



Intouch Brochure

Autumn 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.



Your Intouch Team



Alisha Rees



0788 070 6250



alisha.rees@freshvisions.org.uk



Cathy Wilson



0759 096 2086



cathy.wilson@freshvisions.org.uk

To book or find out more information on any activities



facebook.com/intouchfv



www.freshvisions.org.uk/intouch



intouch@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





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. We also deliver scam safety training, helping you stay safe on your device.

Are you a Southern Housing resident and you don't have access to a device or internet connection? 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



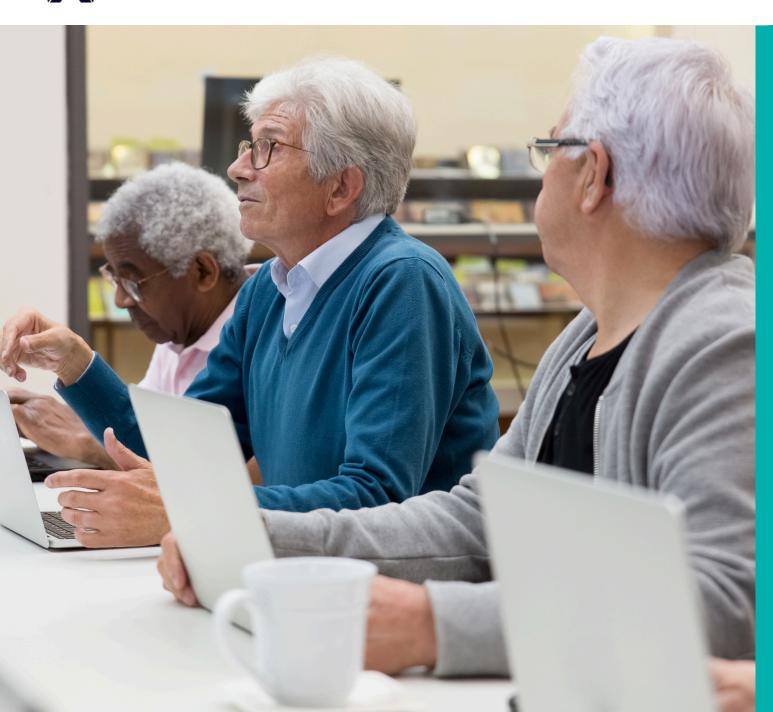


London

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+











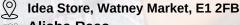
Knitting Group

Make a difference to people's lives with your hobby! We currently run a knitting session on the first Thursday of every month in partnership with Idea Store Watney Market. Knitters make baby clothes to donate to London's Neonatal Transfer Service in The Royal London Hospital, Whitechapel.



Over 50's

1st Thursday of Every Month



Alisha Rees

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: Every Monday in the communal lounge at 10.15am

Location: Church Manor Wellbeing Hub, SW9 6NA

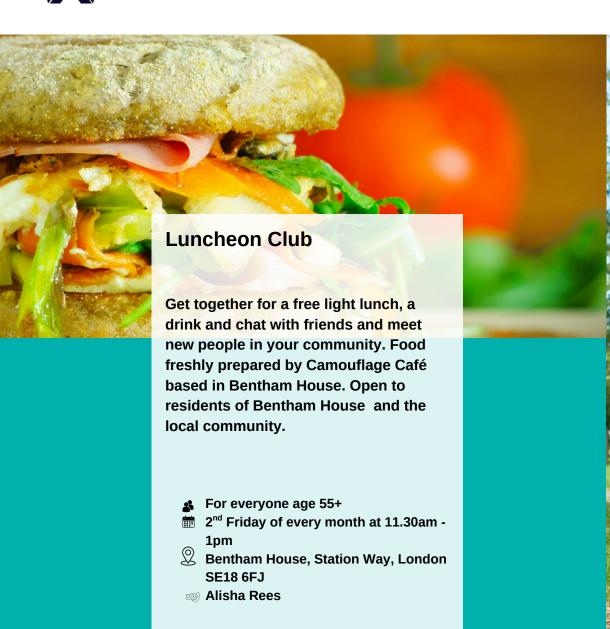
Date: Every Wednesday in the estates office room at 10am

Location: Stamford Hill Estate Community Centre, N16 6RS (Women only)

Date: Every Wednesday in the small room at 9.30am













Church Manor CommunityWellbeing Café

Pop in for free tea, coffee, cake and weekly activity to have a chat and meet new people. Everyone is welcome!



