

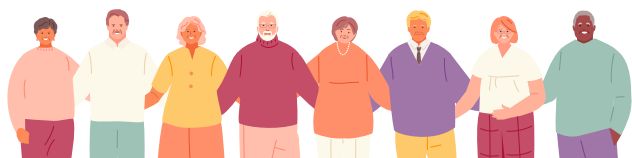


Age Positive

October 2025

What is Age Positive

The 'Age Positive' project aims to support older adults to stay active and social. We provide advice and support for staying happy and healthy into older adulthood. Our monthly newsletter gives up to date information on a number of activities across the city. We can also signpost to some additional groups near you and provide short term support in accessing these. We are continuously trying to grow a great network and make getting out and about as easy and accessible as possible.



What we do

Improving Lives are a non-profit charity. We provide many different services from advice about benefits, to gentle exercise sessions across the city. Improving Lives have been providing services to people for over 100 years. Our Mannamead Wellbeing Hub can support you with a advice, access to a number of groups and support.

Contact Info

Email-
agepositive@improvinglives
plymouth.org.uk

Phone- 07305104006

Check out our new Improving Lives 'Wellbeing Website'
wellbeinghub.improvinglives.org.uk

Gentle Seated Yoga

This accessible class promotes strength, balance flexibility and relaxation in the body, heart and mind.

60 minutes

Mainly seated
with optional
standing at the
end



No previous
experience
required

Suitable for
beginners

When: Mondays at Tothill Community Hall
1.30pm - 2.30pm £4 (Cash or Card)

Thursdays at Plymstock Community Hall
1.30pm - 2.30pm £4 (Cash or Card)

Tai Chi

Proven to improve strength, flexibility, aerobic conditioning and balance.

60 minutes

Mainly standing positions, however, can be adapted to seated

No previous experience required

Suitable for beginners and those with previous experience



When: Tuesdays at Compton Church Hall

(Beginners) 9:30am- 10:30am

(Intermediate) 11am-12pm £4. (cash or card)

Mondays at Southway Community Hall PL6 6TB:

Weekly Mondays 10.30am-11.30am £4 (Cash)

Mirandas Movers

Led by Instructor Miranda (Miranda City Fitness).

This is a fun, accessible and low impact strengthening class

60 minutes
with music

Class can be
done seated or
standing

Class can be
adapted to
individual
fitness level

Suitable for
those looking to
build on their
overall strength



Please bring water and comfortable clothes to move in. Health questionnaire completed at first session

When: Thursdays 11.15am - 12.15pm

St Boniface Church Hall

St Budeaux £5 (cash only)



Walks in Plymouth



Plymstock Plodders

Monthly walks:

Next Walk - Whitsand Bay Cliff Top Walk.

Friday 17th October

Approx 4.5miles

Meet at A3 for the 70 bus city centre at 8.45am. Leaves at **9am.**
or **10.15am** at Tregantle long stay car park. Return for 1pm
Please bring plenty of water, lunch and snacks.

Short Accessible Coast Walk

Fortnightly Thursday's on the Barbican/Hoe, meeting at the Mayflower Steps (**Next walk - Thursday 2nd October 11:00-13:00**).

This walk is slow paced and for all abilities that ranges from 60-90 minutes along the coastal path. Travel expenses and a hot drink is provided.

For more information for either above walks contact:

Gemma Dunn on 07828699279

** additional walks available through the SouthWest

www.southwestcoastpath.org.uk

Carer's Walk

Join our inclusive slow paced 1 hour accessible walk, followed by time in the cafe for a chat and a cuppa.

When: Thursdays - Meet at the Plymouth Life Centre entrance at 12.50pm for 1pm start.

Carers and cared for welcome.



HEART & SOLE

PEER SUPPORT WALKING GROUP AT SALTRAM PARK

There is no time limit associated with loss and grief, it affects us in different ways. Having a calm space to talk, reflect and remember alongside people with shared experience can provide a source of comfort and friendship.

Weekly Wednesdays

**Time 3.30pm - 5pm (*2.30pm
from 5th November)**

**Please get in touch for meeting
point details.**

Free to Attend

For further information, contact Saffron:
Call / Text - 07483 365317

Email - saffron.mccaughna@improvinglivesplymouth.org.uk





MUSHROOM WALK

Join us for a gentle walk through Saltram woods, where we'll explore hidden corners of the woodland and uncover and identify the fascinating world of mushrooms.

