

Get Help to Get Active



Classes and activities in the
Ipswich 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

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

Fun Fit Friday

£ 4

Gentle exercise class for cancer patients at Ipswich Hospital on Fridays at 4.45-5.15pm (beginners) and 5.15-6.15pm (advanced, the beginners class must be attended first).

 John Le Vay Cancer Information Centre 01473 715748

Breast Cancer

£ 6

Rehab Class

Gentle class for women recovering from breast cancer on Fridays 12.30 – 1.30pm (beginners) and 1.45 – 2.45pm (advanced, the beginners class must be attended first) at Ipswich Sports Club, IPI 4NJ.

 John Le Vay Cancer Information Centre 01473 715748

Cancer Swimming

£ 4

Group

Open to all undergoing or completed treatment. Caters for all abilities, very relaxed. Tuesdays 3-4pm at Fore St Swimming Pool, Ipswich, IP4 1JZ.

 John Le Vay Cancer Information Centre 01473 715748

Prostate Cancer

£ 6

Rehab Class

Gentle class for men recovering from prostate cancer on Wednesdays 12-1pm and 1.15 - 2.15pm at Bluebird Lodge, IP3 9GJ. Also a follow-on course available via the instructor.

 John Le Vay Cancer Information Centre 01473 715748

Specific Activities for Cardiac Clients

Cardiac Exercise 4-6

Sociable group cardiac rehabilitation classes at Chantry Sports Centre, Ipswich, IP2 9ER on Mondays 6.00-7.15pm and Saturdays 9.15-10.45am.

 Ali Cuckow 07740 151150

Cardiac Exercise 6-7

Sociable group cardiac rehabilitation class at All Hallows' Church Hall, Ipswich, IP3 0EN on Thursdays 7.30-9pm.

 Ali Cuckow 07740 151150

General Activities Suitable for all Clients

Aqua 4-6

Aerobics/Blast/ Fit/Deep/Latino

Held in shallow water and suitable for all abilities.



Crown Pools, Ipswich, IPI 3JA 01473 433655 (many classes throughout the week at different times)



Spirit Health Club (Holiday Inn Copdock), IP2 0UA 01473 680653 on Mondays 7.30 – 8pm, Tuesdays 10.30 - 11am, Wednesdays 7.45 - 8.30pm, Thursdays 11.15-12 noon.

Badminton 3

Friendly and informal. Targetted at over 45s. Beginners welcome. Tuesdays 2-3.30pm at Whitton Sports and Community Centre, IPI 6LW.



ActivLives 01473 345350

Boccia and Kurling 2-4

Boccia can be played by individuals, pairs, or teams of three. All events are mixed gender. The aim of the game is to throw leather balls — coloured red or blue (which side uses which is determined by a coin toss) as close as they can to a white target ball, or jack. Many sessions throughout Ipswich on various days and times.



ActivLives 01473 345350

Bowls - indoor

£ 2.50

Friendly and informal. Targetted at over 45s. Beginners welcome. Tuesdays 10.45 – 12.45pm at Gainsborough Sports & Community Centre, Ipswich, IP3 0SP.

Ⓒ ActivLives 01473 345350

Box Fit

£ 6

Not as tough as you might think! This class is suitable for any fitness levels, with no gloves used. Tuesdays 7-8pm.

Ⓒ Northgate Sports Centre, IP4 3DJ. 01473 433611

Dance

£ 2-3

A fun way to maintain and improve mobility, balance, fitness and muscle tone within a friendly group.

Ⓒ ActivLives 01473 345350 (Thursdays 12-1pm at The Meeting Place, Ipswich, IP1 5LR and Thursdays 10-11am at the California Social Club, IP3 8LB)

Ⓒ Silvia Finbow 01473433644 (Monday 2-4pm at Gainsborough Sports & Community Centre, IP3 0SP)


Exercise Class/Keep 2-6 Fit – low impact

Sociable, gentle classes.

-  Northgate Sports Centre, IP4 3DJ 01473 433611 (Mondays 3.30-4.40pm)
-  Maidenhall Sports and Community Centre, IP2 8NZ 01473 433622 (Fridays 11am – 12 noon)
-  Gainsborough Sports & Community Centre, IP3 0SP 01473 433644 (Wednesday 2-3pm)
-  Foxhall Community Centre, IP3 8LU (Wednesday 10-11.15am) with Jane Chapman 07860 824747
-  Whitton Sports & Community Centre, IP1 6LW 01473 433633, (Mondays 2-3pm)



Legs, Bums and Tums 6

A complete lower body workout for all those problem areas.

