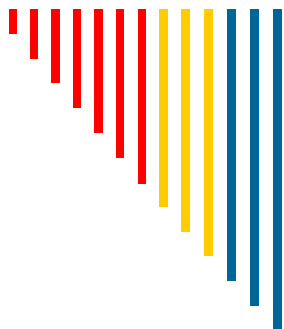


Issue 1 - November 2008



Active Lives Network Newsletter

Centre Reps

Monday - Swanley: Dolly Witt, Sonia Mallion

Tuesday - Gravesend: Danny O'Brian, Peter Wright

Wednesday - Dartford: Larry Cotton, Paul Morris

Monday - Swanley Youth and Community Centre

This Centre is running reasonably smoothly. Ed is continuing his arts and craft/jewellery classes, and they are being well supported by the service users. Dolly Witt is currently running a card making session, using all sorts of different techniques. This is also proving popular, with some good work being produced. Celia Luscombe is - when all technical issues are resolved - planning on running computer classes.

We have a social area for members to get together and have a coffee and a chat. We have access to a few kitchen facilities; a kettle for tea and coffee, and a microwave for anyone who fancies a hot meal to use. There is a TV, pool table, table football, and table ice hockey.

Tuesday - Riverside Centre, Gravesend

Being the longest established, this is the service that is currently running the best. We now have access to four rooms: One room is for computers which will be staffed at all times, one is Ed's Jewellery class, which is fully attended, one is for all other things crafty, and the other is a social room, where there is access to drinks and newspapers, and quizzes and games are run. We also have access to the main hall for eating. The Quad garden is being worked on, with raised flower beds being put in and full wheelchair access. Also being held is a swimming group in the afternoons, continuing at Fairfield pool.

There is also the possibility of a short exercise class being held in the mornings.

Watch this space!

Wednesday - Temple Hill Square Community Centre, Dartford

After a difficult start and a quick change of venue, we are regaining some sort of control! Again we have Ed's jewellery classes, again always maxed out in attendance. Dolly is, once again, kindly running her card classes. Tom Wingrove is running computer sessions, with Celia taking a class elsewhere in the afternoon for those who wish to access the internet. Again there is access to tea and coffee and a microwave. There is a parade of shops next to the building, with a fantastic bakery behind. Access to the library, which is next door, is being looked into. We also have table tennis facilities if you fancy a game!

Thursday and Friday- Community Activities

These are the days out for people who opted for them rather than a networking site.

Thursdays we have a group of lads who have decided they want to concentrate on their bowling. They all congregate in ASDA Gravesend for a coffee, lunch and a chat, and then pop over the road to the bowling alley for a quick game. The afternoon usually ends in the bar!

Fridays is a separate group, who's exploits are non alcoholic! This group chooses a different locations to visit each week. Past visits have included a craft fair, a fish n chip lunch, and a garden centre.

Both of these days have elicited great feedback from all.

Other news

Peter Wright has been running a bowling session on a Monday, and a session at the gym at Strood Sports Centre on a Friday, with access to the hydrotherapy pool available to all who can get there. Both of these have proved to be very popular. Well done Peter!!

We are looking into holding some 'roadshows', run by Adult Education, at the three networking sites. These will be to show the types of things they have on offer. More news as these are arranged.

We are also looking at arranging days out that can be attended by anyone who wishes to come.

Transport

Anyone who uses the service transport please make sure you are ready by 8.30am. The transport will collect on their rounds and will only wait for 5 minutes before continuing on their journey.

Christmas Closure Dates

