

## Member Support Programme.

We aim to support more older residents to live independently, by assisting to obtain available support.

By working with various agencies, we can help our members complete forms, make appropriate referrals, provide support with hospital stays etc and assisting with discharge care packages. We also have a fantastic befriending service run by our volunteers, who keep in contact members by regularly checking in with them and keeping them updated with all that is going on with INS. We know that dealing with agencies can be overwhelming so we have volunteers that can help.



At INS, we have a duty of care to our members. Confidentiality is important to us, but we are mindful of our responsibility and will raise any concerns with the relevant authorities, to ensure our members are continually safeguarded.

## Our Partners

We work with many partners, both locally and nationally to help us provide the best support to our members and below are just some of the partners that help us do this,



## Contact Us

If you would like more information do get in touch, we would love to hear from you:

Sherma Batson Centre  
10-12 Exchange Road  
Stevenage  
Herts, SG1 1PZ

Tel: 01438 725400

Email: [info@irishnetworkstevenage.org.uk](mailto:info@irishnetworkstevenage.org.uk)  
[www.irishnetworkstevenage.org.uk](http://www.irishnetworkstevenage.org.uk)

Or follow us on Facebook or Twitter



## Irish Network Stevenage

*Supporting the older community in Stevenage and the surrounding areas"*



We are a Stevenage based Charity supporting older people throughout Stevenage. We are open to all and are proud of the wide-ranging and diverse community that are our members! Our aim is to provide lots of different types of activities for members to join in so there is always something for everyone. We offer everything from social afternoons, and lunches to line dancing and exercise classes. Please see inside for a full list of what we do.

You don't even need to be a member to try out these activities, so if you fancy getting out a bit more and meeting people - come and join us!

## Our Activities

All our activities are at the request of our members, and we make sure they are delivered in the way they want. So, when,



where and how is decided by our members, and the feedback we get is fantastic!

We have a large variety of activities, some are held weekly and some monthly, most are held at Bedwell Community Centre which is next to Bedwell shops and on a great bus route. The Community Centre has excellent access and parking.

Please see our website or contact the office for dates and times. A brief description of the activities is on the next page, and we are always adding new ones! The aim of all our events is to get people out and active, and we are always looking at new things we can do.

So, if you have an idea for an activity that we don't offer, just contact us and we will see what we can do!

**Line Dancing** - we have a beginners class for those who are new to line dancing or want a refresher, and we have two other classes for those that are more skilled

**Tea Dance** - live entertainment with freshly made sandwiches, scones and cakes and tea and coffee

**Afternoon Social** - live music with some optional line dancing! with a cuppa and biscuits



**Friday lunch Club** - a light lunch over a chat with friends, old and new

**Bingo** - complete with a cuppa and biscuits and generous winnings!

**Crafting** - A variety of crafts offered, perhaps bring a new skill to the session. Members often make items that are donated to local hospices, charities and the Lister Hospital

**Exercise classes** - nothing too strenuous, work at your own pace

**YogaLates** - a fantastic class which is a mixture of Yoga and Pilates to help increase core strength and improve flexibility. Exercises have been adapted to so some can be seat based as well.

**Salsacize** - an exciting new class uses salsa based dancing to improve cardio, muscle strength and flexibility, Open to all abilities

**Day Trips** - We run trips throughout the year to lots of different places. We often go to the seaside, or shopping trips, or even historical places of interest. We ask our members where they want to go, and then do our best to accommodate!

**Variety of Celebration Events** - We like to celebrate important events throughout the year and always have a large St Patrick's Day lunch and Christmas Lunch, we also often have ad-hoc social afternoons and lunches - so keep an eye of the calendar!

