

Get Help to Get Active



Classes and activities in the
Mid Suffolk 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 Cardiac Clients

Cardiac Exercise Free - 6



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.

-  Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 2-3pm, Wednesday 2.30pm-3.30pm and Friday 10.45 – 11.45am.
Becky Cruickshank 01449 674980
-  Redwoods (The Old Library), Stowmarket, IP14 1BE on Friday 1.30-2.30pm.
Maureen Cooling 01787 211822

General Activities Suitable for all Clients

Aqua 4-6 Fit/Aerobics

A fun and invigorating all over body workout in the water designed to effectively burn calories with minimal impact on the body. Great for those who are new or returning to exercise.

-  Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 2-3pm (50+), Tuesday 1-2pm and Thursday 9.10-9.55pm. Becky Cruickshank 01449 674980
-  Stradbroke Leisure Centre, IP21 5JN on Monday 12pm-12.45pm, Tuesday 1.45-2.30pm, Thursday 11- 11.45. Stuart Murdy 01379384376.

Back to Fitness 4

A low level exercise class for those returning to fitness, recovering from illness or who require additional support. Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Thursday 1-2pm.

-  Becky Cruickshank 01449 674980

Balance Class 3

Help with posture and stability. Red Gables Community Centre, Stowmarket, IP14 1BE on Mondays (1st, 2nd and 4th) at 10.00-11am.

-  Lindsay Bennett 01473 345350

Chair-based exercise

£ 1.50 per session

A fun seated exercise class for older people with all conditions. Dove Room, Debenham Church, IP14 6QN on Tuesday 10.30 - 11.30am and Wednesday 2-3pm. Switches every week, starts with 1st Tuesday of the month.

Ⓒ Zoe George 07931 546858

Clubbercise

£ 6

Clubbercise® - simple, fun dance fitness routines using glow sticks to club anthems from 90's classics to the latest chart hits taught in a darkened room with disco lights.

Ⓒ Hartismere High School, Eye, IP23 7BL on Tuesday 8-8.45pm. Eileen Tinney 07813 854255

Exercise to Music for the Disabled

£ 4

Fun, social and enjoyable classes designed to make everyday life easier. Can be chair-based. Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 11.45-12.45pm.

Ⓒ Becky Cruickshank 01449 674980

Exercise Referral Scheme £ From 3.90 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 Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH.

C Becky Cruickshank 01449 674980

Forever Fit £ 6

A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Tuesday 10.30am-12pm, Wednesday 2.30-3.30pm and Friday 10.40 - 11.40am.

C Becky Cruickshank 01449 674980

Keep Fit for the 50+ £ 3-5

Fun, sociable class for older adults who want to keep fit in a group. Stonham Baptist Community Church, IP14 5JT on Monday 10.30 – 11.30am.

C Darren Barnes 07765881191

Legs, Bums and Tums £ 5

A complete lower body workout for all those problem areas, incorporating the use of hand weights, steps, bars and bands. Stradbroke Leisure Centre, IP21 5JN on Wednesday 6.30 - 7.15pm and Thursday 10.30-11.15am (lower impact class)

C Stuart Murdy 01379384376.

New Age Kurling

£ 4


New Age Kurling. Kurling is a form of the original curling game, but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. Eye Town Hall, IP23 7AF on Tuesday 10.30am-12.30pm. Stowmarket Scout Centre, IP14 IEX on Wednesday 10.30am-12.30pm. Debenham Community Centre, IP14 6BL on Thursday 2-4pm.

 Lindsay Bennett 01473 345350

Nordic Walking

£ 21.60 per month


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 at Union Street Car Park, Stowmarket, IP14 IHW on Tuesday 10-11.30am (April - Sept only) and Needham Market Lake, IP6 8NU (last Monday of the month at Gt Finborough School) on Monday 9-10.15am and 10:15 - 12 noon.


 Kevin Marshall 07955495016 or 01284 716483

Otago


£ 2-5


Chair based small group exercise to help prevent falls and injuries.

 Partridge Court, Stowmarket, IP14 IJH on Wednesday 10:45-11:30am. Julie Paul 01449 615594

 Western Court, Stowmarket, IP14 ISL on Wednesday 3-3.45pm. Julie Paul 01449 615594

 Rickinghall Village Hall, IP22 IEZ on Friday 10-11am. Lesley Williams 01359 221583