- For everyone
- Every Tuesday 11am -12pm beginning 14th October
- Church Manor Estate Office Room, SW9 6NA
- Alisha Rees

Volunteer Centre Hackney Partnership

Together Better & Befriending Service

If you are not getting out as much as you would like, for any reason, and could maybe do with some support, then we have access to a service provided by Volunteer Centre Hackney, who will match you with a volunteer to provide this support. This volunteer who will be trained and fully vetted, will visit or call you at times that suit you, to encourage and support you to get involved in the activities and things you would like to do. We also have information on and can support you to access a range of different groups and activities based in the community including arts and crafts, exercise, dance and music to suit your interests.



Our Place Hackney

Drop into Our Place Hackney for free activities taking place weekly including jewellery making, yoga and arts and crafts. Find us at 1 Alpine Grove, E9 7SX.

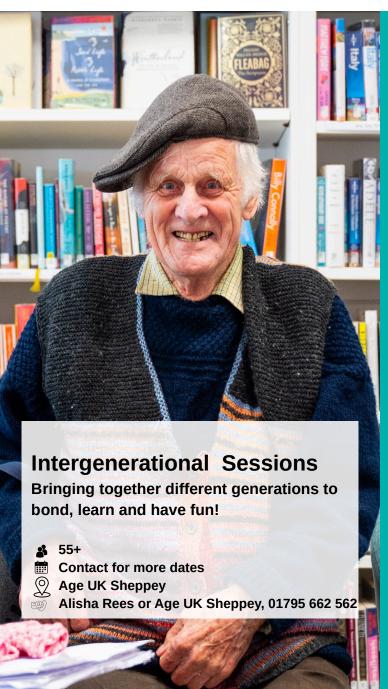


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Age UK, Sheppey - Free Activities

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







Luncheon Clubs

Get together for a free light lunch, a drink and chat with friends and meet new people in your community.

We have two Luncheon Clubs running in Sussex.

The 1st Wednesday of every month at The Orangery Buxton Drive, Sidley, Bexhill, TN39 4FA 12pm-1.30pm

The 3rd Wednesday of every month at Halton Heights Independent Living Scheme, Priory Road Hastings TN34 3NP 12pm-1.30pm beginning 19th November.



For everyone age 55+ Contact Cathy Wilson for more information



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

£3 per session Includes free tea and coffee.

- For everyone 55+
- Every Monday 2:30pm- 4pm
- Bexhill Leisure Centre, DownRoad, Bexhill on Sea, TN394HS
- **Every Monday 2pm 3:30pm**
- Freedom Leisure,
 Summerfields, Hastings
- **Cathy Wilson**





Knit and Natter

Enjoy knitting or crochet? Join one of our 2 groups and support 'The Friends of the Conquest'. Items donated to the **Dementia and Premature Baby Wards.** All sessions are free. Wool is provided.



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

Friday Breakfast Club at Evesham **Community Centre**

Pop in for free coffee, tea, juice, croissants, pastries and porridge



Running every week 10am-11.15am - meet new people, catch up with local activities and news



Cathy Wilson



Free NHS flu and COVID-19 vaccinations

Eligible adults are encouraged to come forward to protect themselves and others this winter.

Adults aged 65 and over, people with certain long-term health conditions, care home residents, carers and those living with someone with a weakened immune system will be able to get the flu vaccine.

People aged 75 and over and those who are immunosuppressed will also be able to get their COVID-19 vaccine.

Eligible people are able to <u>book online</u> or through the <u>NHS App</u>. Adults aged 18 and over can <u>book a flu vaccination appointment at a pharmacy</u>,

The NHS App and website can also be used to book COVID-19 vaccinations. Eligible people may also be invited to attend appointments at their GP practice, local pharmacy or care home.





Infinity







