



This Week At Orwell | Friday 7th February 2025

Love To Move - Seated Movement Sessions For Older People | ActivLives

The team at ActivLives are currently running "Love to Move" sessions in Trimley, every Monday, 1:30-3:00pm at Trimley Sports and Social Club, High Road, Trimley St Martin, Felixstowe, IP11 0RJ. At just £6 per session, these classes are specially designed to get older people moving and functioning better. It is a seated movement programme to music that benefits older people and those living with dementia, Parkinson's and other forms of cognitive impairment. The sessions have physical, emotional and cognitive benefits designed to get you moving more and have fun. To get involved, please contact Laura Lopez at laura@activlives.org.uk or call us on 01473 345350.

We Have a Winner! My Orwell Voice Registration Prize Draw

You may remember we recently ran a prize draw from everyone who signed up to My Orwell Voice up until Jan 31st. We are pleased to announce that Sally from Bury St Edmunds was our winner and so wins a £100 Love2Shop voucher! Well done Sally!

Housing Advice Worker Vacancy | Suffolk Refugee Support

The team at Suffolk Refugee Support are currently looking for a Housing Advice Worker to lead on their work providing refugees and asylum seekers in Suffolk with housing-related advice and guidance. The role is 24 hours per week on a permanent contract and the deadline is 25th February 2025 at 12 noon. If you know anyone who might be interested in this role, more information and the recruitment pack can be found [by clicking here](#).

This Week's Kind Words

This week we have kind words from our customers which celebrate two of our colleagues in our ORS team here at Orwell. The first is for Mark Marshall: "Operative is the most amazing beautiful soul who shows the upmost respect and professional in every way. You're lucky to have that operative working with you, he is an absolute gold individual". The second is for Ricky Hammett: "The guy who came out is always helpful, informative on what he has to do and always tries to make it satisfactory, you feel confident in saying you're not happy. If you want a chat, he'll chat away but leave you to it if not. I find him very accommodating and thorough, taking pride in what he does".