Friday 10th October

11am - 1pm

Saltram Woodlands

Meet in the courtyard at
Saltram House

Booking advised. Please contact

anna.fox@improvinglivesplymouth.org.uk

07305104006





ONE YOU PLYMOUTH



Women's Wellbeing Walk

**Every Thursday at 6pm-7pm
Meet in the Life Centre Foyer,
Central Park, PL2 3DG**

Our mission is to make women feel safe to exercise outside after dark. Why not come along and enjoy the company of others whilst walking?

This is a gentle walk for all abilities.

For more information, call **01752 437177** or scan the QR code.



Social activities

Social Wednesdays

Our social Wednesday's are designed for people to come together fortnightly at the Mannamead Hub for informal discussions, with regular speakers giving information on different topics throughout the year. There is lots of time for socialising and a cup of tea! **Next meet up:**

Wednesday 8th October

2pm-4pm - *Ask for a speaker list*

Indoor Boccia

Boccia, pronounced (bot-cha) is a fun, precision ball game, similar to bowls. Boccia is a seated game, that can be played by individuals, pairs or a team. The aim of the game is to throw the leather balls as close as possible to a white target ball, or jack.

Meet at William Sutton Hall St Budeaux

PL5 1QF

Weekly Fridays

10am-12pm

£4 cash. No need to book - just turn up.



Free Tech Support

We know using technology can be difficult and stressful. This is why we offer free 1-1 support sessions. Led by volunteers at Timebank Southwest, book some time for support at the Mannamead hub or out in the community.

To book a space contact agepositive@improvinglivesplymouth.org.uk or call 07305104006

Computers don't have to be SCARY

Getting the most from your devices in plain english.



We are having monthly meet-ups at the Manamead Wellbeing Hub where you can get a little help in feeling more confident with your tech.

All sessions will be held on Thursdays from 2:00 pm - 4:00 pm on:

19 th June	18 th September
10 th July	16 th October
21 st August	20 th November

And more!

Understanding the jargon

Security, scams & Passwords

What is an internet browser and the differences between them

Getting your devices to talk to each other

What is the internet and the cloud and where is it?

BOOKING IS ESSENTIAL

Please contact one of the Timebank team on 01752 875930 to reserve your spot and let us know how we can help. If you can't get through, try Anna at Improving Lives Plymouth on 07305 104006 or



Timebank
South West



Creative Sessions

Art for Wellbeing

Join us for a relaxing and inspiring Art for Wellbeing led by Meier Williams. Explore your creativity using a variety of textiles and art media in a calm, welcoming space. No experience needed—just bring your imagination! Refreshments provided.

Fortnightly Thursdays (Next session - 9th October)

11.30pm-1.30pm

Mannamead Hub

£5



Community Crafters

Weekly Friday crafting session where you can bring along your own craft projects, chat and enjoy a cuppa.

10.15am-12.15pm

Mannamead Hub Annex

£1



Board Games

Come and play a variety of board games at our hub or feel free to bring your own games along to our weekly drop in session. Refreshments available.

Weekly Thursdays

Mannamead Hub

1pm-2.30pm

(Donation: £1)





Try a variety of bikes and have a ride around the athletics track. Whether your passionate about cycling, re-igniting a lost past time or just want to give it a go....



INCLUSIVE CYCLING

Join Improving Lives Plymouth for some
Cycling Fun at Brickfields

The First Monday of the Month,
Next Session
Monday 6th October
12pm-1pm

**FREE
TO
ATTEND**

For further information, please contact Claire:
call/text - 07305 007983
email - active@improvinglivesplymouth.org.uk



Need a little extra help?



- Would you like to come along to a session but are a bit nervous about doing so?
- Not sure what activities, support & advice services are out there that would suit you?
- Do you have a friend or relative that is feeling lonely and isolated that would benefit from our service?
- We can offer short term 1-2-1 support to ensure you find the group or activity that suits you.
- You can also find out about other services we offer

Other services within Improving Lives Plymouth that can help you....

