



What's On

Lots to do and join.....

Edition 10

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

ActivLives
Growing Stronger People & Communities

Falls Prevention – Strength and Balance Classes



These sessions are ideal if you would like to:

- Stay steady on your feet
- Improve your balance, strength and mobility
- Reduce your risk of falling
- Improve confidence
- Stay independent
- Get out and meet others in a sociable environment

Day	Time	Activity	Location	Cost
Mon	9.45am – 10.45am (Level 2/3) 10.45am – 11.15am (Refreshments) 11.15am – 12.15pm (Level 1)	OTAGO (level 2)	Fred Reynolds Centre Churchill Close, Woodbridge IP12 4UU	£3.50
Mon	10.00am - 11.00am 1st, 2nd & 4 th Monday each month	Better Balance (level 2)	Red Gables Ipswich Road, Stowmarket IP14 1BE	£3.00
Mon	11.00am -12.30pm	Sitting Strong (level 1)	Chantry Library Hawthorn Drive, Ipswich IP2 0QY	£3.50
Tue	9.30am – 10.30am 11am – 12 noon	OTAGO (level 2 & 3)	WALTON Community Hall Felixstowe, IP11 9DS	£3.50
Tue	10.30am -11.30am Followed by lunch	Better Balance (level 2)	St Mary at Stoke Church Hall Stoke Street, Ipswich IP2 8DA	£3.50 (Lunch £4)
Tue	10.30am- 12 noon	Better Balance (level 2)	Rushmere St Andrew Village Hall Humber Doucy Lane, Ipswich IP4 3PD	£3.50
Wed	10.00am – 12 noon	OTAGO (level 2)	King George Community Centre Leiston, IP16 4JX	£3.50
Thu	10.00am – 11.00am	ActivSteps Mixture of dance steps with some seated exercise	California Social Club Foxhall Road, Ipswich IP3 8LB	£3.50
Thu	10.30am -12 noon	Better Balance (level 2)	All Hallows Court Raeburn Road, Ipswich IP3 0EH	£3.50
Thu	12noon- 1pm	ActivSteps Mixture of dance steps with some seated exercise	The Meeting Place Limerick Close, Ipswich IP1 5LR	£3.50
Fri	10.30am - 12 noon	Better Balance (level 2)	Dundee House Renfrew Road, Ipswich IP4 3HT	£3.50

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Day	Time	Activity	Location	Cost
Tues	9:30am – 10:30am 11:00am – 12 noon	OTAGO (Level 2 & 3)	Walton Community Hall Felixstowe IP11 9DS	£3.50
Tues	10:30 am -12:30pm	NEW AGE KURLING	Eye Town Hall Broad Street, Eye IP23 7AF	£4
Wed	10:00am – 12 noon	FUNCTIONAL FITNESS – OTAGO Strength & balance exercises to improve your everyday activities.	King George Community Centre Leiston IP16 4JX	£3.50
Wed	10:30am– 12:30pm	NEW AGE KURLING	Stowmarket Scout Centre Milton Road North Stowmarket IP14 1EX	£4
Thu	2:00pm – 4:00pm	NEW AGE KURLING	Debenham Community Centre Gracechurch Street Debenham IP14 6BL	£4
Fri	10:30am - 12:30pm	NEW AGE KURLING	Peace Memorial Hall The Street Lakenheath IP27 9EW	£3
Sat	1:30 pm – 3:30 pm	NEW AGE KURLING, NEW AGE BOWLS & BOCCIA	Senior Citizens Centre, Orwell Road Felixstowe IP11 7DD	£4

If you enjoy singing and would like to sing with other people, then why not come and join our community singing group - 'Keep on Rockin'. An excellent way to meet and make new friends and enjoy a fun evening, singing a wide range of songs with Trish Bessell – Music Facilitator.

Wed	6:30 pm – 8:30 pm	Keep on Rockin' Community Singing Alternate Wednesdays	Stratford Court Sheltered Housing, Stratford Rd Ipswich IP1 6EQ	£3.00
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ActivWalks – It's a walk in the park.....