-  Northgate Sports Centre, IP4 3DJ. 01473 433611 (Mondays, Tuesdays, Thursdays 6-7pm)

Otago/Better Balance 3- 5

Reduce the risk of falling, fracturing, improve health and wellbeing with these clinically proven gentle chair-based exercises, in a sociable and fun environment. Monday 11-12.30pm at Chantry Library, Ipswich, IP2 0QY, Tuesday 10.30-11.30am at St Mary at Stoke Church Hall, IP2 8DA, Thursday 10.30am - 12noon at All Hallows Court, IP3 0EH and Friday 10.30am – 12 noon at Dundee House, IP4 3HT.

-  ActivLives 01473 345350
-  Also Alnesbourne Priory IP10 0JT – once per month, date varies. Zoe George 07931 546858

Pilates

£ 5 - 6

A system of physical conditioning involving low impact exercises and stretches. Improve core strength and muscle tone. Plenty of classes on different days and times available e.g.

- Ⓒ Gainsborough Sports & Community Centre, IP3 0SP 01473433644 (Tuesdays, Wednesdays and Fridays various times)
- Ⓒ Whitton Sports & Community Centre, IPI 6LW 01473 433633, (Mondays, Tuesdays, Wednesdays, Thursdays, various times)
- Ⓒ Maidenhall Sports and Community Centre, IP2 8NZ 01473 433622 (Mondays and Wednesdays, various times)
- Ⓒ Spirit Health Club (Holiday Inn Copdock), IP2 0UA 01473 680653 on Wednesdays 6-7pm and 7-8pm.

Swimming

£ 3-6

General sessions at the pools below 7 days per week. iCANswim sessions are held at Crown Pools (Thursday, 10am—11.30am) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas.

- Ⓒ Crown Pools, IPI 3JA 01473 433655
- Ⓒ Fore Street Swimming Pool, IP4 1JZ 01473 433668
- Ⓒ 1st Strokes Swim School, Ipswich, IP8 3AS 0845 838 8956
- Ⓒ Spirit Health Club (Holiday Inn Copdock), IP2 0UA 01473 680653

Table Tennis and Short Tennis

£ 3

Informal, fun sessions, suitable for beginners. Wednesdays 10.30-12 noon at Gainsborough Sports Centre Ipswich, IP3 0SP.

- Ⓒ ActivLives 01473 345350

Tennis – ladies only 7.50

A coached session for all abilities. Tuesdays 6.30 – 7.30pm.

 Northgate Sports Centre, IP4 3DJ 01473 433611


Trampolining – 6 adults only

Come and give it a bounce! Great for improving overall fitness. Tuesdays 10.30 - 11.30am and 6.30 - 7.30pm

 Gainsborough Sports & Community Centre, IP3 0SP. 01473 433644 .

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). Other local providers are also listed below:

 OneLife Suffolk 01473 718193

 Walk with a Physio at Riverside Clinic, Ipswich, IP3 0AZ on Wednesdays 12.30-13.30pm. Frankie or Emily 0333 043 3966 (use local Ipswich parks).

 ActivLives Walks at Christchurch Park, Ipswich, IP4 2BG every other Monday 11am – 12 noon. Julie 07810801316

Walking Football – £ 3-4 over 50s

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!

- Whitton Sports & Community Centre, IPI 6LW on Fridays 2-3.30pm and Gainsborough Sports & Community Centre, IP3 0SP on Thursdays 3-4pm. Mike McCarthy, ActivLives 01473 345350
- Westbourne Academy, IPI 5JN on Tuesdays 7-8pm Richard Fenn 07802 722341

Yoga - gentle £ 3-9 classes

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

- Ipswich Hospital (Outpatients Physiotherapy Gym), IP4 5PD on Tuesday 6-7.15pm. Caroline Glason 01473 464204 /07746 860380.
- Gainsborough Sports & Community Centre, IP3 0SP. Sessions on Mondays (8-9pm), Tuesdays (7.30-8.30pm), Wednesdays (6.30-7.30pm) and Sundays (9.15-10.15am) Guy Eves 01473 433644
- St Albans High School, IP4 3NJ on Wednesdays 7.30-8.45pm. Caroline Glason 01473 464204 /07746 860380.
- Whitton Sports & Community Centre, IPI 6LW on Wednesdays 8.15-9.15pm. Guy Eves 01473 433633.
- Castle Hill Community Centre, IPI 6DG on Mondays 9.45 – 10.45am (Sarah Moss, 07796 198620) and Thursdays 6.15-7.30pm and 7.45 - 9pm (Caroline Glason 01473 464204 /07746 860380)
- Alan Road Methodist Church, IP3 8EZ on Mondays 6.45-7.45 pm and Fridays 12-1pm. Sarah Moss 07796 198620
- Sidegate Lane Community Centre, IP4 4HZ on Mondays and Thursdays 10-11am. Manon Palmieri 07773 456078.

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

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07557 633824

www.onelifesuffolk.co.uk and

www.suffolksport.com/activewellbeing