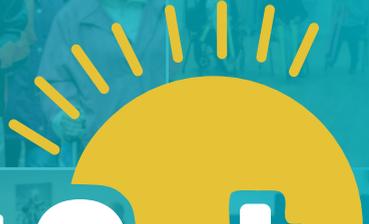


Get Out  
Get Active



# Get Out Get Active

All activities are low cost or FREE  
No need to book, just come along

YMCA

Boogie Beat  
music & movement



[stoke.gov.uk](http://stoke.gov.uk)

City of  
Stoke-on-Trent



# Venues

## Key



Disabled access



Parking



Safe place partnership



Disabled toilet



Cafe



### Able Services

201 Duke Street, Stoke-on-Trent ST4 3BJ



### Baddeley Green WMC

Leek New Road, Stoke-on-Trent ST2 7HG



### Bentilee NC

Dawlish Drive, Stoke-on-Trent ST2



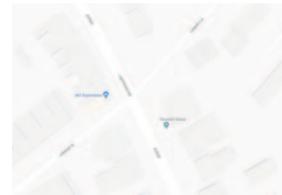
### Bradeley Village

Brammer Street, Stoke-on-Trent ST6 7QY



### Chatterley Centre

121 Wilding Road, Stoke-on-Trent ST6 8BQ



### Derwent House

206 Lightwood Rd, Stoke-on-Trent ST3 4JZ



### Dimensions Leisure Centre

Centre Scotia Road, Stoke-on-Trent ST6 4ET



### Fenton Manor Sports Complex

City Rd, Stoke-on-Trent ST4 2RR



### Florence Bowls and Tennis Club

Cemetery Ave, Stoke-on-Trent ST3 4EB



### Hanford Court Care Home

Bankhouse Rd, Stoke-on-Trent ST4 8EN



### Impact Boxing

34 Brocksford St, Stoke-on-Trent ST4 3HE



### Keswick House

212 Lightwood Road, Stoke-on-Trent ST3 4JZ





### Landau Stoke

Waterside Dr, Stoke-on-Trent ST3 3NW



### Longton Library

Lightwood Rd, Stoke-on-Trent ST3 4HY



### Maple West Court

Stoke-on-Trent ST6 6SB



### Meir Education Centre

Pickford Pl, Meir, Stoke-on-Trent ST3 7DY



### Meir Health Centre

Weston Road, Stoke-on-Trent ST3 6AB



### Methodist Central Hall

32b The Strand, Stoke-on-Trent ST3 2JH



### Middleport GP surgery

Newport Lane, Stoke-on-Trent ST6 3NP



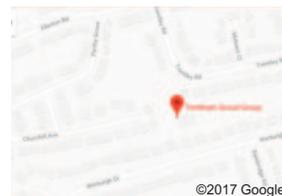
### North Shelton Youth Club

42 Milton St, Stoke-on-Trent ST1 4LE



### Rydal House

6 Spratslade Dr, Stoke-on-Trent ST3 4DZ



### Scout Hut

Churchill Ave, Stoke-on-Trent ST4 8PF



### Staffordshire Uni

College Rd, Stoke-on-Trent ST4 2DE



### Stoke Baptist Church

Foden Street Stoke-on-Trent ST4 4BX



### Stoke Library Local Service Centre

S Wolfe St, Stoke-on-Trent ST4 4SZ



### The Cedars Care Home

73 Berwick Rd, Stoke-on-Trent ST1 6ER





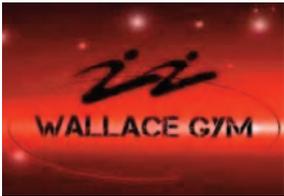
### The Hub

Fegg Hayes Rd, Stoke-on-Trent ST6 6QR



### The Willows

90 Uttoxeter Rd, Stoke-on-Trent ST11 9JG



### Wallace Centre

Abbots Road, Stoke-on-Trent ST2 8DU



### West end Village

London Road, Stoke-on-Trent ST4 5AB



### Westfield Children's Centre

Buccleuch Rd, Stoke-on-Trent ST3 4RF



### Westport Lake

ST6 4RZ



### Wooldridge Court

Pegasus Grove, Stoke-on-Trent ST6 1QJ



### YMCA North Staffordshire

Harding Rd, Stoke-on-Trent ST1 3AE



# Activities

## ABC Boxing

Impact Amateur Boxing Club is a boxing club where we welcome new members. We are a competitive amateur boxing club who compete at National level and International level. We pride ourselves on having members who come from all ethnic backgrounds and we have a family atmosphere within the club. The boxers are coached by experienced ABAE approved coaches and all our coaches are DBS checked. Please call Andy Sedgmore on 07920 446 276 for any more info regarding Impact ABC Staffs

## Boogie Beats

Boogie Beat music & movement classes are great fun for pre-schoolers & their grownups. Each class is a lively and active mix of music, song and dance based around a traditional story, we use many different props from balls to bean bags, shakers to scarves, puppets to parachute and much more to bring each theme to life. There is no need to book and classes are free of charge.

