

Press Release

Dated: 16th October, 2017



New programme in Ipswich makes it easier for the over 50's to get active in social sport

Age and fitness are no barrier on a new Ipswich sports programme

Are you one of the many people over 50 years old who hasn't played sport, or indeed done much physical activity at all since your school days? If this is something that you would like to change, then you may be interested in a new programme of activity sessions that are coming up across Ipswich.

Local organisation, ActivLives, are hosting the ActivPentathlon Challenge, an initiative that is targeted at those over the age of 50 (there is no upper age limit!), who are not currently taking part in regular sport or physical activity.

This Ipswich-wide event, starts on the 31st October and continues until the beginning of December. It is part of the ActivIpswich programme, which is a partnership initiative between ActivLives and Ipswich Borough Council that is funded by Sport England and the National Lottery.

The 'ActivPentathlon' consists of a series of taster sessions in a variety of sports including Badminton, Pickle Ball, Squash, Petanque, Yoga, Sports Hall Athletics and even some Olympic style Gymnastics. There will be 5 activity sessions held over 5 weeks at various venues across Ipswich.

"We hope that we have got something for everyone in the programme. Anyone over the age of 50 is very welcome but particularly those that are new to sport and those who can't remember the last time they took part in any physical activity," said Mike McCarthy, from ActivLives. "We are also keen to hear from people who have a disability or a long-term health condition".

All of the sessions are first and foremost social and enjoyable. They will be delivered by qualified coaches to ensure that the activities are delivered at an appropriate level for beginners. People can come along to any or all five of the sessions.



Press Release

“We first held this type of programme earlier this year and it was a terrific success with over 150 attendances. It goes to show that there is

a real interest amongst this age group to get involved with social sports opportunities if it is the right activity, in the right place at the right time”.

Each of the sessions are £3.00 to take part and include a well-earned cuppa afterwards.

If you would like to find out more information and/or to book your place either email mike@activlives.org.uk or telephone on 01473 345350.

Photos attached.

Contact: Mike McCarthy 01473 345350 or 07531 236442
mike@activlives.org.uk

Notes to Editors

ActivIpswich

ActivIpswich is a partnership between ActivLives and Ipswich Borough Council. The project is funded by the National Lottery through Sport England’s Community Sport Activation Fund.

The ActivIpswich initiative is about giving people who don’t consider themselves to be ‘sporty’, opportunities to have a go at sports that they wouldn’t otherwise play, in places that they wouldn’t expect to play them! 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.

The type of activities offered as part of this project vary widely and currently include: Walking Football, New Age Kurling, Boccia, Bowls, Badminton, Short Tennis and Table Tennis.

ActivLives

ActivLives is an independent charity working with individuals and communities, of all ages, but with a particular focus on people over the age of 45 who live in hard pressed areas in Ipswich and across

Press Release

Suffolk. It grew out of the Town and Bridge Project, which started in 2006.

www.activlives.org.uk

