

ActivLives Carers Well-being - ZOOM Sessions

ActivLives is pleased to be working in partnership with Suffolk Family Carers and delivering a series of **fun, interactive, informative sessions via Zoom in March for carers** to 'have a go' and find out more about ActivLives activities. The sessions are all **free of charge** and cover a range of activities that ActivLives has been able to offer during the Covid-19 pandemic and those we are planning to re-start, as soon as it is safe to do so.

Listed below are the details of the four Carers Well-being sessions. The sessions will be on Tuesdays at 2pm and will last approximately an hour and a half. A ZOOM link will be sent to people registering for one or more of the sessions.

Tuesday 2 March 2021 – How to get active with ActivSport

Find out more about ActivLives activities, our Friday Friends Hub in Ipswich and ActivSport. This session will introduce you to the 'Inclusive Sport' programme that is offered by ActivLives. This is sport for people who wouldn't usually consider themselves to be particularly 'sporty'. We will look at what we mean by 'inclusive sport', what can put us off from participating, what we like about 'playing', why it's good for us. We will have some of the equipment used at our sessions and what you can do from home. There will be plenty of opportunity for a chat and ask any questions that you may have.



Tuesday 9 March 2021 – Brighten your day with ActivGardens

Spring is on its way, so come and join us to find out more about our two fabulous Community Gardens and on-line plant sales, our ActivShed and our lovely bee project, plus a Q & A on gardening, gardening tips and what you can grow, if you don't have a garden.



Tuesday 16 March 2021 – Lift your spirits with ActivSingers

Music is food for the soul. This session will introduce you to our community singing groups, how we have had to adapt to current Covid-19 restrictions, your chance to have a sing-a-long to some well - known songs, a few songs from Gina our Music Facilitator and hear about the Elderflower Carers Hub and our plans for a new project for people living with Dementia and their Carers called the Nightingale Project. If there is time you could 'have a go' at a chair-based dance.



Tuesday 23 March 2021 – Better Balance with Step by Step

Hear about our fall's prevention Step by Step Programme and our Better Balance sessions. Test your knowledge with a fun interactive true / false quiz about exercise and keeping active; find out ways to incorporate balance and strength exercises into daily activities and routines; tips to help prevent falls in the home and a mini exercise demonstration for people to 'have a go'.



If you are interested in participating in any or all of these sessions, please email your request to alison@activlives.org.uk or call 07876 243376 and speak to Alison Pearson the Community Engagement Officer at ActivLives.

We look forward to meeting you at one of the sessions.

