

# Get Help to Get Active



Classes and activities in the  
Suffolk Coastal 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](http://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

### Breast Cancer Rehab Class

£ Free

Professional breast cancer and exercise support. Starts 12<sup>th</sup> September.






Felixstowe Leisure Centre, IPI | 2AE on Tuesday 11.45-12.45pm. Jonny Lowdell  
07738 696 440

## Specific Activities for Cardiac Clients

### Cardiac Exercise Free - £4

Professional cardiac and exercise support. Mixture of aerobics, chair exercises and circuits. Education and social.

-  Leiston Leisure Centre, IP16 4LS on Wednesday 3-4pm. Natalie Golder 01728 830364
-  Felixstowe Leisure Centre, IP11 2AE on Wednesday 4.30-6pm. Ali Cuckow 07740 151150
-  Hacheston Village Hall, IP13 0DR on Friday 9.15-11am and 11-12.15pm. Jon Regester 07941 303956

## General Activities Suitable for all Clients

### Aqua Fit

£ 5-6

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.

- C** Felixstowe Leisure Centre, IP11 2AE on Tuesday 10-11am, Wednesday 2-3pm, Thursday 1-2pm and Friday 2-3pm (more gentle). Jonny Lowdell 07738 696 440
- C** Leiston Leisure Centre, IP16 4LS on Tuesday 7-8 pm and Thursday 2-3pm. Jonny Lowdell 07738 696 440

### Aerobics

£ 4-10

A lower impact and intensity aerobics class. Works the cardiovascular system and muscles gently.

- C** Ufford Park, IP12 1QW on Wednesday 11.30-12.30pm. James Arbon 01394 383555.
- C** Brackenbury Sports Centre, Felixstowe, IP11 9JF on Monday 6.45-8.15pm and Thursday 10-11.30am, Wickham Market Village Hall, IP13 0HE on Tuesday 10-11.30am, Thomas Mills School, IP13 8HE on Tuesday 6-7.30pm, Brandeston Village Hall, IP13 7AD on Wednesday 10-11.30am and Rendlesham CP School, IP12 2GF on Thursday 6.30-8pm. Dawn Quantrill 07836 539508

### Aqua Zumba

£ 5

A fun all over body workout with Latin moves in the water, designed to effectively burn calories with minimal impact on the body.

- C** Framlingham College Leisure Centre, IP13 9EY on Monday 6.15-7pm. Eileen Tinney 07813 854255

## Aerotone

£ 5-6

Aerotone stands for Aerobics and Toning. This class offers you the perfect balance of fun cardio moves incorporated with your traditional toning exercises such as squats and lunges.

- © Felixstowe Leisure Centre, IPI I 2AE on Monday 7.45 - 8.45am, 9am-10am, Wednesday 9.15-10.15am and Friday 9.15am-10.15am. Jonny Lowdell 07738 696 440

## Back on Track

£ 3

(long term conditions class)

Support to become more active following treatment for cancer and other long term conditions. Mostly low weight bearing and focusses on strengthening and stretching. A six week course with the option of joining a follow-on activity or group. Brackenbury Sports Centre, Felixstowe, IPI I 9JF on Tuesday 1.30-2.30pm.

- © Jonny Lowdell 07738 696 440

## Body Balance

£ 6-7

This Yoga, Tai Chi, Pilates workout builds flexibility and strength and leaves you feeling centred and calm. Felixstowe Leisure Centre, IPI I 2AE on Monday 8-9pm and Thursday 11.15-12.15pm

- © Jonny Lowdell 07738 696 440

## Boccia

£ 2

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.

- Leiston Leisure Centre, IP16 4LS on Wednesday 4.30 – 5.30pm. Marion Walker 01728688669 or 07803435312
- Kesgrave Community Centre, IP5 1JF on Friday 11.15-12.15pm. Marion Walker 01728688669 or 07803435312

## Bootcamps

£ 5-10

Not as tough as you might think! These classes are suitable for any fitness levels, with small classes and modifiable exercises. Sizewell Sports and Social club, Leiston, IP16 4JX on Thursday 7.30-8.30pm and Friday (6 week course for larger sized people) 6.30-7.30pm.

- Owen Welford 07445616696

## Boxing exercise

£ 5

Not as tough as you might think! This class is suitable for any fitness levels, with small classes and modifiable exercises. WI Hut, Leiston, IP16 4DP on Monday 5.15 - 6.15pm

- Owen Welford 07445616696

## Bowls

£ 1-2







Come and join in a relaxed, informal, drop-in session. Yoxford Bowls Club, IP17 3HL on Tuesday 2-4pm.

