

# Get Help to Get Active



Classes and activities in the  
Babergh area

Active  
wellbeing



One  
Life  
Suffolk



# Get Help to Get Active

We offer specific support to **help physically inactive adults** with long-term health conditions\* to become more active.

Our **FREE** Active Wellbeing programme offers **12 months** of tailored support which can improve your general wellbeing and enhance your quality of life.

“I think it’s a **great service** to get more people physically active as the benefits that I’ve experienced are **amazing!**”

## \* Eligible health conditions

- Cardiovascular disease
- Type 2 diabetes
- Cancer or have been treated for cancer



[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

If you're aged 16 and over **CALL US NOW** to find out how we can help you!

**01473 718193**

## Specific Activities for Cancer Clients

### Cancer rehab 5.60 gentle exercise

Exercise for clients receiving neoadjuvant and adjuvant cancer treatment (post/pre-treatment). The programme provides education and support. Tuesday 7.30-8.15pm at Sudbury Sports Centre, CO10 1NW .

 Janine Potter 07949098926

## Specific Activities for Cardiac Clients

### Cardiac Exercise 3

Professional cardiac and exercise support set up by ex-cardiac patients. Mixture of aerobics, chair exercises and circuits. Education and social. Families and carers welcome. Tuesdays at Old School Community Centre, Long Melford, CO10 9DX. 9.15am —11.30am (9.45- 10.30am for gentle session, 10.30-11.30am for slightly more active).

 Maureen Cooling 01787 211822

### Cardiac Exercise 6

Small group cardiac rehabilitation class on Tuesdays at Sudbury Sports Centre, CO10 INW 6.30-7.30pm.

 Janine Potter 07949 098926

## General Activities Suitable for all Clients

### Aqua Aerobics

£ 5-6

A low impact, but powerful exercise to music class, using the water and equipment to create both resistance and support.

- Kingfisher Leisure Centre, Sudbury, CO10 2SU on Mondays 9.30-10.15am and 10.15 -11am, Tuesdays 8-8.45pm and Wednesdays 10.45-11.30am. Joe Harvey 01787 375656.
- Hadleigh Pool and Leisure Centre, IP7 5BH on Wednesday 8.30-9.15am, Thursday 9-9.45am and 7.30-8.15pm. Joe Harvey 01787 375656.

### Body Balance

£ 6

Combines traditional disciplines, like yoga & tai chi with popular new methods such as pilates. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

- Kingfisher Leisure Centre, Sudbury, CO10 2SU on Tuesdays 11-12 noon, Wednesdays 8-9pm, Fridays 11-12 noon and Saturdays 10.30-11.30am. Joe Harvey 01787 375656.
- Hadleigh Pool and Leisure Centre, IP7 5BH on Mondays 10.30-11.30am and 7.30-8.30pm, Wednesdays 10.30-11.30am. Joe Harvey 01787 375656.
- Sudbury Sports Centre, CO10 INW on Thursdays 6.15-7pm. Joe Harvey 01787 375656.

## **Bowls – Just Bowl**      £      4-5

Just Bowl is a modified version of Bowls, aimed to be fun and sociable and not as physically demanding as the traditional Bowls game. Hundon Village Hall, CO10 8EE on Tuesdays 3.30-5pm.

 Jan McLardy 01440 786369

## **Boxercise**      £      4-5


Clients work at own ability, small class size (normally 10 - max 14/15), very sociable, low pressure, can adapt for wheelchair users. More vigorous than Chris's other classes so won't suit all. Ansell Centre, Hadleigh, IP7 5DL on Wednesdays 7.30-8.30pm and East Bergholt Primary School, CO7 6SW on Thursdays 7-8pm.

 Chris Tyrrell 07738476694

## **Circuits - gentle**      £      4-5

Fun, social and enjoyable classes designed to make everyday life easier. Can be chair-based.

 Peninsula Sports Centre, Holbrook, IP9 2QX on Mondays 10-11am. Joe Harvey 01787 375656.

