

ARE YOU AGED 40-74?

- Have you had an NHS health check recently?
- Have you been told that you are at risk of cardiovascular disease?
- Are you thinking about taking more exercise?
- If so, the CPAL programme has been designed for you

Activities in the
Derwentside Area



CPAL HELPS YOU:

- Be active at a level you can manage with people at the same level as you
- Receive advice and support to help keep you motivated
- Check out the programmes available at locations near to you

Find out more by visiting

www.countydurhamsport.com

CPAL on **facebook**: www.facebook.com/fbcpal





Activities in the Derwentside Area

CPAL programmes in your local area offer a range of fun, enjoyable opportunities to help you be more physically active. There are many different activities to choose from to suit everyone:

Healthy Horizons

Healthy Horizons offers a network of activity sessions across North Durham suitable for differing abilities. All are run in a friendly, welcoming way and include:

- Exercise to music and circuits
- Aqua aerobics and dance
- Seated exercise and Nordic walking

Contact: **Kirsty Lough-King, 01207 280 119, healthyhorizons@ageukcountydurham.org.uk**

Exercise on Referral

A six-month structured programme via your GP, activities include:

- Aqua aerobics and swimming
- Outdoor cycling and walking
- Healthy circuits and lifestyle fitness

Contact: **Martin Hall, 01207 218 802, m.hall@leisureworks.net**

Gateshead Thunder

Gateshead Thunder offers 3 different ways to get involved:

- Thunder Walks are a relaxed way to get more active, taking in a walk with Gateshead Thunder professional rugby players
- Thunder Gets Active offers more of a challenge with a regular exercise group
- Thunder Touch offers those with a competitive streak a chance to get fit whilst playing a fun, energetic and competitive game

Contact: **Claire White, 0191 433 5710, clairewhite@thunderrugby.com**



Tantobie Community Centre

The community centre offers a varied programme including:

- Line dancing and salsacise
- Seated (gentle) aerobics and healthy circuits
- Rock climbing, archery and karate

Contact: **Chris Hume, 01207 284 300**
admin@tantobie.org.uk

Wellness on Wheels

Wellness on Wheels (WOW) offers:

- Free mobile fitness trailer in your community
- State-of-the-art equipment
- Health and food advice from professionals

Contact: **Julie Lavery, 0191 372 9160**
julie.lavery@durham.gov.uk

Get Walking Keep Walking

Get Walking Keep Walking offers:

- Free locally based walking programmes including led walks & independent walking
- Short walks at an easy pace
- Free Get Walking pack and stepometer

Contact: **Marianne Patterson, 07757 119 497**
marianne.patterson@ramblers.org.uk

Derwentside Community Tennis Partnership

Come down to Shotley & Benfieldside Tennis Club for organised sessions and coaching:

- All abilities and fitness levels welcome
- Try out the new 'cardio tennis' workouts
- Great social scene while learning the sport

Contact: **Phil, 07903 222 275**
or **Angela, 07891 344 918**
See: www.derwentsidetennis.ik.com

Get Active Get Cycling

Take part in a variety of cycling opportunities including:

- Weekly cycle rides
- Family healthy cycle rides
- Don't worry if you don't have a bike of your own

Contact: **Steven Hart, 0191 569 2847,**
steven.hart@nhs.net



HITS

The Health Improvement Through Sport (HITS) project will focus on three strands:

- Clubs will host physical activity sessions for club members and their families
- Clubs with junior sections will host sessions for parents / family members whilst juniors are training or competing
- Over 40 competition structures will be established in football and cricket

Contact: **Chloe Lambert, 01207 218 505**
c.lambert@leisureworks.net

Rugby Football Union – Fit to Ref

Get involved in touch judging and refereeing in junior and senior rugby. Support includes:

- Refereeing qualification
- Provision of kit
- Mentoring and coaching

Contact: **Will Halford, 07894 790 340**
willhalford@rfu.com

Run England

Join us for a run in County Durham:

- Local groups to suit all abilities
- Qualified leaders to offer support and advice
- Fun, friendly sessions

Contact: **Sarah Beadle, 07921 060 301**
sbeadle@englandathletics.org

swimActive

swimActive aims to encourage more people to visit their local swimming pool. Take part at the Louisa Centre and Belle Vue Swim Centre:

- Take to the water and be physically active and healthier
- Take part in aquatic activities including swim fit and aqua aerobics
- Boost your water confidence with swimming lessons

Contact:

**The Louisa Centre, 01207 218 877 or
Belle Vue Swim Centre, 01207 218 161**
See: www.durhamswimactive.org.uk