



# RIVERSIDE ACTIVE LIVES NETWORK

Promoting independence for people with physical and sensory disabilities

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RALN charity registration no. 1158229

## SUMMER CATCH UP

Hi everyone

Our summer break is upon us and I really don't know where the first 7 months of 2015 have disappeared to. We seem to have crammed so many things in and I hope that you all have enjoyed yourselves. I am sure that there will be many more trips and activities in the run up to Christmas too, (please keep the ideas coming in to Vanessa and Sharon) not least our first group holiday in October, which so many of you are looking forward to.

Just a couple of quick reminders, firstly our last day before our break is Wednesday 29<sup>th</sup> July and our first day back is Tuesday 18<sup>th</sup> August.

Secondly, Paul Kitchener's brother Gary has recently completed an epic cycle ride from Lands End to John o Groats, all uphill!, to raise money for your outings fund. On behalf of us all, thanks so much Gary and I will get Paul to supply you with a case of beer in recognition of what you have done for us. Gary has currently raised in excess of £420.00 and for those of you who have sponsored him or have sponsorship forms to return, could we please request that these are returned to Paul and Anne as soon as possible, together with any money that you have collected.

Please continue to keep up to date with what's going on by logging into our website [www.riverside-activelives.org.uk](http://www.riverside-activelives.org.uk), which Paul and Anne regularly update with news and photographs.

On behalf of all the staff, have a great, safe break and we look forward to seeing you all again on Tuesday 18<sup>th</sup> August.

Take care

Vanessa, the two Carole's, Gary, Mike, Denese & Vince