



RIVERSIDE ACTIVE LIVES

Promoting independence for people with physical and sensory disabilities



Who we are.

The Riverside Active Lives

Network is a Gravesend based user-led charity for adults with Physical and sensory disabilities, Promoting independence through our activity focused day centre.



Where we are.

We are located at the Riverside

Community Centre, Gravesend, in which we hire a number of rooms from 9.30am to 3.00pm Tuesdays and Wednesdays and is fully

wheelchair accessible.



Who can join.

We cater for all physical disabilities and

cover a wide age range. The users at Riverside Active Lives Network do a wide range of activities in which the users are encouraged to set up and do themselves or with support from staff or other users.



What we offer.

The activities we offer are jewellery making, painting, computing, trips out, bingo, quiz, boccia and social events. Also Person Centred Counselling.



Refreshments. Users can make tea or coffee for £1 per day. Users can bring their own lunch or buy hot and cold food at the Riverside Community Centre.

How to pay. Users who get direct payments can use their Kent card to pay for this service.

Facilities. We have three wheelchair accessible minibuses, which are used for transporting members to and from the centre. They are also used for trips out. The Riverside centre has one large disabled toilet with two smaller disabled toilets. It also has two disabled parking bays and has plenty of car parking space.



Contact us. If you're reading this and thinking this could be for you, please contact us at with the following:- Address to the Riverside Active Lives Network, Riverside Community Resource Centre, Dickens Road, Gravesend, Kent, DA12 2JY

You can phone on 01474 354329

Email us at riverside.activelives@aol.co.uk

Online at riverside-activelives.org.uk

RALN charity registration no. 1158529.