- Advice Plymouth – Benefits and Finance Advice
- Veterans Hub
- Sensory Solutions– Support for those with hearing and sight loss
- Caring for Carers – advice and support for unpaid carers
- Wellbeing Hub Advisors – Support with queries and support you to get the right support for you

Get in touch with agepositive@improvinglivesplymouth.org.uk or contact 07305104006



Health & Wellbeing

ROADSHOW

*Navigating the path to mental and physical wellbeing,
One conversation at a time.*

Friday 17th October

10am to 2pm

Compton Methodist Church

**Pop by for a chat with local experts and wellbeing
advice**

Staying happy and healthy into older adulthood

Stands includes:

Eldertree

**Livewell Wellbeing Team (Falls Prevention & Healthy Ageing
advice)**

Thompson and Jackson Solicitors

Advice Plymouth

Compassionate Cafes

Sensory Solutions

Plymouth Cancer Champions

Timebank Southwest and more...

*+ Free Wellbeing Activities - Arts and Crafts,
Taster Seated Yoga & Silver Swans Ballet*



All welcome!
Refreshments available

Part of Plymouth's
Wellbeing Hub network





Are you living with a Long-Term Health Condition?

Would you like to achieve a better quality of life and get support to manage your health and wellbeing?

Why not sign up to our FREE 4 week, half-day workshop:



My Health, My Way



2025 Workshops

Wednesday Afternoons for 4 weeks

1:00 pm to 4:30 pm

**ILP, 156 Mannamead Road,
Plymouth, PL3 5QL**

2nd to 23rd July

6th to 27th August

3rd to 24th September

1st to 22nd October

12th Nov to 3rd Dec

- Find new ways to manage your life in a friendly and relaxed atmosphere.
- Develop your knowledge, skills and confidence to self-manage the challenges you face
- Set and achieve your own goals
- Meet others, share experiences and learn new coping strategies

REFRESHMENTS PROVIDED

Call us on: 07305 006522

or email:

**self-management@improvinglives
plymouth.org.uk**

www.wellbeinghub.improvinglives.org.uk

**BECOME
A**

Plymouth Cancer Champion



Cancer Champions are people just like YOU

They are not cancer experts, just people who are happy to have everyday conversations about cancer and offer a bit of support.

They help people spot the signs and symptoms of cancer, reduce their risk, understand the importance of screenings and make sure people aren't alone on their cancer journey.

The training is FREE. You'll feel more confident talking about cancer, get some useful cancer info and find out about the support and help that's out there too.

Cancer Champions are from all backgrounds and ages. No skills, experience or knowledge of cancer is needed - just that you'd like to make a difference.

**Interested in becoming a Plymouth Cancer Champion?
Contact Kirsty - 07421125652 or email Kirsty@Zebra.coop**



Spotting cancer early saves lives





CARERS HOSPITAL SERVICE

If you are an unpaid carer, supporting a family member, partner or friend following a hospital stay, the Carers Hospital Service is here for you.

In partnership with University Hospitals Plymouth (UHP), we provide one to one practical support, tailored advice, and problem-solving to help ease the transition from hospital to home. Our team offers guidance, signposting to local services, and emotional support to ensure both you and the person you care for feel confident and prepared during the crucial first few weeks after discharge.

Please scan the QR code below to make a self-referral to our Carers based hospital service.



01752 201890



caringforcarers@improvinglivesplymouth.org.uk

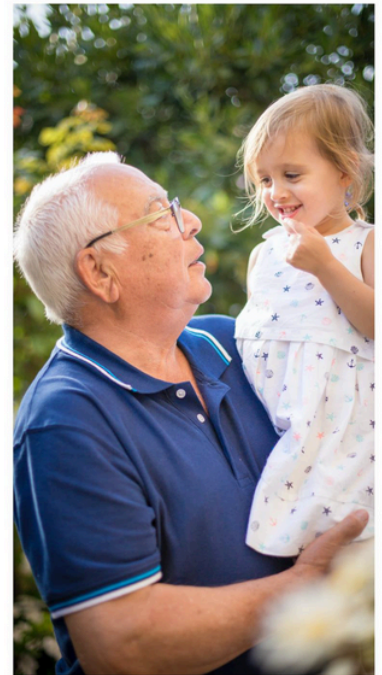


FaME

Falls Management Exercise

live your best life
get up, stay up

is personalised exercise in small groups in your community, **led by specialists**



FaME benefits,

- **feel stronger**
- **build resilience**
- **improve balance reactions**
- **learn to get up from the floor**
- **improve stamina**
- **enjoy greater independence**

To find out if FaME is for you,
call us for a conversation

01752 437177

Free NHS Liver Health Checks

Why take part?

Around 2 million people in the UK are living with liver disease, which can be present **without any symptoms** for many years.

