

Get Help to Get Active



Classes and activities in the
St Edmundsbury 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 West Suffolk Hospital on Fridays at 2.30-3.30pm.

 John Le Vay Cancer Information Centre 01473 715748

Pink Ribbon Pilates

£ 9

Gentle class for women with breast cancer at Bury Physio clinic, IP33 2AB. All exercises can be adapted. 40 minute class with socialising before and after. Tuesdays 11.30am — 12.30pm.

 Anna Clayton 01284 748200

Cancer Swimming Group

£ 3.50

Open to all undergoing or completed treatment. Caters for all abilities, very relaxed, gentle, social. Wednesdays 12 noon—1pm at Bury St Edmunds Leisure Centre, IP33 3YE.

 Macmillan Cancer and Support Information Centre 01284 713023

Yoga—Living with Cancer

£ 5.50

A gentle movement class focussing on breathing with some guided meditation (and strengthening where appropriate). Thursday 11.30am—1pm at the Self Centre, BSE, IP32 7AR.

 Bindi Edwards 07798 918852

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. Mondays, Wednesdays and Fridays at New Bury Community Centre, Bury St Edmunds, IP32 6RW. 9.15am —12.30pm.

 Sylvia Baker 01449 774333

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Cardiac Exercise


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. Fridays at Sexton Manor Primary School, Bury St Edmunds, IP33 3AH on Fridays 6.45-8.15pm.

 Sylvia Baker 01449 774333

General Activities Suitable for all Clients

Aerobics—low impact £ 3.40

A gentle low impact aerobic exercise class, combining functional strength, flexibility, balance work and suppleness exercises. At Bury St Edmunds Leisure Centre, IP32 6RW on Mondays and Thursdays 2-3pm.

 Jackie Chubb 01284 757481

Aqua Aerobics—low impact £ 4-6

A gentle water workout particularly suitable for those who have joint or balance problems. Available at Bury St Edmunds, and Haverhill Leisure Centres. Mondays to Thursdays, various times.

 Bury St Edmunds Leisure Centre, IP32 6RW Jackie Chubb 01284 757481

 Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765156

Exercise Class (falls prevention) £ 6

This class aims to increase strength, flexibility and core strength to help prevent falls, increase mobility and in case of falling, enables people to get up again. It is low impact, at least half the class is done sitting down and the rest involves static upright exercises and some walking/stepping. Moreton Hall Health Club, IP32 7BL on Mondays 1-2pm.

 Sara Clarke 07807 803603

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. Contact the Exercise Referrals Co-ordinators on the contact numbers below for further information on how to be referred.

- C Bury St Edmunds Leisure Centre, IP32 6RW Jackie Chubb 01284 757481
- C Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765156

Keep Active 55+ £ 4

Gentle exercise class at Haverhill Leisure Centre for the over 55s on Mondays, Wednesdays and Thursdays 10-11am.

- C Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765156

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:

- C West Stow Country Park IP28 6HG, Ickworth National Trust P29 5QE, Moreton Hall IP32 7EW (Lawson Place)
Kevin Marshall 07955495016 or 01284 716483
- C Nowton Park IP29 5BD, Risby Village Hall IP28 6RT, Moreton Hall IP32 7GY (Greenwood Court), Bradfield Woods IP30 0AQ.
Katharine Green 07789 872435

Otago

£ 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.

- C Sam Reid 07850 207365 (Wickhambrook Pavillion, CB8 8XR Tuesday 10.30-11.30am and Bury St Edmunds, various times and days)
- C Lesley Williams 01359 221583 (Pakenham Village Hall, IP31 2JU Wednesday 10.30-11.30am)
- C Carol Clerkin 01787 278631 (Clare Social Club, CO10 8NJ, Tuesday 9.30-10.30 and Chedburgh Village Hall, IP29 4UL Tuesday 11.45-12.45)
- C Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765156 (Monday 2-3pm) – Strength and Balance for 50+
- C Ginny Knox, 07768638993 (Woolpit Village Hall, IP30 9QX on 11:30-12:15pm)

Pilates

£ 5-10

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.

- C Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765156 (Mondays, Tuesdays, Wednesdays and Fridays)
- C Ramona Bryson 07878324745 (The Erskine Centre, Chedburgh, IP29 4UL on Monday 1-2pm)
- C Rachel Marsh 07753 250650 (Troston Village Hall, IP31 1EW on Tuesday 10-11am)
- C Bury St Edmunds Leisure Centre, IP32 6RW Jackie Chubb 01284 757481 (Mondays and Wednesdays)
- C Catherine McLellan 07951 019456 (Stanton Village Hall, IP31 2BX on Monday 9.30-10.30 and 10.45-11.45am, Neutral Pilates Studio, BSE, IP32 7AB on Thursday 10.15-11.15am)

Powerplate - Mobility Class

£ 3.20

Vibration training increases muscle and bone density and can relieve pain and develop strength and balance. Fridays 11.30 – 12 noon.

Ⓒ Bury St Edmunds Leisure Centre, IP32 6RW Jackie Chubb 01284 757481

Swimming

£ 2-4

General sessions at Haverhill and Bury St Edmunds Leisure Centres, and Moreton Hall Health Club 7 days per week. iCANSwim sessions are held at BSE (Friday, 10am—12noon) and Haverhill Leisure Centres (Tuesday, 11am—12 noon) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas and a qualified swimming instructor (BSE).

Ⓒ Bury St Edmunds Leisure Centre, IP32 6RW Jackie Chubb 01284 757481

Ⓒ Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765156

Ⓒ Moreton Hall Health Club, IP32 7BL 01284 704232

Tai Chi

£ 4.65

An ancient Chinese tradition that is performed in a gentle, slow, focused manner with a focus on improving leg strength, balance and stability. Tuesdays at 9.35-10.35am.

Ⓒ Bury St Edmunds Leisure Centre, IP32 6RW Jackie Chubb 01284 757481

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

£ 2

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! Walsham-le-Willows Football Club, IP31 3AH on Mondays 8-9pm, Tuesdays 2-3pm and Thursdays 2-3pm.

Ⓒ Mike Powles 07971 613933


Walking Netball 3-4


Walking Netball is a low impact, slowed down version of netball with no running or jumping allowed. All the groups are led by a knowledgeable Level 2 coach and cater for all abilities, fitness, health, size and shape. Moreton Hall Health Club, IP32 7BL on Thursday 10-11am.

 Chloe Anderson 07540 126597

Yoga - gentle 5-7 classes

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

 Bury St Edmunds Leisure Centre, IP32 6RW Jackie Chubb 01284 757481
(Monday 9-10am; Tuesday 6-7pm)


 Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765156 (Monday 6-7pm; Thursday 10.40-11.40am)

Zumba Gold 3-6

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!

Monday 10-10.30am at Oxslip House, Bury St Edmunds, IP32 7RH (seated). Wednesday 11.30-12.30pm at Moreton Hall Health Club, IP32 7BL. Wednesday 6.30-7.15pm at Ixworth Primary School, IP31 2EL. Thursday 11.30-12.15pm at Moreton Hall Health Club, IP32 7BL.

 Marie Denny 01284 741100

 The Boiler House, BSE, IP33 2BA. A structured Hatha Yoga class that incorporates the practice of asana (postures), breathing techniques and meditation. Tuesday 1.45-3.15pm. Bindi Edwards 07798 918852

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

07557 633824

www.onelifesuffolk.co.uk and

www.suffolksport.com/activewellbeing