Why not come and join us for a lovely walk around Churchchurch Park, Ipswich every other Monday at 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.

The next walks will be on:

January – 16th & 30th

February – 13th & 27th

March – 13th & 27th

April – 10th & 24th

May – 8th & 22nd*

June – 5th & 19th

July – 3rd, 17th & 31st

August – 14th

September – 11th & 25th

October – 9th & 23rd

November – 6th & 20th

December – 4th & 18th



Call Julie on 07810801316 for more information.

**May 22nd - Suffolk Walking Festival 2017 11am-12noon: Walk, 12noon-1pm: Lunch & activities*

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ActivIpswich is a community-based sports programme. It is a partnership between **ActivLives** and **Ipswich Borough Council** and is funded by the National Lottery as part of Sport England's *Community Sport Activation Fund*.

Day	Time	Activity	Location	Cost
Mon	1.00-3.00pm	Bap n' Boccia (and Kurling!)	Greenfinch Church Hall, IP2 0SQ	£3.00
Tues	10.45 -12.45pm	ActivBowls Short Mat - indoors	Gainsborough Sports & Community Centre, IP3 0SP	£2.50
Tues	1.30-2.30pm	Kurling & Boccia Group	St Mary at Stoke Church Hall, IP2 8DA	£2.00
Tues	2.00-3.30pm	ActivBadminton	Whitton Sports & Community Centre, IP1 6LW	£3.00
Wed	10.30-12.00	Ping Pong and Short Tennis	Gainsborough Sports & Community Centre, IP3 0SP	£3.00
Wed	4.30-6.00pm	Special Olympics Badminton <i>(For adults with a learning disability)</i>	Suffolk New College Sports Centre, IP4 1LT	£3.00
Thurs	10.00am-12.00	ActivIpswich Boccia Club	Ipswich Labour Club, Silent Street, IP1 1TF	£2.50
Thurs	1.45-3.15pm	NEW Multi - Sport <i>(Kurling, Ping Pong and Boccia)</i>	The Meeting Place, Limerick Close, IP1 5LR	£2.50
Thurs	3.00-4.00pm	Walking Football	Gainsborough Sports & Community Centre, IP3 0SP	£3.50
Fri	10am-1.00pm	ActivIpswich Kurling Club	Ipswich County Library, IP1 3DE	£3.00
Fri	1.30-3.00pm	Kurling & Boccia Group	Salvation Army Priory Centre, 43, Queen's Way, IP3 9EX	£2.50
Fri	2.00-3.30pm	Walking Football	Whitton Sports & Community Centre, IP1 6LW	£4.00

Our programmes are particularly targeted at those who are 45 years of age and over. We welcome all new participants. Don't worry about your playing standard - we are a project that provides for all levels of ability.

The emphasis is very much upon the social as well as the physical benefits that can be gained from getting involved with regular physical activity.

Many of our participants have either a long term health condition and/or a disability (35-40%). We tend to deliver slightly unusual sports in community venues, so please give us a look even you have never thought of yourself as being particularly 'sporty' - You might surprise yourself!

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What we offer - Community sports sessions that are:

- Friendly and informal - most involve a cup of tea and a biscuit
- Targeted at the over 45's (many of our participants are over 70!)
- Welcoming to people who are new to sport as well as those who haven't played for years. You won't need any special kit or equipment
- Without membership fees - we only charge session fees so you only pay for the sessions that you attend. (The first session is always free)
- Suitable for mature participants eg. Walking Football, and those with limited mobility eg. Boccia and Kurling

Independently run sessions that are part of the ActivIpswich Network

In addition to the groups and sessions that we deliver ourselves, we also support local groups who run their own weekly sessions. The sessions listed below are all run by organisations/groups independent of ActivIpswich - these sessions are however part of the 'ActivIpswich Network'.

