	11:00am – 12noon	**Health Walk** (every fortnight, please check dates on website or by calling)	Christchurch Park, IP4 2BG. Meet inside Soane Street Gate	Free
Mon	11:30am -1:30pm	**ActivKurling and Boccia**	Felixstowe Leisure Centre, Seafront, Felixstowe, IP11 2AE.	£7.00
Tues	10:30am -12:30pm	**ActivBowls (short mat)**	Gainsborough Sports Centre, Ipswich IP3 0SP	£6.00
Tues	10:30am -12:30pm	**New Age Kurling**	Waterloo Centre, Waterloo Ave Leiston IP16 4HE	Free
Wed	10:30am - 12noon	**Ping Pong and Short Tennis**	Gainsborough Sports Centre, Ipswich IP3 0SP	£6.00
Thurs	10:30am -12:30pm	**ActivBoccia**	Whitton Sports Centre, Ipswich IP1 6LW	£6.00
Thurs	10:30am – 12noon	**Activ Walking Football**	Gainsborough Sports Centre, Ipswich IP3 0SP (All weather pitches)	£6.00
Thurs	2:00pm - 3:30pm	**Ping Pong and Short Tennis**	Whitton Sports Centre, Ipswich IP1 6LW	£6.00

ActivWalks – It's a walk in the park!

Why not come and join us for a lovely walk around Christchurch Park, Ipswich **every other Monday** from 11am - 12 noon. We meet at the Soane Street entrance, down from the Mansion and near the park benches. You will meet lots of new people and walking is a good way to improve your health and fitness. Please wear suitable shoes. **To find out when the next walks are, please call us on 01473 345350.**

If you would like to know more about ActivLives please call on 01473 345350 or go to www.activlives.org.uk

ActivLives Changes Lives

ActivGardens

The People's Community Garden,
CRESS Pavilion & ActivSheds
Maidenhall Allotments,
Halifax Road
Ipswich
IP2 8RE

Open for volunteering, placements and produce sales:
Mondays, Wednesdays and Fridays
9:00am – 2:30pm
Bespoke visits and activity days by arrangement

Chantry Walled Garden
Chantry Park
Hadleigh Road
Ipswich
IP2 0BS

Open for volunteering and plant sales:
Tuesday and Thursday
9:00am – 2:30pm
Bespoke visits and activity days by arrangement
Plant Sales 10am – 2pm

Belle Vue Park
Cornard Road, Sudbury, Suffolk, CO10 2RG
Grow Your Community – Sudbury provides opportunities for local people to get involved in community growing in and around Sudbury.
At Belle Vue Park every Thursday
9:30am – 12.00noon

ActivSheds - Calling all DIYers! The Shed is open on: Thursdays – supported group, cost £7 and Fridays – men's group 9:30am – 3.30pm. Please book your place.
CRESS Pavilion, Halifax Road, Ipswich IP2 8RE (near the People's Community Garden). DIY, carpentry and construction projects, both at ActivGardens and in the shed. Learn and share skills. Make bird boxes, hedgehog homes, planters and other items of your choice. A "shoulder to shoulder" project for everyone! For further information about joining this project, please contact susannah@activlives.org.uk on 07530 407302.

Beekeeping – From Spring 2026, Mondays 12:30 to 2:30pm approx. Meet at the community garden green cabin to watch or for a hands-on experience**. Please book your place. Cost: £10 per adult person, £5 per child, under 5s free.** Please contact ian@activlives.org.uk on 07599 951060 for more information.

Plants, Produce and items for sale:
Community Garden Gate Sales - Freshly picked produce, plants and flowers from ActivGardens on Monday, Wednesday and Friday in season 9:00am – 2:00pm.

Plants for sale at Chantry Walled Garden, Chantry Park, Hadleigh Road, IP2 0DE
EVERY Tuesday and Thursday 10:00am – 2:00pm Shrubs, herbaceous perennials, herbs, bedding & bee-friendly plants available at competitive prices.

Grow Well, Eat Well It is a project for the local community to garden, grow veg, cook and eat TOGETHER! FREE activities for all the family! Upcoming activities are shared on ActivLives website and social media.

Grow Your Community – Sudbury and Great Cornard Come and join our FREE gardening sessions in Sudbury's parks and open spaces as a volunteer every Thursday, 9:30am -12pm at Belle Vue Park in Sudbury. Entrance: Ingram's Wells Road CO10 2RG

To find out more about any of these projects or to register your interest, please contact: ActivGardens Development Manager Susannah Robirosa via email susannah@activlives.org.uk or by calling 07530 407302. You can also contact ActivLives Main Office on 01473 345350. Or visit https://activlives.org.uk/activgardens/online/ for more information

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