



Have a think.

If you're reading this flyer and thinking this could be for you or know someone who could benefit from this service, please contact us.



Contact us.

Write to the:
Riverside Active Lives Network,
Riverside Community Resource
Centre, Dickens Road, Gravesend,
Kent, DA12 2JY

Office phone on 01474 354329
Monday - Friday 8.30am - 5pm

Email at
riverside.activelives@aol.co.uk
Online at
riverside-activelives.org.uk

[Virginmoneygiving.com/
fund/riversideactivelivesnetwork](http://Virginmoneygiving.com/fund/riversideactivelivesnetwork)

RALN charity registration no.
1158529.

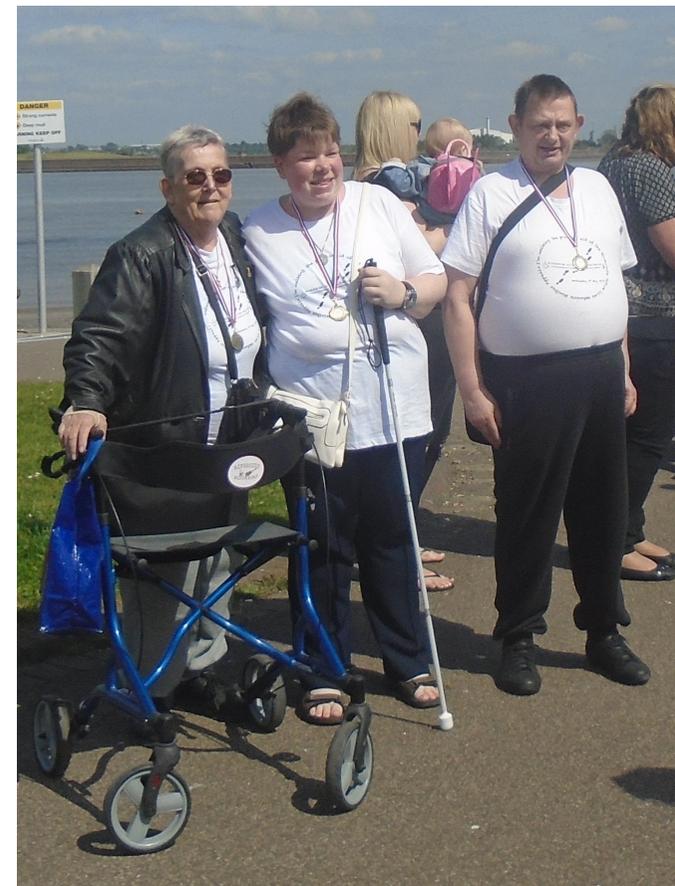


This flyer was made by Paul and Anne Kitchener (pictured above) husband and wife and members of the group.



RIVERSIDE ACTIVE LIVES NETWORK

Promoting independence
for people with physical
and sensory disabilities



A group for adults members
with physical and
sensory disabilities,
run by the members,
for the members.

Map.



Made in April 2019.



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, swimming, gym and social events.



Also Personal 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.