- Mac Herrieven 01728 452675

## Chair-based exercise

£ 3-6


Fun, social and enjoyable classes designed to make everyday life easier.

-  Leiston Leisure Centre, IP16 4LS on Tuesday 11-12noon. Marion Walker 01728688669 or 07803435312
-  Snape Village Hall, IP17 ISX on Friday 3-4pm. Marion Walker 01728688669 or 07803435312
-  Kesgrave Community Centre, IP5 1JF on Friday 10-11am and Monday 9.30-10.30am (with gentle circuits). Marion Walker 01728688669 or 07803435312
-  Grounds of Felixstowe Academy, IP11 9ED on Thursday 10.30-11.30am. Jo Emmerly 01394 282068
-  Old Felixstowe Community Centre, IP11 9NB on Friday 2.45-3.45pm and 4-5pm (combined with Exercise to Music for a more challenge class if required). Julia Drewell 01473 620511
-  Rushmere St Andrew Village Hall, IP4 3PD on Tuesday 10.30- 12 noon. Lindsay Bennett 01473 345350

## Circuits - gentle

£ 5

Fun, social and enjoyable class at Snape Village Hall, IP17 ISX on Friday 2-3pm.

-  Marion Walker 01728688669 or 07803435312



## Clubbercise

£ 6-7

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.

- C Abbey Hall, Woodbridge School, IP12 4JH on Wednesday 6.30-7.30pm. Dawn Quantrill 07836 539508
- C Thomas Mills School, Framlingham, IP13 9HE on Monday 7.30-8.15pm. Eileen Tinney 07813 854255
- C Market Hall, Saxmundham, IP17 1AF on Wednesday 6-7pm. Eileen Tinney 07813 854255

## Dance – Ballroom and Latin American

£ 5

This ballroom and latin american dance class is aimed at dancers who have either never danced before or very little. Classes will run for a period of 3/4 weeks concentrating on one dance at a time before moving onto the next dance, at the end of which dancers are able to progress to our beginners class in that particular dance, and eventually the advanced class if desired. Kesgrave High School Hall, IP5 2PB on Monday 7-7.45pm.

- C Graham or Sharon Skingley 07946 347167 or 07790 230651.

## Dance – Tap

£ 5-6

Never tapped before? Would you like to learn the basics? No partner or experience required. Beginners welcome. Fun, sociable classes.

- C St Mary's Church Hall, Ufford on Thursday 6-7pm. Jill Streatfeild 07778 746315

## Exercise Referral Scheme £ From 3.90 per session

The scheme aims to provide physical activity for members of the public aged 16+ 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 Leiston Leisure Centre, IP16 4LS or Felixstowe Leisure Centre, IP11 2AE.

C Jonny Lowdell 07738 696440

## Exercise class - gentle £ 4-6

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.

C Yoxford Village Hall, IP17 3HN on Wednesday 1.30-2.30pm. Marion Walker 01728688669 or 07803435312

C Wenhaston Village Hall, IP19 9EP on Wednesday 10-11am. Marion Walker 01728688669 or 07803435312

C St Michael's Church, Martlesham, IP5 3UY on Tuesday 9.30-10.30am. Julia Drewell 01473 620511

## Exercise to Music £ 6

A fun, low intensity, low impact session for older adults with plenty of good music to move to!

C Bromeswell Village Hall, IP12 2PZ on Monday 2-3pm. St Michael's Church, Martlesham, IP5 3UY on Tuesday 10.45-11.45am. Bealings Village Hall, IP13 6LH on Wednesday 2-3pm. All Saints Church Hall, Kesgrave, IP5 3UY on Friday 10.45-11.45am. Old Felixstowe Community Centre, IP11 9NB on Friday 1.30-2.30pm and 4-5pm (latter combined with chair-based exercise). Julia Drewell 01473 620511

## Keep Fit

£ 5-6

Fun, sociable class for older adults who want to keep fit in a group.

- C Market Hall, Saxmundham, IP17 1AF on Monday 10.30-11.30am and Woodbridge Community Centre, IP12 4AU on Tuesday 9.45-10.45am. Jane Chapman 07860 824747
- C All Saints Church Hall, Kesgrave, IP5 3UY on Wednesday 10.45 - 11.45am. Julia Drewell 01473 620511

## New Age Kurling, New Age Bowls ad Boccia

£ 4

Friendly, informal ball and gentle ball sports. Targetted at over 45s. Beginners welcome. Senior Citizens Centre, Felixstowe, IP11 7DD on Saturday at 1.30-3.30pm.

