

S. U. News

The newsletter for Ealing Service Users

This is a short newsletter to remind Service users of events that are happening soon, very soon in the case of the theatre trip. There won't be any more newsletters until August, by which time everyone we should all have recovered from the World Cup.

Free summer outdoor activities

Adult activity sessions in parks

Enjoy exercising in the great outdoors with like-minded people this summer – join in a group exercise class, involving gentle keep fit exercises and stretches. Learn more about how to exercise safely in our parks. Just turn up and join in everyday, same place same time.

Activities are taking place in Spikes Bridge Park, Southall Park, Southall Recreation Ground, Radcliffe Way, Northolt, Ravenor Park, North Acton Playing Fields and Acton Park times and activities vary, see website <http://www.ealing.gov.uk/getactive> and Social Club notice boards for details.

RISE is moving buildings and need your help.

Please come along to chat about how you want your new service to look - colour schemes etc. Monday 14th July at 3pm at 131 Social Club

Service User Voice

The monthly Service User meeting for all Ealing RISE Service Users is held at the Social Café on the 2nd Tuesday of each month 2-30pm to 3-30pm (£5 voucher for attendees).

The next three dates for your diaries are:

- 12th August
- 9th September
- 14th October

Free Social Activities

11th July - 7:45 pm Questors Theatre
Blue stockings by Jessica Swale

Call Sean Kelly TODAY! on 07858400543 for more details, to book a place and to get confirmation of dates and times.

Thought for the week!

You can't always get what you want.
But if you try sometimes,
You just might find,
You get what you need

Jagger, Richards

Courtesy of Steve Mc George

Ealing Service Users Newsletter

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