We want to help **raise awareness** and **prevent liver disease as early as possible** to give the best chance of recovery, treatment & intervention.



How does it work?

Within a clinic room setting or an NHS community van, our qualified nurse will perform a **FibroScan** (transient elastography), which takes **10-20 minutes** to perform depending on the individual.

The **free**, simple, **painless** & **non-invasive** procedure uses high-frequency sound waves to **assess liver stiffness**, which reflects the degree of scarring in your liver (fibrosis & cirrhosis).

Who is eligible?

Anyone 18+ with the following risk factors is encouraged to have a **free** fibroscan:



- **Type 2 Diabetic or pre-diabetic** (50 years & over)
- **Overweight** (**BMI** 30 or above) or have known/suspected fatty liver
- **High Alcohol Consumption for 10+ years** (i.e. 6 pints of beer or 1.5 bottles of wine per week).
- **Current/past history of blood borne virus** (Hepatitis B or C)

How to book an appointment?

If you meet the above criteria & want to self-refer, please email plh-tr.communityliverhealth@nhs.net to book an appointment.

Who should not have a fibroscan?

You cannot have a fibroscan if you:

- Are pregnant
- Have ascites (fluid within the abdomen) present.
- Are a legacy transplant patient
- Have limited mobility (to get on a van)
- Have limited ability to lie flat (or stay still).

How to prepare for the scan?

Please do not eat or drink for 3 hours before your scan, as this may indicate a false result. If you need to, you can take **small sips of water** but avoid drinking large amounts of fluid.

NHS DNA Policy

If you fail to attend your appointment, you may be discharged from the service due to high demand. If you are unable to attend for any reason, please email plh-tr.communityliverhealth@nhs.net with plenty of notice.

Are you at risk of type 2 diabetes?

Reduce your risk of type 2 diabetes with the Healthier You NHS Diabetes Prevention Programme



What is Healthier You?

Healthier You is the free NHS Diabetes Prevention Programme providing tailored, personalised support to reduce your risk of developing type 2 diabetes.

The 13-session programme is available both as a face-to-face group service and as a digital service. You'll learn how to regulate your blood glucose levels through implementing change to:

- Nutrition
- Physical activity
- Weight management
- Overall wellbeing

This combination of lifestyle change has been clinically proven to help prevent the onset of type 2 diabetes.

"I feel like a new person! I know there are thousands of people out there who would have their life changed by attending the programme."

Get more information!

If you have any questions or if you would like to find out more, please get in touch. If you would like to be referred, please contact your GP practice.

0333 5773010

Info@preventing-diabetes.co.uk
preventingdiabetes.co.uk



Service provided by

xyla

Part of Acacium Group

Covid and Vaccination Clinics

Date of Clinic	Day	Name of Clinic
01/10/2025	Wednesday	Home Park Vaccination Centre
02/10/2025	Thursday	Home Park Vaccination Centre
02/10/2025	Thursday	Frankfort Gate
03/10/2025	Friday	Central Methodist Hall
06/10/2025	Monday	Home Park Vaccination Centre
06/10/2025	Monday	Mountwise age befriending coffee afternoon
06/10/2025	Monday	The Beacon - Older person support group Café
07/10/2025	Tuesday	St Judes Community Coffee Morning
08/10/2025	Wednesday	St Budeaux Library
08/10/2025	Wednesday	Tothill Community Centre - Cardiac rehab support group
09/10/2025	Thursday	Home Park Vaccination Centre
09/10/2025	Thursday	Frankfort Gate
09/10/2025	Thursday	The Rees Family Hub Warm Space
10/10/2025	Friday	Otter Nursery Van
11/10/2025	Saturday	South Hams Hospital
13/10/2025	Monday	Home Park Vaccination Centre
13/10/2025	Monday	Plympton Library (Retirement Readers Group)
13/10/2025	Monday	Devonport Library
14/10/2025	Tuesday	Tesco Transit Way
14/10/2025	Tuesday	Plymouth Guildhall Carpark
15/10/2025	Wednesday	Chaddlewood Community Centre - Overs 60's group



REGISTERED
TINNITUS
SUPPORT GROUP



"Come and join our tinnitus support group"

£3.50

Come along to a friendly atmosphere
and meet others living with tinnitus

Plymouth Tinnitus Peer Support Group

NEW VENUE!