 Farnish House, Botesdale, IP22 IDF on Tuesday 1-2pm. Corrine Sheard 0798 556 878

 Rattlesden Village Hall, IP30 ORJ on Thursday 10-11am. Ginny Knox 07768638993

Pilates

£ 5-9

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

- Stradbroke Leisure Centre, IP21 5JN on Monday 7.15pm-8.15pm and Tuesday 11am-12pm. Stuart Murdy 01379384376.
- Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 10.45-11.45 and 2-3pm, Tuesday 2-3pm and 5.45-6.45pm, Wednesday 12.30- 1.30pm, Friday 11.45-12.45pm and Saturday 8.30 - 9.30am. Becky Cruickshank 01449 674980.
- Hessett and Beyton Village Hall, IP30 9AZ on Monday 11am-12pm. Kirsteen Ellis 07913088630
- Needham Market Gym, IP6 8NW on Wednesday 6.15-7.15pm, Thursday 11-12pm and Saturday 11.15-12.15pm. Sam Whitford 01449723441.
- Stradbroke Library, IP21 5HG on Wednesday 9.50-10.50am. Nikki Hambling 0789988877 or 01986798038
- Laxfield Village Hall, IP13 8EW on Monday 6-7.15pm (very gentle), 7.15-8.30pm (more challenging). Kat Hesse 01728 638604.
- Harleston Community Centre, IP20 9DD on Tuesday 10.40 -11.40am and Friday 10.40 -11.40am. Fi Palmer 07767384983
- Diss Methodist Church, IP22 4JG on Thursday 6.20 -7.20pm. Fi Palmer 07767384983
- Fit Club, Creeting St Mary, IP6 8PD – daily classes and various times throughout the day. For details contact Zoe George 07931 546858 (also group gym sessions here)
- Debenham Sports and Leisure Centre, IP14 6BL on Friday 11.40- 12.40pm (beginners), 10.30 - 11.30am (improvers) Nikki Hambling 07899888778. Saturday 9.10-10am Joanne Powley 07923 382272.
- Stowmarket Community Centre, IP14 2BD on Friday 12.45-1.45pm. Gill Mossop gillmossop@googlemail.com
- Wyverston Village Hall, IP14 4RZ on Monday 7.15-8.15pm. Gill Mossop gillmossop@googlemail.com

Qi Gong

£ 8

Similar to Tai Chi, Qigong involves increased focus on the regulation of the body, breath, and mind. Gissing Community Hall, IP22 5UJ on Tuesday 6-7.30pm.

 Cindy Engel 07873 114682

Running Club

£ 5

Anyone can do it! Almost anyone can put on a pair of trainers and become a regular runner, although you might need to start with walking, and build up your speed and distance gradually. Plod, jog or run weekly with like minded people who enjoy the outside environment. Stradbroke Leisure Centre, IP21 5JN on Tuesday 9.30 – 10.30am


 Stuart Murdy 01379384376.

Swimming

£ 2-5

General sessions at Stradbroke Leisure Centre, IP21 5JN and Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH. iCANswim sessions are held at Mid Suffolk Leisure Centre (Monday 3-4pm) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas. Stradbroke Leisure Centre has specific social 50+ swim sessions on Mondays and Wednesdays 11am – 12 noon.

 Stradbroke Leisure Centre - Stuart Murdy 01379384376

 Mid Suffolk Leisure Centre - Becky Cruickshank 01449 674980

Tai Chi

£ 5 - 8

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

- C Haughley Village Hall, IP14 3NS on Wednesday 1.30pm-2.30pm (beginners), 2.30pm-3.30pm (intermediate). Martin Fayers 01449736455
- C Mendham and Withersdale Village Hall, IP20 0JN on Thursday 10 - 11.30am. Cindy 07873114682.
- C Hoxne Village Hall, IP21 5AN on Thursday 12.30 – 2pm. Cindy 07873114682.
- C Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 10.35 – 12.05pm. Becky Cruickshank 01449 674980

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).

- C <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).

- C OneLife Suffolk 01473 718193

Walking Football – £ 3 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! Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Monday 7-8pm and Wednesday 8-9pm (for 45+).


 Laura Worsley 07801 532059


Yoga £ 4-10


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


 Worlingworth Community Centre, IP13 7HX on Tuesday 6-7.30pm. Nikki Hall 07716440323.

 Mid Suffolk Leisure Centre, Stowmarket, IP14 1LH on Wednesday 7.15-8.15pm and Thursday 8.10-9.10pm. Becky Cruickshank 01449 674980

 Great Blakenham Village Hall, IP6 0NJ on Tuesday 11.30 – 12.30pm. Holly Bedford 01449 711806.





 Battisford Village Hall, IP14 2HD on Thursday 6.30-7.30pm. Sue Murray 07760669466.

 The Old School (Village Hall), Horham, IP21 5DX on Monday 1.30-3pm. Clare Hall 01379 672949

 The Pettiward Hall, Great Finborough, IP14 3AE on Monday 2-3pm. Sue Murray 07760669466

Zumba - 5 gentle/Zumba Gold

This dance class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance, with lots of music!

-  Stradbroke Leisure Centre, IP21 5JN on Monday and Thursday 9.30 – 10.15am. Stuart Murdy 01379 384376
-  St Michael's Rooms, Framlingham, IP13 9BJ on Tuesday 10-11am. Eileen Tinney 07813 854255
-  Debenham Sports and Leisure Centre, IP14 6BL on Friday 10-11am. Eileen Tinney 07813 854255.
-  Penoyer Centre, Pulham St Mary, IP21 4QT on Wednesday 10-11am. Eileen Tinney 07813 854255.

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

annie.groves@onelifesuffolk.co.uk

07557 633824

www.onelifesuffolk.co.uk and

www.suffolksport.com/activewellbeing