

HEALTH AND WELLBEING

ACTIVITIES FOR ALL



Exercise referral scheme | Health walks | Swim4Health | Useful contacts

CONTENTS

Who we are	3
Exercise referral scheme	4
Exercise referral classes.....	5
Steady and strong classes	6
ESCAPE-pain.....	7
Health walks	8
Winchester Live at Home.....	9
Walking football and netball	10
Parkrun.....	11
Winchester Saver Card.....	12
Run together.....	14
Cycling	15
Swim4Health.....	16
This Girl Can Swim.....	17
Love Tennis	18
No Strings Badminton.....	18
Adult disability sessions	19
Parent and baby sessions	20
Winchester Fitness and Sports Club.....	21
River Park Active Buddy scheme	22
Meadowside Leisure Centre.....	23

WHO WE ARE

ACTIVE WINCHESTER

The sport and physical activity team looks after all of the Winchester district's sporting needs.

We work to improve the health and happiness of our community by working closely with partners to reduce health inequalities in the district and to promote good mental and physical health.

This is aligned with the Sport & Physical Activity Alliance (SPAA) framework which promotes sport and physical activity across each of the following themes.



Events



Club, coach and volunteers



Development



Children and young people



Talent



Inclusive activity



Community participation



Facilities

EXERCISE REFERRAL SCHEME

A tailor-made 12-week physical activity programme that will help you become more active and healthy.

Doctors and health professionals have a strict set of criteria to adhere to for this scheme, so you cannot self-refer but you can suggest your inclusion to your local GP.

Examples of...

Existing medical conditions:

- Cancer/cardiac rehabilitation
- High blood pressure/cholesterol
- Obesity
- Type 2 diabetes
- Depression/anxiety/stress
- Pulmonary diseases
- Neurological conditions

Choose from a range of activities:

- Gym Sessions (with a personalised programme) - £3
- Swimming - £1.50
- Health Walks - Free
- Active Lifestyle Classes - £3

If you believe you are eligible for this scheme please speak to your GP or contact our Active Lifestyles Officer for further details: activelifestyles@winchester.gov.uk
01962 848 700

Reduced price membership to River Park Leisure Centre upon completion of the scheme.





Reduced price membership to River Park Leisure Centre upon completion of the scheme.

EXERCISE REFERRAL CLASSES

This forms part of our exercise referral scheme and helps improve conditions such as multiple sclerosis and rehabilitation from cancer.

All sessions take place at River Park Leisure Centre.

Neuro Fit classes

Designed specifically for people with neurological conditions such as multiple sclerosis, Parkinsons or those who have suffered a stroke. The classes are circuit-based and encourage light physical activity to improve health and wellbeing. Neuro Fit classes cost £3 and take place on Mondays 2-3pm and Fridays 12.30-1.30pm and 3-4pm.

Assisted circuit class

This class is for participants who have been referred by their doctor or health professional and would benefit from a variety of exercises in a class environment. It is a circuit format where exercises are low level but can be tailored for individuals, Assisted circuit classes cost £3 and take place on Mondays, 3-4pm.

Chronic Obstructive Pulmonary Disease class

This class is for participants who have been referred by their doctor or health professional and would benefit from a class environment where exercises are low level but can be tailored for individuals, This class costs £3 a session and takes place on a Monday 12:30-1:30pm.

For more information contact our Active Lifestyles Officer:
activelifestyles@winchester.gov.uk 01962 848 700

STEADY AND STRONG CLASSES

These individually tailored community-based balance and strength classes are delivered by qualified professionals. Prices range from £1. to £3.

Tuesdays	2-3pm	1 hr	£3	River Park Leisure Centre	Level 2
Thursdays	11-12pm	1 hr	£1.50	Stanmore	Level 2
Thursdays	1-2pm	1 hr	£1.50	Kings Worthy	Level 2
Thursdays	2-3pm	1 hr	£1.50	River Park Leisure Centre	Level 1
Fridays	10-11am	1 hr	£1	Winnall Community Centre	Level 1
Fridays	2-3pm	1 hr	£3	River Park Leisure Centre	Level 1
Fridays	3-4pm	1 hr	£1.50	Compton	Level 2

Please note: some classes, dates and prices are subject to change.

Level 1: Entry level balance class focused on improving overall balance.

Level 2: Advanced balance class, you will need to be able to walk unaided and able to get on and off the floor.

Please contact our Active Lifestyles Officer to complete registration form before attending a class. 01962 848 700



ESCAPE-pain

ESCAPE-pain is a rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regime individualised for each participant.

