

## ActivLives - Saturday ActivSport Hub – Felixstowe

ActivLives is very grateful for the funding of £960 towards the running costs of the Saturday ActivSport Hub held at Walton Community Hall.

The funding has covered the venue costs for a year to enable and support the re-building of our Saturday ActivSport Hub, after the impact of the pandemic and the lockdowns.

The ActivSport Hub has been running since 2016 and was previously held at Broadway House. Due to Broadway House not opening straight away when the restrictions lifted, we had to find an alternative venue and as we know Walton Community Hall very well, we approached Felixstowe Town Council to see if it was available. Working to the Covid-19 restrictions and safety guidance we were able to open mid- July 2021 at Walton Community Hall.

The ActivLives Saturday ActivSport Hub is aimed at older adults with intellectual disability, long-term health conditions such as Parkinson's, people living with mental health conditions and also provides support for carers who can bring their cared for. The group is very diverse in respect of physical and mental health, age, disability and ability, but they are very supportive of each other and enjoy being able to come together and participate in social activity at a weekend, which for some can be a very lonely time.

Members take part in two inclusive sport activities, New Age Kurling and the Paralympic sport Boccia with a social break in between for people to have refreshments, have a chat and build relationships and social support networks.

These sports are very accessible and inclusive, which means people with any disability or health condition can take part. They are also very good for building people's confidence, self-esteem, communication and co-ordination skills and help to reduce loneliness and social isolation.

### **Quotes from our members:**

"The group has always made me feel welcome."

"Only my second week, but everyone is friendly. Good to do some gentle exercise."

"A very friendly group and we have a chat."

"Good to have the company, everyone is friendly."

"Good to be able to meet different people. Really nice atmosphere. It's also good for my wife who is wheelchair bound, to be able to compete with others at Kurling & Boccia."

The funding and your support have enabled ActivLives to keep the sessions running. So far, we have held 36 sessions, have had 386 attendances and from 19 people registered we now have 35 members. Weekly attendance has gone up from 7-8 people to on average 12 – 19 participants.

The session certainly helps to reduce loneliness and social isolation at weekends and is also keeping people active, connected, learning new skills and improving people's mental and physical well-being. The group celebrate people's birthdays, special occasions and we have a Christmas Party each year.

