

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). Thursdays 11.30am—1pm at the Self Centre, BSE, IP32 7AR.

 Bindi Edwards 07798 918852

Prostate Cancer Exercise Class

£ 3

Gentle class for men with prostate cancer, commencing 10th October. Tuesdays 12-1pm
Bury St Edmunds Leisure Centre, IP33 3YE.



Macmillan Cancer Information and Support Centre, West Suffolk Hospital
01284 713023

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 and Fridays 9.15am —12.30pm and Wednesdays 11.30-12.30pm at New Bury Community Centre, Bury St Edmunds, IP32 6RW.

 Sylvia Baker 01449 774333

 3

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. Bury St Edmunds Leisure Centre, IP32 6RW on Mondays and Thursdays 2-3pm.

 Jackie Chubb 01284 757481

Aqua Aerobics/ Tone 4-6


A gentle water workout particularly suitable for those who have joint or balance problems.


 Bury St Edmunds Leisure Centre, IP32 6RW Jackie Chubb 01284 757481. Mondays 12pm-1pm and 7.15-8.15pm, Wednesdays 6.45 - 7.45pm and Thursdays 12-1pm

 Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765156. Mondays 8.15pm-9pm and Thursdays 11.15am-12pm.

Body Balance 6-7



A combination of Yoga, Tai Chi and Pilates that builds flexibility and strengths as well as leaving you feeling calmed and centred.

 Bury St Edmunds Leisure Centre, IP32 6RW Jackie Chubb 01284 757481. Mondays 6.10-7.10pm, Tuesdays 10.35 – 11.35am, Wednesdays 6.10-7.10pm and 8.40-9.40pm, Thursdays 10.35 - 11.35am and 7.15-8.15pm, Sundays 10.30-11.30am.

 Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765156. Mondays 10.40-11.40am and 8.10-9.10pm and Tuesdays 7.10-8.10pm.

Exercise Referral Scheme 3-5 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.

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

Fitsteps 6-7

The graceful steps of Ballroom and the up tempo steps of the Latin dances are put together to create a really fun, energetic and effective hours dance class that will appeal to everyone, even if you think you can't dance! Wednesdays 11.15-12.15pm.

-  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 and Wednesdays 10-11am and 11.15-12.15pm. Fridays 10am-11am.

-  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 (Saturdays 9-10.45am and 11-12.20pm), Ickworth National Trust P29 5QE (Wednesdays 10.15 -11.15am and Fridays 11-12 noon). Kevin Marshall 07955495016 or 01284 716483
- C Nowton Park IP29 5BD (Wednesdays 9-10am and 11.45am-12.45pm), Risby Village Hall IP28 6RT (Thursdays 9.15-10.15am), Greenwood Court, Moreton Hall IP32 7GY (Thursdays 12.45-1.45pm) Bradfield Woods IP30 0AQ (Tuesdays 10.45am-11.45am). 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 Wickhambrook Pavillion, CB8 8XR on Tuesdays 10.30-11.30am; Christ Church, Lawson Place, IP32 7EW on Thursdays 11.30-12.20pm; Southgate Community Centre, IP33 2PJ on Mondays 10- 10.30 and 10-11am. Sam Reid 07850 207365.
- C Pakenham Village Hall, IP31 2JU on Wednesdays 10.15-11.15am. Lesley Williams 01359 221583.
- C Clare Social Club, CO10 8NJ on Tuesdays 9.30-10.30am and Chedburgh Village Hall, IP29 4UL on Tuesdays 11.45-12.45pm. Carol Clerkin 01787 278631.
- C Woolpit Village Hall, IP30 9QX on Tuesdays 11:30-12:15pm. Ginny Knox, 07768638993.

Pilates

£ 6-10

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 11am-12pm, Tuesdays 12.30-1.30pm and 6-7pm, Wednesdays 10.45-11.45am, Thursdays 1.45-2.45pm and Fridays 10am-11am and 11.15am-12.15pm.
- C** The Erskine Centre, Chedburgh, IP29 4UL on Mondays 1-2pm. Ramona Bryson 07878324745
- C** Troston Village Hall, IP31 1EW on Tuesdays 10-11am. Rachel Marsh 07753 250650
- C** Bury St Edmunds Leisure Centre, IP32 6RW Jackie Chubb 01284 757481.
Mondays 7.15pm-8.15pm and 10-10.45am and 10.45-11.30am (latter with bands).
- C** Stanton Village Hall, IP31 2BX on Mondays 9.30-10.30 and 10.45-11.45am; Neutral Pilates Studio, BSE, IP32 7AB on Thursdays 10.15-11.15am; Fornham All Saints Community Centre, IP28 6JZ on Tuesdays 11.30-12.30pm; Great Barton Village Hall, IP31 2NR on Mondays 12.30-1.30pm and Wednesdays 10.30-11.30am. Catherine McLellan 07951 019456

Positive Steps

£ 4-5

Gentle exercise class suitable for all, but especially those with osteoarthritis or concerned with delaying osteoporosis. It also includes a balance element designed for falls prevention. Tuesdays 11-11.30am and 11.30am - 12 noon.




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

Strength and Balance



3-6

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




-  Moreton Hall Health Club, IP32 7BL on Mondays 1-2pm. Sara Clarke 07807 803603
-  Barningham Village Hall, IP31 1BX on Fridays 11-11.45am. Ali Metcalfe 01953 681637
-  Haverhill Leisure Centre, CB9 0ER on Mondays 2-3pm. Mandy Felton 01440 765156.

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 (Fridays, 10am—12noon) and Haverhill Leisure Centres (Tuesdays, 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



4-5

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

Ⓒ Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765156. Mondays 2-3pm.

Walking Football – over 50s

£ 2-4

Walking Football is a slow-paced version of the 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

Ⓒ Bury St Edmunds Leisure Centre, IP32 6RW on Mondays 5.15-6.15pm Jackie Chubb 01284 757481

Ⓒ Howard Primary School, IP32 6SA on Wednesdays 5.15-6.15pm Jackie Chubb 01284 757481



Walking Netball Free-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 Thursdays 10-11am. Tracey Butcher traceybutcher100@talktalk.net or Chloe Anderson 07540 126597
-  Bury St Edmunds Leisure Centre, IP32 6RW on Fridays 5.15-6.15pm. Tracey Butcher blc.reception@acleisure.com or Chloe Anderson 07540 126597
-  Haverhill Leisure Centre, CB9 0ER on Fridays 10-11am. Tracey Butcher traceybutcher100@talktalk.net or 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 (Mondays 9-10am)
-  Haverhill Leisure Centre, CB9 0ER Mandy Felton 01440 765156 (Tuesdays 10.15-11.15am, Thursdays 10.40-11.40am and 7.30-8.30pm, Fridays 6-7pm. Also Veraflow and Yoga on Saturdays 10-11am – a relaxing dance, stretch and yoga session to music).

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!

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



Marie Denny 01284 741100

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 Rothern, Ben Jackson

Annie Groves

Active Wellbeing Activities Officer

annie.groves@onelifesuffolk.co.uk

07557 633824

www.onelifesuffolk.co.uk and

www.suffolksport.com/actiwellbeing