 East Bergholt Primary School, CO7 6SW on Wednesdays 6.15-7pm. Chris Tyrrell 07738476694.




## **Dancing for Fun**      £      2-3

Beginners always welcome, come and have fun! Nayland Village Hall, CO6 4JH on Wednesdays 10-11am.

 Janet 07506350455

## **Exercise Class/Keep Fit – low impact** **3-7**

Low impact group exercise aerobic class, toning.

-  East Bergholt Primary School, CO7 6SW on Mondays 7-8pm. Chris Tyrrell 07738476694.
-  Nedging with Naughton Village Hall, IP7 7BS on Mondays 1.30-2.30pm. Jack Cardy 07738536769.
-  The Spinny, Boxford, IP14 1BE on Fridays 9.15-10.15am. Maureen Cooling 01787 211822. Also suitable for cardiac clients.




## **Exercise Referral Scheme** **2-5 per session**

The scheme aims to provide physical activity for members of the public with health issues over a 12 week period. Throughout the scheme you will have access to support, expert advice and help to increase your activity and health & wellbeing. Participants have a choice of classes and gym-based exercise at Kingfisher Leisure Centre, Sudbury Sports Centre and Hadleigh Pool and Leisure. Contact Joe on the contact number below for further information on how to be referred.

-  Joe Harvey 01787 375656

## **Nordic Walking** **20-45 for 4-5 weeks**

A fun walking workout using poles, working 90% of our muscles. Poles are provided free of charge. Regular beginners classes and ongoing classes are held throughout the area:

-  Newton Green Village Hall, CO10 0QS on Tuesdays 6.30-7.30pm. Mary Baker 07730421212.
-  Polstead Village Hall, CO6 5AL on Wednesdays 10-11am Mary Baker 07730421212.
-  Clare Country Park, CO10 8NW on Mondays 9-10am (10.15am walk for experienced walkers) and Fridays 9am. Mary Tweed 07931 580 648.

## Otago

£ 2-5

Chair based small group exercise to prevent falls and injuries.

- Ⓒ Kingfisher Leisure Centre, Sudbury, CO10 2SU on Fridays 12.15-1.30pm. Joe Harvey 01787 375656
- Ⓒ Hadleigh Pool and Leisure Centre, IP7 5BH on Tuesdays 1.30-2.30pm. Ginny Knox 07768638993
- Ⓒ Playford Court, Sudbury, CO10 1JG on Wednesdays 10.30-11.30am. Sam Cross [samcross1965@gmail.com](mailto:samcross1965@gmail.com)
- Ⓒ Stutton Community Centre, IP9 2TA on Thursdays 9.45-10.45am. Kim Bilner 07740 426112
- Ⓒ Lavenham Village Hall, CO10 9QT on Thursdays 1-2pm. Ginny Knox 07768638993
- Ⓒ Hintlesham Community Centre, IP8 3PS on Mondays 10.30-11.30am. Ginny Knox 07768638993
- Ⓒ Lawshall Village Hall, IP29 4PN on Wednesdays 10-11am. Ginny Knox 07768638993.
- Ⓒ Lambe School, East Berholt, CO7 6SD on Mondays 2.15-3.15pm. Ginny Knox 07768638993.
- Ⓒ Boxford Village Hall, CO10 5NP (can be chair-based) on Tuesdays 10.30-11.30am. Sam Cross [samcross1965@gmail.com](mailto:samcross1965@gmail.com)
- Ⓒ Great Waldingfield Village Hall, CO10 0SE on Thursdays 10am-11am. Pat Turner 07961 830692
- Ⓒ Shimpling Village Hall, CO10 9BT on Tuesdays 2-3pm. Ramona Bryson 07878324745
- Ⓒ Steeds Meadow Sheltered Housing, Long Melford, CO10 9EB on Tuesdays 2-3pm. Sam Cross [samcross1965@gmail.com](mailto:samcross1965@gmail.com)



## Pilates

£ 5-10

A system of physical conditioning involving low impact exercises and stretches, sometimes performed on specialist equipment.