10:30-12:30

LeonardoHotel, 50 Exeter Street

Plymouth, PL4 0AZ

Upcoming Dates :

3rd October 2025, 5th December 2025,

6th February 2026, 10th April 2026, 5th June 2026

For more information please contact Tinnitus UK Helpline

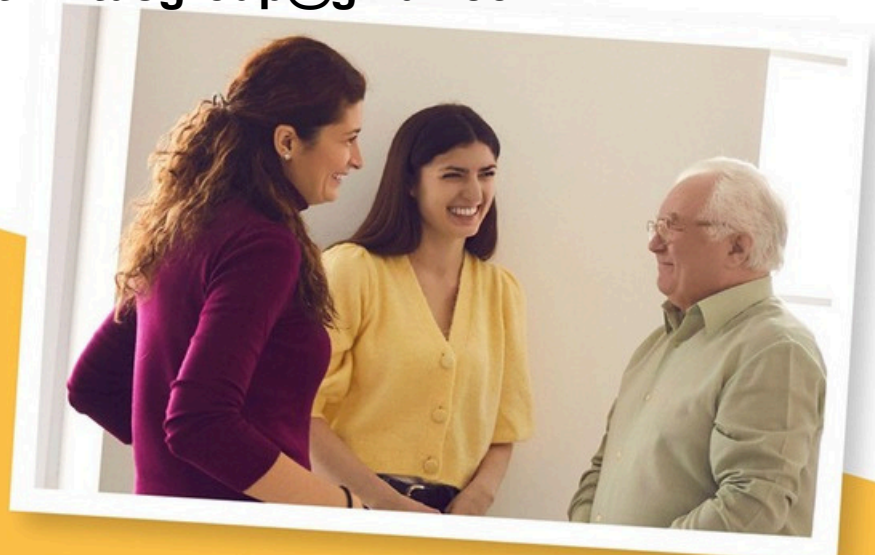
0800 018 0527 Monday – Friday, 10am - 4pm or email

plymouthtinnitusgroup@gmail.com



**Together we'll
silence tinnitus**

tinnitus.org.uk





SENSORY SOLUTIONS ESME'S FRIENDS SUPPORT GROUP

THINK YOU ARE SEEING THINGS?

Did you know that visual hallucinations might be linked to your Sight loss? You might have Charles Bonnet Syndrome (CBS).

Join our new Esme's Friends telephone support group open to individuals with sight loss and visual hallucinations or their friends, family and supporting professionals.

BIMONTHLY TELEPHONE SUPPORT GROUP

THURSDAY 1400-1500

CONTACT SENSORY SOLUTIONS

01752 201899



Improving Lives Plymouth



Supporting people since 1907

Charity No. 1066776

FAMILY FUN & INFORMATION DAY

**SATURDAY
29 NOV**

10AM TO 2PM

**PLYMOUTH LIFE
CENTRE
PL2 3DG**

ACTIVITIES:

- **TOMBOLA**
- **WOODEN GAMES**
- **FACE PAINTING**
- **CRAFT STALLS**
- **BOUNCY CASTLE**
- **TREASURE HUNT**
- **BRITISH SIGN LANGUAGE INTERPRETERS AVAILABLE**
- **WELLBEING ACTIVITIES**

 WWW.IMPROVINGLIVESPLYMOUTH.ORG.UK

 **01752 201900**



FUNDED BY



Everyone
welcome



Friday 12th December 18:30 - 20:30

**ILP VETERANS &
FAMILY HUB**

Christmas

CAROL SERVICE



Emmanuel Church,

1 Compton Avenue, Plymouth, PL3 5BZ

To book FREE tickets email

vfhub@improvinglivesplymouth.org.uk / 01752
201766



Westpoint and Exeter Christmas Market

DECEMBER 5TH

£15 PER PERSON

**Depart Milehouse Park and Ride at
08:30 return approx. 18:00**

(Please note: coach is not wheelchair accessible you will need to be able to independantley transfer onto the coach this includes several steps)

**Please contact the Hub to secure a place
01752 241057**

vfhub@improvinglivesplymouth.org.uk

**Toenail Cutting Service at Mannamead Hub
Book an appointment on alternate Fridays
Get in touch to confirm dates.**



Happy Soles

foot care Plymouth

Tel 07768 616 268

caroline@happysolesfootcareplymouth.co.uk

**£25 - Home visits also available for an additional charge.
Treatments include calluses, corns, verrucae, fungal nails,
ingrown toenails and thickened toenails *qualified to carry
out diabetic foot assessments where required**