Wed	1.30-2.30pm	Anglo-Chinese Kurling Group Contact Lydia 07867614349	Manor Ballroom, St Margaret's Green, IP4 2BP	£1.50
Wed	1.30-3.00pm	Kurling & Boccia Group Contact Mike 01473 345350	Stratford Court, IP1 6EQ	£2.50
Thurs	10.30-12noon	Kurling & Boccia Group Contact Mandy or Carl 01473 260888	Gainsborough Library, Clapgate Lane, IP3 0RL	£2.00
Thurs	10.15-11.45am	Kurling, Cake & Cuppa! Contact - Wendy 01473251867 ipswichevents@Oddfellows.co.uk	Oddfellows Hall, High Street, IP1 3QH	£2.50
Thurs	6.00-7.30pm	Boccia, Kurling & Table Tennis Contact - Emma 01473 260880	Chantry Library, Hawthorn Drive, IP2 0QY	£2.00

Additional Programmes

In addition to our weekly programme of sessions on the front of this leaflet we also run 'one-off' Activity Introduction sessions and 6 week Taster Courses. These are in a variety of sports including Boccia, Kurling, Lawn Bowls, Short Mat Bowls, Badminton, Table Tennis, Short Tennis, Walking Football and Multi Sports.

Coming soon as part of the ActivIpswich Programme

- ActivPentathlon, March 2017
- ActivLives Community Games, Tuesday 13th June, 2017

Watch out for more details about these and other events on the ActivLives website at www.activlives.org.uk If there is something that we are not doing that you think we should, please let us know.

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

Chantry Walled Garden
Chantry Park
Hadleigh Rd
Ipswich
IP2 0BS



**Garden open for volunteering:
Mondays, Wednesdays and Fridays
9.00am – 4.00pm
Bespoke visits and activity days by
arrangement**

**Open for volunteering and plant sales:
Tuesday and Thursday
9.00am – 4.00pm
Bespoke visits and activity days by
arrangement**

ActivSheds - Calling all Men! **The Shed is open: Fridays 10am–1.00pm**

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 men.

CRESS Pavilion Community Market & Café, Halifax Road, Ipswich IP2 8RE (near the People's Community Garden). **Friday 10am-12.30pm on 17 March, 21 April, 19 May** (special Dementia Awareness event), **16 June** (National Refugee Week), **18 August, 15 September, 13 October**. Freshly picked produce, plants and flowers from ActivGardens - plus other community stalls. Tea, Coffee, light bites and Homemade cakes.

- Please note our **July market** will form part of the **Big Garden Party** on **Saturday 22 July**
- **A special festive market will be held on Friday 8 December**

Projects 2017

Nature on Your Doorstep: Beekeeping at the People's Community Garden

Mondays 1.30–3.30pm on 23 January, 6 February, 20 February, 3 April, 8 May, 22 May. Try something new! Informal sessions for beginners and those who'd like to refresh their knowledge.

Branching Out – Growing Together at Chantry Walled Garden **Every Thursday 1.30-3.30pm**

A volunteering project for older people living in the Chantry area – come and help maintain this beautiful walled garden, share skills, make friends, enjoy a cuppa. We have facilities for people with mobility problems / wheelchair users.

Women's Skills Exchange at the People's Community Garden

Come and learn and share your skills with other women – eg gardening, crafts, upcycling, cooking, flower arranging, carpentry, hanging baskets. We hope to partner with St Elizabeth Hospice in this project. For more information, call Susannah on 07530 407302 or email susannah@activlives.org.uk

GardenGATE training course Wednesdays (PCG) and Thursdays (CWG)

If you would like to make a fresh start and learn new skills, improve your health and well-being and get involved in your local community, sign up for a **FREE** training placement at ActivGardens.

Plants for sale at Chantry Walled Garden **EVERY Tuesday and Thursday 9am–3.30pm**

Spring Plant Event – Tuesday 11 April 10.30am-3pm

Herbaceous perennials, bedding and bee-friendly plants are available at competitive prices plus bird boxes, insect hotels made on request.

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