- C** Kingfisher Leisure Centre, Sudbury, CO10 2SU. Mondays 12-1pm, Wednesdays 12.30-13.30pm and Thursdays 12-1pm. Joe Harvey 01787 375656.
- C** Hadleigh Pool and Leisure Centre, IP7 5BH, Tuesdays 12.15-1.15pm, Fridays 11.15-12.15pm. Joe Harvey 01787 375656.
- C** Shimpling Village Hall, CO10 9BT (chair-based pilates) on Tuesdays 2-3pm. Ramona Bryson 07878324745
- C** Polstead Village Hall, CO6 5AL on Tuesdays 9.30-10.30 and 10.30-11.30am. Jeanette Mayes 07549524447
- C** Nedging with Naughton Village Hall, IP7 7BS on Wednesdays 6-7 pm. Jeanette Mayes 07549524447.
- C** Hadleigh Business Centre, IP7 6RH on Wednesdays 6.30-7.30pm. Jean Young 07976 573161
- C** Long Melford Primary School, CO10 9ED on Tuesdays 7.30-8.30pm. Fi Palmer 07767384983
- C** Hadleigh Library, IP7 5AG on Mondays 6-7pm and 7-8pm. Jeanette Mayes 07549524447.
- C** Barking Village Hall, IP6 8HP on Thursdays 1.15 - 2.15pm and 2.30 - 3.30pm. Jeanette Mayes 07549524447.
- C** United Reform Church, Hadleigh, IP7 5DL on Thursdays 9.30- 10.30am (all) and 8.15 - 9.15am (men only). Jeanette Mayes 07549524447.

## Ping-Pong

£ 2

A social class for all ages and abilities to get people playing Ping Pong as part of our Health and Wellbeing Programme. You don't need a partner, just turn and play. Hadleigh Pool and Leisure Centre, IP7 5BH on Wednesdays 10-11am.

- C** Joe Harvey 01787 375656.

## Sailing

£ 7 plus £1 annual membership fee

Come and try sailing with the Woolverstone Project. Specially adapted boats for people with disabilities and limited mobility. Fully supervised and supported in the boats, until/if the person wants to try it alone. Alton Water, Stutton, IP9 2RY on Mondays 10am-1pm. Pop down to have a look and see if it's for you.

Ⓒ Peter Hibberd [web@woolverstoneproject.org.uk](mailto:web@woolverstoneproject.org.uk)  
<http://www.woolverstoneproject.org.uk/>

## Swimming

£ 3-5

General sessions at Kingfisher Leisure Centre and Hadleigh Pool and Leisure Centre, 7 days per week. iCANSwim sessions are held at Kingfisher Leisure Centre (Monday 11-12 noon) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas.

Ⓒ Kingfisher Leisure Centre, Sudbury, CO10 2SU. Joe Harvey 01787 375656.

Ⓒ Hadleigh Pool and Leisure Centre, IP7 5BH. Joe Harvey 01787 375656.

## Together Tuesdays

£ 2

Welcome people with dementia and their family and friends. Meet and socialise. Sessions include singing, activities, Otago and more. Tuesdays 2-4pm at Hadleigh Pool and Leisure Centre, IP7 5BH.

Ⓒ Joe Harvey 01787 375656.

## Volunteering

£ Free

Volunteering can be a great way to get more active. There are hundreds of opportunities across Suffolk for you to get involved in. Check out the website below (please be aware that these activities are not checked by the Active Wellbeing Team).

Ⓒ <http://volunteersuffolk.org.uk/> or call Community Action Suffolk on 01473 345400

## Walking

£ Free

Stepping Out in Suffolk provide short, free Health Walks which take between 30-90 minutes. These are guided, fun, sociable sessions and there are many Health Walks in the local area on different days and times. Contact OneLife for the latest list (renewed quarterly).