The programme will improve pain and help you learn to cope with it better.

ESCAPE-pain is delivered as two classes per week for six weeks (12 classes in total).

Each class will start with a brief (20 minute) group discussion focusing on a specific topic relating to chronic joint issues.

This is followed by a circuit exercise programme lasting around 40 minutes. A fitness instructor will supervise the circuit and tailor exercises to suit your needs.

If you feel you are eligible for this please speak to your GP or health professional or contact our Active Lifestyles Officer for further details:

activelifestyles@winchester.gov.uk
01962 848 700

HEALTH WALKS

Walking is a great way to keep active and healthy as well as being a social event that can help you to make new friends. Winchester's regular health walks are a great way to discover our district, take some fresh air and lead an active and healthy lifestyle. Our free walks take place on a weekly basis and covering approximately one to three miles (from 30 minutes to one hour).

TIMETABLE

Winchester	Bishops Waltham	Sutton Scotney
Kings Walk (fast, steady or 30 minute) SO23 8AF	Pavement and Path Walk 30 minutes The Square Bus Stop SO32 1AF	Coach and Horses Pub SO21 3JL
Mondays at 10.30am	Tuesdays at 10.30am	Tuesdays at 10.45am
Alresford	Winchester	Bishops Waltham
Opposite entrance to Alresford Recreation Centre SO24 9BS	Kings Walk SO23 8AF	The Square Bus Stop SO32 1AF
Tuesdays at 1.30pm	Wednesdays at 9.30am	Thursdays at 10.30am
Weeke	Colden Common	INTERESTED IN BECOMING A WALK LEADER?
Costa Coffee SO22 6EL	Community Centre SO21 1UU	We are always looking for walk leaders. If you are interested please contact us: 01962 848 329 or sport@winchester.gov.uk
Fridays at 10am	Wednesdays at 10.30am	



WINCHESTER LIVE AT HOME

Winchester Live at Home offers support and friendship to local older people living in their own homes, helping to maintain independent living, improve well-being and reduce isolation. We offer opportunities for companionship, support and advice with services which can be offered at home and or in a group setting across the Winchester district, including Bishops Waltham and Alresford.

These include our weekly schedule of clubs and activities, such as exercise classes, singing for wellbeing, lunch groups as well as the opportunity to join our regular outings and annual holiday.

Our one to one service, delivered by volunteers, include at home or telephone befriending and transport for appointments (subject to availability). Above all being part of Live at Home means that there is always someone to turn to for help, advice or simply a chat.

Call us on **01962 890 995** or visit www.wlahs.org for more information.

WALKING FOOTBALL AND NETBALL

WALKING FOOTBALL

Walking football is a weekly session taking place on a Tuesday morning from 10-11am at River Park Leisure Centre. The session costs £2.10 per week and we welcome all abilities, from beginners to experienced players looking to get back into the game. If this sounds like a sport you would be interested in, come along and try.

WALKING NETBALL

Walking netball takes place on a Monday from 1-2pm at River Park Leisure Centre. The session costs £3.10 and there is no need to book or register, just turn up and play. It is a slowed-down version of netball and is aimed towards anyone who wants to take part in sport, but in a more relaxed, supportive and friendly environment. If this sounds like a sport you would be interested in, come along and try.

For more information please contact sport@winchester.gov.uk or 01962 848 329

PARKRUN

WINCHESTER DISTRICT HOSTS TWO PARKRUN
EVENTS EVERY SATURDAY AND SUNDAY

ADULT

Winchester district hosts two parkrun events every Saturday morning at 9am. A free weekly, 5km timed run, open to everyone.

One takes place at North Walls Recreation Ground, (SO23 7DD) where people of all abilities can take part. To sign up, visit the website: parkrun.org.uk/winchester

And the other at Meadowside Recreation Ground, (PO15 7PD). To sign up, visit the website parkrun.org.uk/whiteley

JUNIOR

This is a 2k run for 4-14 year olds. Winchester junior parkrun takes place every Sunday at 9am.

Winchester junior parkrun takes place at North Walls Recreation Ground Winchester (SO23 7DD).

Whiteley junior parkrun takes place at Meadowside Recreation Ground, (PO15 7PD).

To take part sign up on the website: parkrun.org.uk/winchester-juniors

WINCHESTER SAVER MEMBERSHIP

Activities include:

- Swimming
- Group workout classes
- Gym
- Court bookings

Who qualifies?

