

ADULT ACTIVITIES

Your local physical activity opportunities
in South Derbyshire



Your regular physical activity opportunities...

Monday

50+ Activity Morning
Greenbank Leisure Centre
Time: 9am - 12noon
Price: £1.90
Badminton & Swimming

Health Walk
The Hilton Brook Pub
Time: 10.30am **Price:** Free

Chair Based Exercise
Hartshorne - Kendricks Close
Time: 1.30pm **Price:** £1
Fortnightly

Health Walk
Calke Abbey
Time: 2pm **Price:** Free
(except 5th Monday of the month).

Health Walk
Heartwood Surgery
Time: 2pm **Price:** Free

SD Road Runners
Greenbank Leisure Centre
Time: 7.30pm
Walking for fitness group

Table Tennis (Adults)
Granville School
Time: 8.15pm onwards
Price: £2

Tuesday

Etwall 50+ Morning
Etwall Leisure Centre
Time: 8.30 - 10am **Price:** £1.80
Badminton

Nordic Walking
Etwall Leisure Centre
Time: 10 - 11am **Price:** £4 for pole hire or £3 if you bring your own

Pushchair Walk
Rosliston Forestry Centre
Time: 10.30 - 11.30am
Price: FREE

COPD Walk
Swadlincote Clinic
Time: 1pm **Price:** FREE
For people with long term respiratory problems

Health Walk
Overseal Surgery
Time: 1.30pm **Price:** FREE

Chair Based Exercise
Findern - Brook Close
Time: 2pm **Price:** £1
Fortnightly

Tai Chi
Rosliston Forestry Centre
Time: 3 - 5pm **Price:** £3.50

Jog Derbyshire
Etwall Leisure Centre
Time: 6 - 7pm (Beginners)
Hilton Village Hall
Time: 6.30 - 7.30pm
Etwall Leisure Centre
Time: 7 - 8pm (Advanced)
Melbourne (Bill Shone) Leisure Centre
Time: 8 - 9pm
Price: £10 for 10 weeks or £1.50 per session

Wednesday

50+ Activity Morning
Greenbank Leisure Centre
Time: 9am - 12noon
Price: £1.90
Badminton & Swimming

Health Walk
Greenbank Leisure Centre
Time: 10am **Price:** FREE

New to Exercise
Etwall Leisure Centre
Time: 10am - 12.30pm
Price: £2
Referral needed, see back page.

Health Walk
Gresleydale Surgery
Time: 1pm **Price:** FREE

Health Walk
Darklands Surgery
Time: 1pm **Price:** FREE

Chair Based Exercise
Etwall - Peartree Court
Time: 1.45pm **Price:** £1
Fortnightly

Granville 50+ Group
Granville School
Time: 6.30 - 8.30pm
Price: £2
Fitness Suite, Table Tennis & Badminton

SD Road Runners
Greenbank Leisure Centre
Time: 7pm
Various levels from joggers to competitive runners

Jog Derbyshire
Greenbank Leisure Centre
Time: 7pm
Price: £10 for 10 weeks or £1.50 per session

Thursday

Nordic Walking
Rosliston Forestry Centre
Time: 10 - 11am **Price:** £4 for pole hire or £3 if you bring your own

Chair Based Exercise
Weston on Trent - Village Hall
Time: 10.30am **Price:** £1
Monthly

Strolling Strong
Rosliston Forestry Centre
Time: 11.30am **Price:** £3
Exercise walk

Social Ballroom Dance
Swadlincote Town Hall
Time: 1 - 2.30pm **Price:** £2
(June 3rd - July 29th)

Health Walk
Willington Marina
Time: 1.30pm **Price:** FREE

Health Walk
The Old Post Centre, Newhall
Time: 2pm **Price:** FREE

GP Aqua
Greenbank Leisure Centre
Time: 2.30 - 3.15pm **Price:** £2
Open to those on the New to Exercise Scheme

Back 2 Netball
Etwall Leisure Centre
Time: 7 - 8pm **Price:** £3
Pay and play fun sessions to get back into Netball

Friday

50+ Activity Morning
Greenbank Leisure Centre
Time: 9am - 12noon **Price:** £1.90
Badminton & Swimming

Over 50's Cycling
Rosliston Forestry Centre
Time: 10 - 11am
Price: £3 for bike hire or £1.50 if you bring your own bike.

New to Exercise
Etwall Leisure Centre
Time: 10am - 12.30pm
Price: £2
Referral needed, see back page.

GP Pilates
Greenbank Leisure Centre
Time: 12.15 - 1pm **Price:** £2
Open to those on the New to Exercise Scheme

Health Walk
Railway Inn, Midway
Time: 2pm
Price: FREE

Saturday

Every Saturday once a month Get Active In the Forest hosts a themed walk - from bluebell, to bird walks, to butterflies or canals. Please enquire for details on 01283 563483

Sunday

If you've done all the above, this is your day of rest! Or why not make up your own activity - wash the car, clean the house, do some gardening or go for a stroll!

Volunteering...

If you would like to join our successful volunteer programme and help out with activities such as the Health Walks, Chair Based Exercises and Cycling, please contact SDDC Sport & Health to find out how you can get involved.



