



Intouch Brochure

Summer 2025

Intouch is a Fresh Visions scheme for people age 55+. Fresh Visions is a registered charity (charity no: 1091627) part funded and supported by Southern Housing.



**FRESH
VISIONS**

Your Intouch Team



Alisha Rees



0788 070 6250



alisha.rees@freshvisions.org.uk



Cathy Wilson



0759 096 2086



cathy.wilson@freshvisions.org.uk

Our Offering

Wellbeing Support for people aged 55+

Offering a range of wellbeing activities and support including exercise classes, and digital upskilling to help improve mental and physical wellbeing, and combat loneliness at an older age

To book or find out more information on any activities



facebook.com/intouchfv



www.freshvisions.org.uk/intouch



intouch@freshvisions.org.uk



All regions

London

Kent

Sussex

Other Offers

Digital Support

Need help getting online?

At InTouch, we offer digital upskilling - bring along your phone, laptop or tablet and we can help you make better use of your devices.

Scam Safety

Learn how to stay safe online with our scam safety training

Don't have a device or broadband?

We are able to provide you with a device and broadband on a need by need basis - get in contact for more information



For everyone



Ongoing



All regions



**Alisha Rees / Cathy
Wilson**





All regions

London

Kent

Sussex

Other Offers







Accredited Training

Learn something new, gain an accredited qualification with out free online accredited courses, such as:

- **Food hygiene First Aid**
- **Microsoft Excel for beginners**
- **Health and Safety awareness**
- **Warehouse Safety**

These courses can be done in your own time. You'll receive an electronic certificate upon completion. You'll have 4 weeks to complete the course and modules. Average courses 60min to 90min.

 **For everyone 55+**
 **Ongoing**
 **All regions**
 **Alisha Rees / Cathy Wilson**



All regions

London

Kent

Sussex

Other Offers

Home Knitters

Make a difference to people's lives with your hobby! With our home knitting, we can provide you with wool and patterns to knit items for the NHS.



For everyone



In your own time



In the comfort of your home



Alisha Rees / Cathy Wilson



Seated Chair Exercise Classes

Gentle chair or/and standing exercises that involve Pilate and core strength movements which encourage movement, balance, stretching and strength to support fall prevention and your general Health and Wellbeing. Sessions running weekly from:

Location: Mary Holben House, SW16 1NX

Date: Beginning Monday 16 June 10.15am

Location: Church Manor Wellbeing Hub, SW9 6NA

Date: Wednesday 10am

Location: Stamford Hill Estate Community Centre, N16 6RS

Date: Beginning in September on Wednesday mornings



Alisha Rees



All regions

London

Kent

Sussex

Other Offers



Lunch Club - COMING SOON

Location: Bentham House



Sonali Gardens Walking Group

InTouch have partnered with LinkAge Plus at Sonali Gardens for a gentle walk around local sites.

A free smart watch is gifted to you after 3 sessions so you can keep track of your health and fitness goals!