- Registered student with current NUS card
- Registered unemployed claiming income support or Job Seekers Allowance
- Registered disabled
- A lone parent receiving income support
- Persons over 60 years of age
- Carers
- Students

Winchester Saver Membership is a scheme offering discounts to Winchester district residents on a range of centre activities and premium membership.

Activity prices ranging from £1.50 - £3.50 or a premium membership from as little as £25.00 per month.

For further enquiries please contact the customer advisors on 01962 848 705.

ACTIVE WINCHESTER

“ This membership has allowed me to access classes, that I normally would not take part in. ”

For more information please visit River Park Leisure Centre, Gordon Road, Winchester, SO23 7DD or 01962 848 700

RUN TOGETHER

We believe running and jogging is for everyone and is most fun when shared with others. Try one of our groups to find out for yourself.

Blues and running shoes

A friendly non competitive group for anyone who enjoys getting out with other runners of all abilities. We run in all weathers around varied routes in Winchester with faster runners challenging themselves across a longer distance and slower runners covering about three miles.

Where: River Park Leisure Centre

Level: Intermediates

Day: Thursdays

Time: 6.30-7.30pm

Cost: £2 per session

Winchester couch to 5k

The couch to 5k programme is a running plan developed to help beginners get into running. We organise multiple courses each year. Please visit our website for the latest information on beginner running groups.

Please visit our website for the latest information on running groups:
winchester.gov.uk/activewinchester/run-together
Or: groups.runtogether.co.uk/WinchesterRunner
or contact sport@winchester.gov.uk
01962 848 329

CYCLING

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for the environment. Riding to work or the shops is one of the most time-efficient ways to combine regular exercise with your everyday routine.

Breeze - Women's cycling (FREE)

Need to get back on your bike or improve your road confidence? Want to meet women to cycle with, learn new routes or just cycle for fun and fitness? Our local team of Breeze Champions lead regular women-only cycle rides in Winchester. Coaching sessions are also available to help you get started or improve your technique.

Find out more at
letsride.co.uk/breeze

or [facebook.com/
breezewinchester](https://facebook.com/breezewinchester)

Bespoke biking - Encouraging everyone to get cycling

What we offer:

- Affordable servicing's and repairs.
- Cycle lessons for kids and adults.
- Maintenance classes.
- Refurbished bikes for sale.
- Bike hire.

For more information visit:
bespokebiking.com

email: info@bespokebiking.com

01962 441 962

4a Middle Bridge Street, Winchester
SO23 8AQ

(Open 7 days a week)

Swim4Health

A brilliant swimming scheme at River Park Leisure Centre which offers great value for money.

Join Swim4Health, the aquatic route to health and wellbeing, for only £28 (£20 if you are a current Weight Watchers meetings member).

This six-week membership gives you unlimited swimming, This Girl Can Swim sessions and all aquatic classes, plus the chance to try a group exercise class and a gym session. To make sure you get the most from your journey, you will receive a free consultation with a member of the team before you start the programme.

At the end you will have the opportunity to feedback your experience with an appointment or phone call with one of our advisors.

For further information please contact
River Park Leisure Centre
01962 848 700.



THIS GIRL CAN SWIM SESSIONS

New for 2019 our This Girl Can Swim sessions are here to help build your confidence and break down barriers to help you lead a more active lifestyle. There will be a This Girl Can Swim activator who will be available before, during the session on poolside and after in the café. This person will be available to help motivate you and also provide hints and tips if you need it.

Don't forget to pick up your SWIMTAG from reception. SWIMTAG is the latest wearable technology that helps you track your swim activity. You can enter challenges and competitions as well as track your own progress. To find out more visit

www.placesforpeopleleisure.org/centres/river-park-leisure-centre

LOVE TENNIS

Love Tennis is an access card that allows everyone in your household to play unlimited Tennis at River Park Leisure Centre. The card costs £30 or £15 with a Winchester Saver Membership, once purchased the card is valid for one year and is available for anyone in the household to use. Tennis courts at River Park Leisure Centre can be booked online, by telephone or at the reception.

For more details on the Love Tennis scheme visit
www.riverparkleisurecentre.co.uk

Or contact River Park Leisure Centre on **01962 848 700** for further information.

NO STRINGS BADMINTON

No Strings Badminton is a fun, social pay-and-play session at River Park Leisure Centre. No experience required as there will be a No Strings Badminton co-ordinator on hand to answer any of your questions. Grab the opportunity to enjoy convenient weekly court time that gets you swinging a racket for fun and fitness with people like you.

Sessions cost £2.20 and take place every Tuesday and Thursday 6–7pm at River Park Leisure Centre (SO23 7DD).

