

# 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  
**Easington 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](http://www.countydurhamsport.com)**

CPAL on **facebook**: [www.facebook.com/fbcpal](http://www.facebook.com/fbcpal)





## Activities in the Easington 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:**

### Cardi-Back

Get *back* to doing what you enjoy... A unique supervised programme aimed at:

- Decreasing lower back pain
- Improving fitness
- Reducing cardiovascular disease

Contact: **Cardi-Back Team, 0191 372 9821, [info@platinumppt.co.uk](mailto:info@platinumppt.co.uk)**

### Explore Rowing

You don't have to be Steve Redgrave to enjoy a trip on the river! Rowing's great exercise and everyone can enjoy it.

- 10 week Learn to Row course using new stable boats designed for beginners
- After the course, take up recreational rowing
- No experience necessary

Contact: **Mike Hughes, 07740 123 509, [explorerowing@gmail.com](mailto:explorerowing@gmail.com)**

### 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](mailto:clairewhite@thunderrugby.com)**



## 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](mailto:julie.lavery@durham.gov.uk)**

## 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](mailto:steven.hart@nhs.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](mailto:willhalford@rfu.com)**

## PACES

The PACES project running at The Pavillion offers:

- Tai chi, yoga and pilates
- Health walks and dance sessions
- Weight management and low impact exercise sessions

Contact: **Elaine Hancock, 0191 586 9957, [paces@peterlee.gov.uk](mailto:paces@peterlee.gov.uk)**



## Keep Fit Association

Take part in:

- Start up classes across Easington
- Training as a keep fit teacher
- Support to set up new classes

Contact: **Ann Brown, 0191 529 3095, [annbrown@eggconnect.net](mailto:annbrown@eggconnect.net)**

## DanceFit

DanceFit offers you the chance to:

- Take part in fun and social dance activity (no partner required)
- Join taster sessions leading to local groups
- Increase confidence and self-esteem

Contact: **Beth Ainsley, [dance@nouveaufitness.co.uk](mailto:dance@nouveaufitness.co.uk)**

## Get Active Stay Active

Get Active Stay Active offers a range of exercise sessions including:

- Exercise to music
- Boxercise
- Pilates

Contact: **Stewart Doyle, 0191 569 2847, [stewartjohndoyle@nhs.net](mailto:stewartjohndoyle@nhs.net)**