

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 Swimming 2 Group



Caters for all abilities. Wednesdays 3-4pm and Saturdays 11am – 12 noon at Fore St Swimming Pool, Ipswich, IP4 1JZ.

 Adrian Cole (01473) 602484

General Activities Suitable for all Clients

Aqua 4-6 Aerobics/Blast/ Fit/Deep/Latino/For All

Held in shallow water and suitable for all abilities.

-  Crown Pools, Ipswich, IPI 3JA 01473 433655 on Mondays 12.30-1.15pm, 7.15-8pm and 8-8.45pm (Aqua Fit), Tuesdays 1-1.45pm and 1.45-2.30pm (Aqua Fit), Wednesdays 10.15-11am (Aqua Fit) and 11-11.45am (Aqua Latino), Thursdays 10.15-11am, 7.15-8pm and 8-8.45pm (Aqua Fit), Thursdays 9.30-10.15am (Deep), Friday 9.30-10.15am (Aqua Fit).
-  Spirit Health Club (Holiday Inn Copdock), IP2 0UA 01473 680653 on Mondays 7.30 – 8pm (Aqua Aerobics), Tuesdays 10.30 - 11am (Aqua Aerobics), Wednesdays 7.45 - 8.30pm (Aqua Blast), Thursdays 11.15-12 noon (Aqua for All-ideal for long term conditions).


Badminton 3-4

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

-  ActivLives 01473 345350

Body Balance 5

Combines traditional disciplines, like yoga and 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. Relaxation at the end. Mondays 10.40-11.40am, Tuesdays 7.50-8.50pm, Thursdays 8.10-9.10pm and Fridays 7.30-8.30pm.

-  Ipswich Sports Club, IPI 4NJ. Karen Turmel 07796214652

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. Greenfinch Church Hall, IP2 0SQ on Mondays 1-3pm. St Mary at Stoke Church Hall, IP2 8DA on Tuesdays 2.30-3.30pm. Gainsborough Library, IP3 0RL on Tuesdays 10.30-12 noon. Stratford Court, IP1 6EQ on Wednesdays 1.30-3pm. Manor Ballroom, IP4 2BP on Wednesdays 1.30-2.30pm. Ipswich Labour Club, IP1 1TF on Thursdays 10-12 noon (just Boccia). Chantry Library, IP2 0QY on Thursdays 6-7.30pm (also includes table tennis). Oddfellows Hall, IP1 3QH on Thursdays 10.15-11.45am (Kurling only). Salvation Army Priory Centre, IP3 9EX on Fridays 1.30-3pm. Ipswich County Library, IP1 3DE on Fridays 10am-1pm (Kurling only). The Meeting Place, Limerick Close, IP1 5LR on Thursdays 1.45-3.15pm (with Ping Pong).

 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 OSP)

Exercise Class/Keep Fit/Exercise to Music/Cardio Workout – low impact

£ 2-6

Sociable, gentle classes.

- Northgate Sports Centre, IP4 3DJ 01473 433611 (Mondays 3.30-4.40pm)
- Gainsborough Sports & Community Centre, IP3 OSP 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)
- Ascesion Hall, IP1 6AJ Julia Drewell 01473 620511 (Mondays 11-12 noon)
- Greshams, IP4 3QJ Kay Fletcher 01473 613397 (Mondays 6.15-7.30pm, including a 20 minutes weigh-in if required; Tuesdays 9.30 - 10.45am, including a 20 minute weigh-in if required and Wednesdays 5.45-7.15pm, including a 30 minute weigh-in if required)

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 Greenfinch Church Hall, Ipswich, IP2 0SQ, 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 (for all those above)



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

Pilates

£ 5 - 11

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 9.30-10.15am, 10.30-11.15am and 6.15-7pm , Wednesdays 10.30-11.15am and Fridays 10.30-11.15am)



Whitton Sports & Community Centre, IP1 6LW 01473 433633, (Mondays 7.20 - 8.05pm, Tuesdays 8.15-9pm, Wednesdays 12:30-1.15pm and Thursdays 10.30-11.15am, 5.45 - 6.30pm, 6.30 - 7.15pm, 7.15 - 8pm)



Spirit Health Club (Holiday Inn Copdock), IP2 0UA 01473 680653 on Wednesdays 6-7pm and 7-8pm.



Quaker Meeting House, IP1 3JH, Julia Endacott on 07977 049332. Mondays 12-1pm and 1.15 – 2.15pm. Tuesdays 12.30 - 1.30pm and 1.45- 2.45pm. Thursdays 6.15- 7.15pm, 7.30 -8.30pm and 8.40 - 9.40pm.



Ipswich Sports Club, IP1 4NJ Karen Turmel on 07796214652. Tuesdays 11.15-12 noon, Wednesdays 1.30-2.15pm, Thursdays 5.30-6.15pm and Sundays 11.15-12 noon.

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.

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

Table Tennis and Short Tennis £ 3

Informal, fun sessions, suitable for beginners.

- C ActivLives 01473 345350 on Wednesdays 10.30-12 noon at Gainsborough Sports Centre Ipswich, IP3 0SP.
- C The Dome, 193 Defoe Rd IPI 6SG on Mondays, Wednesdays and Fridays 10am – 12 noon. Colin Watts or Martin Tomes britanniattcipswich@gmail.com

Tennis – ladies/wheelchair users only £ 5-7.50

A coached session for all abilities.

- C Northgate Sports Centre, IP4 3DJ 01473 433611 Tuesdays 6.30 – 7.30pm (ladies only).
- C Ipswich Sports Club, IPI 4NJ on Sundays (fortnightly) 2-4pm. Steve Joint 07919 280330 (wheelchair users only).


Trampolining – 6 adults only

Come and give it a bounce! Great for improving overall fitness. Tuesdays 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.
- Ipswich Sports Club, IPI 4NJ on Fridays 9.35-10.35am. Karen Turmel on 07796214652.

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:



Nick Pringle, Janet Lawrence, Annie Groves, Izzy Rotheron, Ben Jackson

Annie Groves

Active Wellbeing Activities Officer

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07557 633824

www.onelifesuffolk.co.uk and

www.suffolksport.com/activewellbeing