Location: Meet at Sonali Gardens, Shadwell, E1 0AG

Date: Every other Tuesday at 1.30pm beginning 26th August



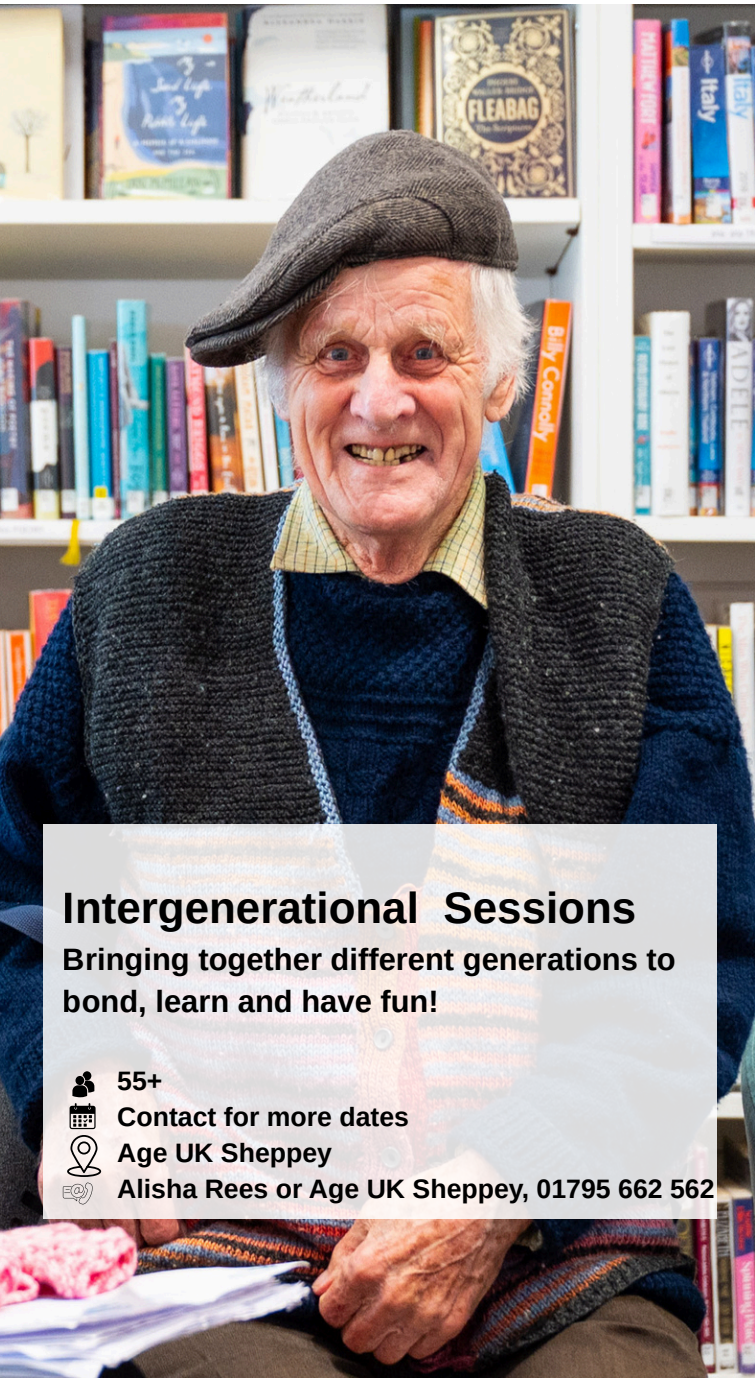
All regions

London

Kent

Sussex

Other Offers



Intergenerational Sessions

Bringing together different generations to bond, learn and have fun!



55+



Contact for more dates



Age UK Sheppey



Alisha Rees or Age UK Sheppey, 01795 662 562



Age UK, Sheppey - Free Activities

Want to increase your social circles and meet new people? Head down to Trinity at Age UK Sheppey and try three activities for free! Activities include, coffee mornings, knitting and crafts, days out and a 2 course hot lunch