New To Exercise
Greenbank Leisure Centre & Etwall Leisure Centre. Contact for session times and details



USEFUL CONTACTS

| | |
|---|--------------|
| SDDC Sport & Health | 01283 595772 |
| Rosliston Forestry Centre (inc. Health Walks) | 01283 563483 |
| Greenbank Leisure Centre | 01283 216269 |
| Etwall Leisure Centre | 01283 733348 |
| 50+ Forum (Chair Based Exercise) | 01283 480603 |
| Granville School | 01283 216765 |
| SDDC Arts Officer (Dance) | 01283 598766 |

Over 60? Don't delay, register for FREE swimming now!

Where can I swim for free?

Green Bank Leisure Centre in Swadlincote and Etwall Leisure Centre.

How long does this offer last?

The offer started on the 1st April 2009 and finishes on March 31st 2011.

Do I need to register?

Application forms are available from the leisure centres or look out for them in libraries, doctors surgeries, post offices etc. *Swim4Life* card (for use at Etwall) or *Everyone Active* card (for use at Green Bank). Anyone wishing to register for a card must bring ID (for example birth certificate, passport, etc).

Does it cost anything to register?

Yes, a one off £2.00 administration fee to cover the costs associated with supplying you with your *Swim4Life* card.

When can I register?

You can register at the following times:
Green Bank Leisure Centre - anytime
Etwall Leisure Centre - 12:30-7pm

How do I get a free swim?

To take up the free swim offer you must have a *Swim4Life* card or *Everyone Active* card. The cards are available from both leisure centres. Application forms can also be downloaded below.

For more information...

Visit www.south-derbys.gov.uk/swim4life or telephone your local pool (see contact information).



'New to Exercise' Referral Scheme

South Derbyshire's GP Referral Scheme is specifically for anyone with a medical condition to help them get more active.

So, if you are not currently active, have a medical condition and want to start exercising then you just need to go and see your GP, Practice Nurse, Physiotherapist or other Health Specialist – and ask them to refer you.

The scheme consists of 20 sessions at a subsidized rate of £2 per session and you can take part at Greenbank Leisure Centre in Swadlincote or Etwall Leisure Centre in Etwall.

For more information contact the Exercise Referral Teams at Greenbank on 01283 216269 or Etwall 01283 735404.

The health benefits of keeping active in older age

- **Improved mobility! Keeps bones strong, muscles supple and improve balance.**
- **Feeling happy! Promotes an overall sense of well-being, less stress, depression or anxiety.**
- **Reduced risk of accidental falls.**
- **Remain independent.**
- **Improve quality of life.**
- **Reduce stress and alleviate depression.**
- **Its sociable! Make new friends, have fun and enjoy the activities.**
- **Can prevent or manage numerous diseases. From heart disease, diabetes to strokes.**

Having been bought some walking poles for her 59th birthday in January 2009 Cynthia was delighted to read about the new Nordic Walking Group that was starting at Rosliston Forestry Centre. She had just joined a weight management programme and this seemed the ideal exercise to compliment her healthy eating programme. Cynthia found the group to be friendly and welcoming with excellent instructors and soon became a regular attendee.

In December last year, having attended for almost a year, Cynthia was asked if she would be interested doing her Instructor training – the course would be free in return for helping out with the regular sessions, she jumped at the chance, always keen to undertake a challenge.

The two day course took place in January and Cynthia took part with 3 members of the staff team. Initially phased by the fact that everyone attending the course was much younger than she, Cynthia soon found the other participants to be very helpful and supportive. The weather was horrendous – pouring down with rain and the course was very intensive, however Cynthia really enjoyed the experience and passed with flying colours.

Since training Cynthia has assisted with 3 sessions and led 2 and **'has absolutely loved it'**, she sees it a real achievement and is delighted to have been given the opportunity and said **'its the best thing that's happened to me for years!'**

From our point of view Cynthia is a huge asset and has enabled our staff to move on and establish new groups.

How the Pushchair Walking Group saved me from the loneliness of motherhood

Having a baby was a dream come true, I thought there'd be nothing to be unhappy about. But when my daughter Sophie was about 3 months old, the visitors stopped coming around and I started to feel so desperately lonely. I'd lost my identity as a working women and felt alone and isolated from 'real' life. I was new to the neighbourhood, so knew only a few people my own age and they were out at work during the day.

That's when I realised I had unwittingly joined the lonely mum's club. And yes, I did go to classes and met like-minded mums. But these activities were all indoors and involved copious amounts of tea and biscuits! I started to worry about my waist line expanding and quite frankly I just wanted to get outside, improve my fitness and meet new friends at the same time. I decided it was up to me to solve it.

It took just one visit to Rosliston Forestry Centre to realise that it was just what I was looking for. The balance of the fresh clean air, the natural forest and bucket loads of tranquility. And so it started with a hand full of new mums, getting out into the countryside come rain or shine. It was both physically and mentally stimulating and gave me an inner smile to take home, that lasted all week.

This week we celebrated our third birthday, my daughter is now toddling round with me, and new mums are joining us every week. I am even welcoming back friends with their second baby. We have all ditched the lonely mum's club and have walked our way into health, well-being, fun and friendship.

Still walking with wheels and smiling,

Allison Gordon



Design: Tamsyn Port, tamsynport@mac.com

This brochure has been produced as an action highlighted from the 2008 South Derbyshire Age 50+ Needs Survey, in which 47% of respondents reported that they didn't know what physical activity opportunities were available.