- C Lindsay Bennett 01473 345350

## Nordic Walking

£ 5-10

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 Kingston Playing Field, Woodbridge, IP12 4BD on Sunday 3pm (course) and Walk and Talk, outdoor gym/Nordic Walking sessions on Tuesdays, Wednesdays and Saturdays (accessible after the course is completed).

- C Lesley Krause 07967653217

## Otago/Better Balance

£ 3-4

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

- C Bart's Hall, Orford, IP12 2NZ on Wednesday 11am-12pm. Marion Walker 01728688669 or 07803435312
- C Walton Community Hall, Felixstowe, IP11 9DS on Tuesday 9.30-10.30am and 11-12 noon. Lindsay Bennett 01473 345350.
- C Fred Reynolds Centre, Woodbridge, IP12 4UU on Monday 9.45 - 10.45am. Lindsay Bennett 01473 345350.
- C Rushmere St Andrew Village Hall, IP4 3PD on Tuesday 10.30- 12 noon. Lindsay Bennett 01473 345350.
- C King George Community Centre, Leiston, IP16 4JX on Wednesday 10.00am- 12 noon. Lindsay Bennett 01473 345350.
- C Easton Village Hall, IP13 0EF on Monday 2-3pm. Adrian Smith 07801 023365

## Outdoor Fitness

£ 4-5

A gentle, sociable and fun all over body workout, takes place outside whatever the weather and suitable for all shapes, sizes, ages and fitness levels.

- C The Farmhouse, Kesgrave, IP5 2GA on Tuesday 9.30-10.30am, 7.30- 8.30pm, Thursday 10.30-11.30am and Sunday 8-9am.

## Pilates

£ 5-12

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

- C Brackenbury Sports Centre, Felixstowe, IP11 9JF on Wednesday 10.30am-11.15am, Thursday 1.15pm-2.15pm and Friday 10-11am. Jonny Lowdell 07738 696440
- C Felixstowe Leisure Centre, IP11 2AE on Monday 10.45am. Jonny Lowdell 07738 696440

- C Charsfield Village Hall, IP13 7QB on Wednesday 4-5pm and Thursday 9.30 - 10.30am . Kat Hesse 01728 638604
- C Framlingham Sports Centre, Framlingham, IP13 9HE on Wednesday 7.30-8.30pm. Nikki Hambling 07899888778 or 01986798038.
- C The Harmony Centre, Walpole, IP19 9BB on Wednesday 11.50 – 12.50pm. Fiona Palmer 07767384983.
- C Clopton Village Hall, IP13 6QN on Wednesday 2-3pm. Kat Hesse. 01728 638604.
- C Ufford Park, IP12 1QW on Tuesday 1.15 – 2.15pm. James Arbon 01394 383555.
- C Aldeburgh Community and Sports Centre, IP15 5HY on Monday 10.40 - 11.40am. Fi Palmer 07767384983.
- C Kesgrave Sports Centre IP5 1JF on Monday 6-7pm and Wednesday 6-7 and 8.15-9.15pm Manon Palmieri 07773 456078.
- C Tuddenham Village Hall, IP6 9BH on Tuesday 9-10am, 10.30-11.30am and 11.45-12.45pm. Friday 9-10am and 10.15-11.15am. Julia Endacott 07977 049332.
- C Ufford Community Hall, IP13 6DU on Monday 9-10am. Dawn Quantrill 07836 539508
- C Walton Community Hall, Felixstowe IP11 9DS on Wednesday 9-10am. Dawn Quantrill 07836 539508
- C The Barn, Moat Farm, Otley on Monday 8.45-9.45am and 10-11am. Julia Endacott 07977 049332.

## Swimming

£ 2.50-5

General sessions at Felixstowe Leisure Centre, IP11 2AE and Leiston Leisure Centre, IP16 4LS. iCANswim sessions are held at Leiston Leisure Centre (Wednesday 2-3pm) and Felixstowe Leisure Centre (Tuesday and Thursday 12-1pm and Sunday 4.30-5.30pm) - these are sessions specifically for people with disabilities or short or long-term health conditions in dedicated pool areas. Also a disabled swimming session at Leiston on Saturdays 4.30 – 5.30pm.

