



Healthy Living Project



STAY WELL STAY SAFE



FEELING ISOLATED?

COME ALONG FOR OUR COFFEE AND CHAT!

THIS INCLUDES TEA DRINKERS, JUICE DRINKS TOO 😊

MONDAYS 11:30 AM - 12:30 PM.

Top 3 tips for isolation:

- ✓ Learn something new
- ✓ Keep your brain stimulated
- ✓ Get out in the fresh air

UPCOMING ACTIVITIES

NEW AND EXCITING!

Bollywood Dancing starts every other Thursday at 6:30 PM-7:30 PM. at Heath Park Community Centre, Rusholme Avenue, Dagenham, Essex, RM10 7PR.

The Swimming group is now back up and running on Thursdays at 11:00 AM - 12:00PM. 😊

Please email

molliestorey@independentlivingagency.org to book due to limited availability.

BRAIN ACTIVITY

WORD SCRABBLE

1. TORACR
2. TIRUF
3. LPAPE
4. GBELTEVEA
5. AAANBN

Guess the five and win a prize 😊



PARTICIPANT OF THE MONTH!

BAILEY SKYRING

Bailey is a brilliant participant to our project and has shown to be very enthusiastic and passionate about all the activities he attends and his confidence has grown massively. Bailey comes to our cooking classes, evening group and badminton classes and is highly praised by all staff members. He is very helpful, smiley and even likes to challenge staff and be competitive on our trips 😊

Bailey has a massive talent in photography and helps with our social media at the ILA 😊

Thank you for all your hard work since starting with the project Bailey!

VOLUNTEERS NEEDED!

Our organisation is looking for dedicated individuals to join us in our mission to make a positive impact in our community. If you are passionate about supporting adults with additional needs and want to make a meaningful difference to the lives of others, we want to hear from you!

We are looking for volunteers to help with:

- ✓ Cooking & Games Night
- ✓ Gardening Sessions
- ✓ Cookery Classes
- ✓ Gym & Swimming
- ✓ Yoga & Meditation
- ✓ Courses & Learning
- ✓ Digital Support
- ✓ Park/Community Walks
- ✓ Educational Trips
- ✓ Coffee & Chat Mornings

If you are interested, please contact Leannemason@independentlivingagency.org

HEALTHY LIVING JOKES!

- ✓ Why did the banana go to the doctor? Because it wasn't peeling well!
- ✓ Why was the mushroom the life of the party? Because he's a fun guy!
- ✓ Why do bananas never feel lonely? Because they all hang out in bunches!

Thank you all for reading and supporting our Health Living Project. Stay tuned for next month's newsletter. We would appreciate any suggestions 😊