For more information please contact River Park Leisure Centre on **01962 848 700**

ADULT DISABILITY SESSIONS

Whether you want to keep active or just meet new people, there are a number of opportunities to get involved.

Winchester Goalball Club

Peter Symonds College, SO22 6RX
Email: winchestergoalball@yahoo.com

Cage Cricket

Every Wednesday, 10am - 12pm
River Park Leisure Centre, SO23 7DD
Email: sport@winchester.gov.uk

Winchester City Council - Football Club

Every Tuesday, 5-6pm
River Park Leisure Centre, SO23 7DD
Email: sport@winchester.gov.uk

Low Level Circuit

Every Saturday, 3.30-4.30pm
River Park Leisure Centre, SO23 7DD
Email: sport@winchester.gov.uk

Disability Tennis

Every Thursday, 5-6pm
River Park Leisure Centre, SO23 7DD
Email: sport@winchester.gov.uk

For more information email:
sport@winchester.gov.uk

WADSAD

**(Winchester & District Sports
Association for the Disabled)**

Every Friday, 6-8pm
River Park Leisure Centre, SO23 7DD
Email: WADSADclub@gmail.com

A woman with her hair in a ponytail is seen from behind, lifting a black dumbbell with her right arm. She is wearing a black wristband. The background is a blurred indoor space with a yellow door and a green exit sign.

PARENT AND BABY SESSIONS

Offering studio cycling and legs, bums and tums, these classes are the perfect way for you to stay active and spend time with your little ones. All classes are delivered by a qualified post natal fitness instructor who is able to adapt the workout for your needs. These classes give you the opportunity to bring your baby, exercise, make friends and socialise together. Prices start from £4 a class.

When your little ones are on the move why not try our active play and bounce sessions. These sessions are supervised and include a range of soft play equipment and a giant bouncy castle to encourage active play. Sessions run on Mondays, Wednesdays, Fridays and Sundays.

For more information contact River Park Lesiure Centre on **01962 848 700**.

WINCHESTER FITNESS AND SPORTS CLUB

Whether you are a keen sports player or just fancy joining a new social and active club, this over 50s group offers a range of activities in a friendly environment.

The Winchester Fitness and Sports Club meet twice a week at River Park Leisure Centre to get active. With activities from aquacise badminton to bowls and tennis, there is something for everyone to enjoy. The club currently has over 300 members and is a great way to make new friends whilst keeping fit.

Where?

River Park Leisure Centre, Gordon Road, Winchester (SO23 7DD)

When?

Tuesdays and Thursdays, 9am-2pm

How much?

Annual membership fee £5 plus £3.30 entry to River Park reception every time you attend. *Some classes may require additional payment.

Any questions please contact winchesterfsc@gmail.com

www.wfscclub.org.uk



RIVER PARK ACTIVE BUDDY SCHEME

River Park Leisure Centre offers a range of activities that are accessible to all. Including gym, swim, group workout classes and a range of sporting opportunities. There is something for everyone.

If you are new to physical activity and/or looking for someone to help motivate and encourage you why not try our Active Buddy scheme. You will be paired with a volunteer to help support you in

your journey to a more active lifestyle. This scheme is well suited to people looking for weekly support to help them access the leisure centres facilities.

Please contact our Active Buddy coordinator on **01962 848 700** to start your journey to a more active lifestyle today.



MEADOWSIDE LEISURE CENTRE

Meadowside Leisure Centre offers a range of activities that are accessible to all. Including gym, group workout classes and a range of sporting opportunities. There is something for everyone.

If you are new to physical activity and are looking for someone to help motivate you, our friendly and encouraging staff are here for you. You will get access to a series of one-to-one sessions in the gym with a qualified instructor to help shape your journey.

Exercise referral is also available at Meadowside Leisure Centre to support people living with long term health conditions.

For more information please contact the active lifestyle team on **01962 848 700** or **activelifestyles@winchester.gov.uk**

USEFUL CONTACTS



Age Concern
0800 328 7154

Community First
01962 807 036

Dial-a-ride
01962 852 602

**Hampshire Fire and Rescue Home
Safety Team:**
02380 626 809
community.firesafety@hantsfire.gov.uk

NHS Out of Hours Service
111

Samaritans
01962 116 123

River Park Leisure Centre
01962 848 700

Solent Mind
01962 859 012

Wessex Cancer
Wessex Cancer Support Centre
01962 868 576

**Winchester district
Citizens Advice**
03444 111 306

Winchester City Council
01962 840222

Meadowside Leisure
01489 577464