- C Jonny Lowdell 07738 696440

## Tai Chi

£ 2 (if U3A member) -7

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

- C Ufford Park, IP12 1QW on Monday 1.30 – 2.30pm. James Arbon 01394 383555.
- C Martlesham Old Village Hall, IP12 4PB on Tuesday 6-7pm. Kim Meek 07876 693270. Also 2-3pm on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month (improvers) and 3.15 – 4.15pm (beginners). Anne Stebbings 01728 746080 (includes Qi Gong and must be U3A members).
- C Martlesham Heath Pavilion, IP5 3UY on the 2nd and 4th Tuesday of the month 3.15 – 4.15pm (beginners and improvers) Anne Stebbings 01728 746080 (includes Qi Gong and must be U3A members).

## 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 – 3-5 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!

-  Kesgrave High School, IP5 2DB on Tuesday 7-8 and 8-9pm (indoors). Noel Wilson 07846 241518.
-  Brackenbury Sports Centre, Felixstowe, IP11 9JF on Tuesday 2-3pm (age 60+) Thursday 6.30-8pm (age 50+). Jonny Lowdell 07738 696440.





## Walking Netball 5

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. Ipswich School Sports Centre, IP14NJ on Thursday 10-11.30am .

-  Heather Dixon 01473 272525

## Yoga 4-15

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

-  Felixstowe Leisure Centre, IP11 2AE on Tuesday 9-10am, Wednesday 6-7pm and Thursday 9.15-10.15am. Jonny Lowdell 07738 696440
-  Westleton Village Hall, IP17 3AD on Thursday 9-10am (intermediate Monday 7-8.30pm). Judie Shore 01728 648460.
-  Felixstowe Yoga Studio, IP11 9JB on Monday 9.15-10.30am, Tuesday 4.30-5.45pm and Thursday 9.15-10.30am. Gemma Smith 01394 286652 or 07906 577368
-  The Harmony Centre, Walpole, IP19 9BB on Tuesday 9.30-11am and Thursday 6.30-8pm. Tanya Bradbury 01986 798644 or 07779 583123.

-  Tower Hall, Rushmere St Andrew, IP4 5SU on Tuesday 9.30-11am and 11.20 – 12.25pm. Caroline Glason 01473 464204 or 07746 860380.
-  Hatcheston Village Hall, IP13 0DW on Wednesday 9.30-11am and Sunday 4-5.30pm (restorative, 1<sup>st</sup> Sunday of every month). Angie Lee-Foster 01728 747290
-  United Reform Church, Felixstowe, IP11 7DD on Monday 6-7.30pm, 7.45-9pm and Thursday 6-7.30pm and 7.45-9pm with Karen Clarke 01394 279117. Also Thursday 9.30– 11am with Anne Freeman 01394 210023.
-  Sea Scouts Hall, Felixstowe, IP11 7QN on Tuesday 9.30-11am. Karen Clarke 01394 279117
-  3 Quaypoint, Woodbridge, IP12 4AL on Monday 12.15 – 1.45pm. Anne Freeman 01394 210023
-  Welcome Hall, Trimley St Mary, IP11 0TN on Monday 9.30-11am. Anne Freeman 01394 210023
-  Kirton Pavilion, IP10 0LW on Wednesday 9.30-11am and 11.15- 12.45pm. Anne Freeman 01394 210023.
-  Easton Village Hall, IP13 0EF on Tuesday 9.30-10.45am. Kat Hesse 01728 638604.
-  Ufford Park, IP12 1QW on Monday 10.45 - 12.15pm, Wednesday 5.30 – 7pm and Friday 8-9.30am and 5.30-7pm. James Arbon 01394 383555.
-  Yoga and mindfulness - Snape Village Hall, IP17 1SX on Thursday 10-11.30am and Friday 11.30-1pm. Debra Woodbridge 01394 450066
-  Westerfield Village Hall, IP6 9BE on Thursday 9.40-11am. Caroline Glason 01473 464204.
-  Kesgrave Sports Centre IP5 1JF on Monday 11.30 -12.30pm and Wednesday 7-8pm. Manon Palmieri 07773 456078.
-  Martlesham Heath Pavillion, IP5 3UY on Thursday 6-7.15pm. Manon Palmieri 07773 456078.
-  Millennium Jubilee Hall, Kesgrave, IP5 2EN on Monday 7.30-8.30pm and Thursday 9.15-10.15am. Angela Hope 07801 892713.



## 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](mailto:annie.groves@onelifesuffolk.co.uk)**

**07557 633824**

**[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk) and**

**[www.suffolksport.com/activewellbeing](http://www.suffolksport.com/activewellbeing)**