For everyone aged 55+



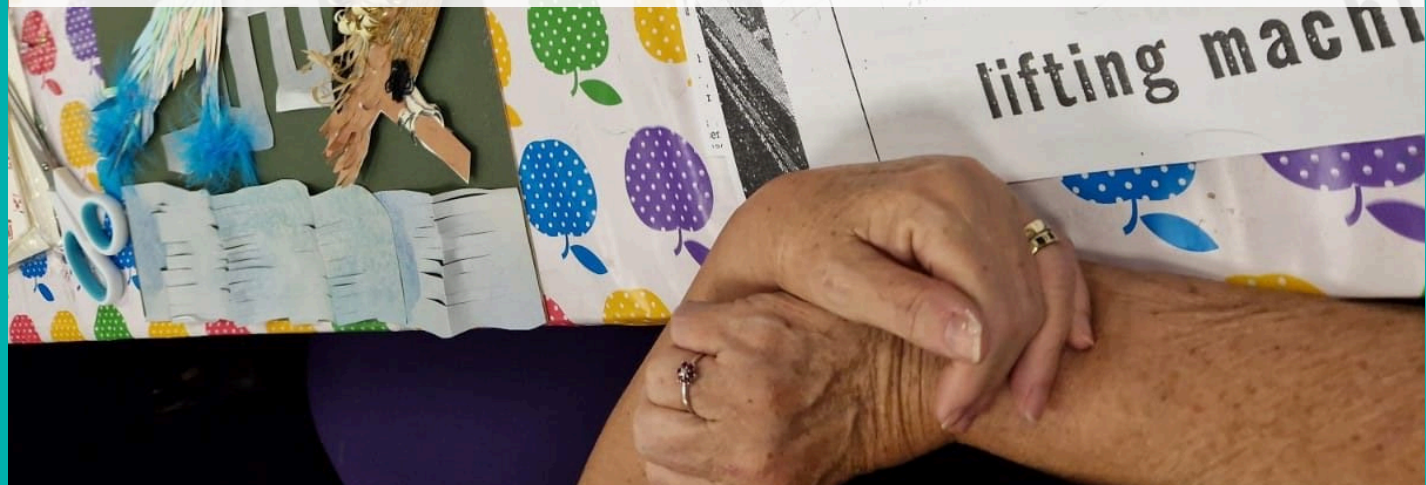
ongoing



Rosemary House, 43 Trinity Rd, Sheerness ME12 2PF



Alisha Rees or Age UK Sheppey, 01795 662 562





All regions

London





Kent

Sussex

Other Offers

Luncheon Club




Get together for a free light lunch, a drink and chat with friends and meet new people in your community. Moving to The Orangery as of August 6th.



-  For everyone age 55+
-  1st Wednesday of every month, 12pm-1:15pm
-  The Orangery, Buxton Drive, Sidley, Bexhill, TN39 4FA
-  Cathy Wilson

Variety Sessions

Weekly fun informal 'have a go' taster sessions. Activities include: curling, bowles, table tennis, badminton, boccia.

£3 per session
Includes free tea and coffee.





-  For everyone 55+
-  Every Monday 2:30pm- 4pm
-  Bexhill Leisure Centre, Down Road, Bexhill on Sea, TN39 4HS

-  Every Monday 2pm - 3:30pm
-  Freedom Leisure, Summerfields, Hastings

 Cathy Wilson

Battle Library Group

Weekly social group at Battle Library. Come for a chat, do some crafts and have some light refreshments.

-  For everyone 55+
-  Every Friday from 11am
-  Battle Library
-  Cathy Wilson



All regions

London




Kent

Sussex


Other Offers

Knit and Natter

Want to meet new people and give back to the community? Whether you're new to needles or an avid knitter with free time to spare, join in our fun, free to attend and collaborative sessions.





-  For everyone 55+
-  Tuesdays 11am-12:30pm
-  The Orangery, Buxton Drive, Bexhill

-  Thursdays 2pm - 4pm
-  Evesham Community Centre, Bristol Road, St Leonards on Sea

 Cathy Wilson

Home Knitters

Make a difference to people's lives with your hobby! With our home knitting, we can provide you with wool and patterns to knit items for the NHS.

-  For everyone
-  In your own time
-  In the comfort of your home
-  Alisha Rees / Cathy Wilson



All regions

London

Kent

Sussex

Other Offers

Interested in our services?

Here at InTouch we have capacity to offer our services to your Independent Living Scheme or your local community centre.

- **Digital Skills**
- **Exercise Classes**
- **Accredited Training**
- **Knitting & Crafting**
- **Gardening**
- **Lunch Clubs**
- **Coffee Mornings**
- **Cooking classes**

Interested in partnership work?

We are always open to and looking for other organisations to partnership with!

If you think we could work together please get in contact.

London/Kent - Alisha Rees
Sussex/Kent - Cathy Wilson