Ⓒ OneLife Suffolk 01473 718193

## Walking Football – over 50s

£ 4

Walking Football is a slow-paced version of the beautiful game primarily aimed at the over 50s. Walking Football is designed to help people keep an active lifestyle irrespective of their age, as well as getting those back playing football who perhaps had to stop due to injuries. It's a great way to keep fit, learn skills, have fun and socialise all at the same time!

Ⓒ Hadleigh High Leisure Centre, IP7 5BH on Mondays 6-7pm. Rob Harvey 01473 823470

Ⓒ The Wardale Williams Stadium, Sudbury, CO10 7HN on Mondays 6-7 pm and Tuesdays 2-3pm. Craig Power 01787 376213.

## Yoga

£ 4-10

Improves overall health and wellbeing, focus on stretching, flexibility and building strength.

- Kingfisher Leisure Centre, Sudbury, CO10 2SU on Mondays and Thursdays 1.30-2.30pm (yoga adapted for chair-based clients to prevent falls), Thursdays 8-9pm and Sunday 10.30-11.30am for non-chair based yoga. Joe Harvey 01787 375656.
- Sudbury Sports Centre, CO10 1NW on Wednesdays 6.30-7.30pm. Joe Harvey 01787 375656.
- Hadleigh Pool and Leisure Centre, IP7 5BH on Wednesdays 7-8pm and Sundays 9.30-10.30am. Tuesdays 6.45-7.45pm for beginners yoga. Joe Harvey 01787 375656.
- Hadleigh Business Centre, IP7 6RH on Wednesday 6-7 pm (can be mixed with pilates, whichever is best for the individual). Jean Young 07976 573161.
- Boxford Village Hall, CO10 5NP on Fridays 11-12 noon (men only and chair-based) and Thursdays 9-10am, 10.15-11.15am and 5.45-6.45pm (gentle yoga for all) Marianne Marshall 01787 210323
- Stoke-by-Nayland Village Hall, CO6 4JH on Tuesdays 10-11.15am. Marianne Marshall 01787 210323
- The Granary, Sudbury, CO10 2AN on Thursdays 11.45-1.15pm and 1.30-3pm. Jan Spencer 07747 692377
- Lavenham Village Hall, CO10 9QT on Fridays 11.45-1.15pm. Linda Leighton 01206 263250
- Newton Green Village Hall, CO10 0QS on Mondays 9.30-11am. Sophia Howard 01787 313662
- Assington Village Hall, CO10 5LW on Wednesdays and Thursdays 7.30-9pm Sophia Howard 01787 313662
- Hintlesham Community Centre, IP8 3PS on Thursdays 2-3pm. Faye Cullinane 07398201117

## Zumba Gold

£ 5-6

Active older adults who are looking for a modified Zumba® dance class that recreates the original latin moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance, with lots of music!

- C Kingfisher Leisure Centre, Sudbury, CO10 2SU on Tuesdays 10-11am and Thursdays 11-12 noon. Joe Harvey 01787 375656.
- C Hadleigh Pool and Leisure Centre, IP7 5BH on Wednesdays 9.30-10.30am. Joe Harvey 01787 375656.
- C Elmsett Methodist Church, IP7 6ND on Wednesdays 11.15-12.30pm. Sarah Laflin 07979496494

## Physical Activities

All the activities in this booklet have been checked and are appropriate for clients but are also just suggestions.

Classes can also change frequently, so please contact the venue/instructor listed prior to attending. They will also undertake a health questionnaire with you before you start.

There are plenty of other classes or activities locally you might want to try. To find an activity or class near you, please contact the friendly Active Wellbeing Team on the details below and we will help:



Annie Groves, Ben Jackson, Nick Pringle, Janet Lawrence

**Annie Groves**

**Active Wellbeing Activities Officer**

**[annie.groves@onelifesuffolk.co.uk](mailto:annie.groves@onelifesuffolk.co.uk)**

**07557 633824**

**[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk) and**

**[www.suffolksport.com/activewellbeing](http://www.suffolksport.com/activewellbeing)**