## Boccia

Boccia is a disability sport that tests muscle control and accuracy. Players propel balls to land close to a target ball. Two sides compete as individuals, pairs or as a team of three over a set number of ends. Each side has six balls (red or blue) each end to try and score points. Points are accumulated over the course of a match to find a winner. Everyone is welcome, if this is something you would like to try please come along.

## **Circuit class**

This circuit training is as fast-paced as you won't it to be. Each exercise lasts for 30 seconds to 5 minutes before moving on to another exercise. It's like a game of musical chairs! Everyone begins at a station (that is, a place where an exercise is done), and when the instructor yells "Time!" everyone moves to the next free station.

## **Chair based exercise class**

These chair-based classes are a great way of keeping physically active. There are many benefits including improving physical and mental health, and it enables people to stay independent for longer and do the things they value most. As well as being more physically active in general, we know that maintaining and improving muscle strength and balance can help people in later life continue to carry out activities of daily living and reduce their risk of falls. We are focusing on giving more people the opportunity to do more strength and balance activity. Come along please wear comfortable clothing.

## **Exercise to Music**

This class will get you moving: Whether you want to lose weight, tone up, gain muscle or improve strength and endurance levels, this class is fun and highly motivating. Please wear comfortable clothes and don't forget a drink. If you have a yoga mat please feel free to bring it along.

## **Gentle exercise class**

If you haven't exercised in a while, don't worry. Our class is focus on gentle exercise to help you to regain your fitness at your own pace. If you're used to regular physical activity, exercises can be tailored to be more strenuous. Please wear comfortable clothing.

## **Glow Football**

Indoor football fun for 6 to 12yrs. All abilities welcome come and have some fun in the dark at neon football. Please call Dimensions leisure centre to book your place. 1 hour - £2.50 or 2 hours - £5.50 with a meal.

## **Indoor bowls**

Come along and enjoy a friendly game of indoor bowls. This is an opportunity to keep active with a friendly game and the opportunity to meet new people. The activity is suitable for all fitness levels and abilities, no equipment is needed.

## **Pilate's**

Pilates is a strong mind/body connection, so you may like it if you enjoy yoga but need a more intense core workout. Pilates is great for strengthening and toning with a focus your core and for increasing your flexibility. Pilates involves precise moves and specific breathing techniques.

## **Nature Walk**

Come and enjoy an hour long walk around Westport Lake, with a different nature theme each session. Led by a guide from Staffordshire Wildlife Trust and free for all ages and abilities. The maximum distance walked will be 0.7 miles. Please meet outside Westport Lake Visitor Centre. Wear suitable clothing for the weather and bring a drink! The cafe will be open to purchase any hot refreshments. For more information please contact Kate on 07725 914016 or e-mail [kate.beer@stoke.gov.uk](mailto:kate.beer@stoke.gov.uk)

## **Sensory Splash Swimming Session**

A great multi-sensory session designed for children and adults with a diverse range of disabilities and additional needs.

## **Spinning**

Spinning is a form of aerobic exercise that uses a stationary bike. It can be done individually or in a class. Learn how to spin with Sue. Great for all levels of ability, don't forget your water and a towel.

## Tai Chi

Tai chi is a non-competitive martial art known for both its defence techniques and its health benefits. As an exercise, it comprises gentle physical exercise and stretching with mindfulness. It has been shown to improve balance control, fitness, and flexibility, and to reduce the risk of falls. It is known to reduce pain and the symptoms of depression.

## Tennis

All welcome, whatever your playing ability. Please wear comfortable clothing and bring a drink with you. Just turn up at the club and you will be made welcome. First session free - after that £2 for members and £3 for non-members.

## Trampolining

We are a fun, recreational trampolining club. Anyone is welcome to join us - from complete beginners to advanced bouncers, and whether you want to learn trampolining itself or just how to land safely or somersault. The club is open to people of any age or ability, but please remember that trampolining is high-impact and can be quite intensive. If you're new to the sport, you can start with gentle bouncing and gradually build up to more complicated moves as your stamina and core strength improve. If you have any concerns about your health, call our head coach on 07783 580354 about your personal circumstances before booking. Bring sports clothes and socks!

## Walking Football

You're never too old to get involved and no matter what your age, we're giving you the chance to play football! This Walking Football session is specifically targeted at 55plus.

## Yoga

FREE Friendly Yoga Classes: Move Stretch Strengthen Socialize and Connect. Suitable for most abilities, but be aware it does involve Floor Work. Just bring your mat and an optional head cushion.

# Monday

**Boogie Beats - FREE**  
Fenton Manor 11-11:45am

**Chair based, fun activity- FREE**  
Keswick House  
Starting 14 January 11am-12pm

**Boccia - FREE**  
Able Services 11:30am-12:30pm

**Pilates - FREE**  
Wallace Centre 12:30-1:30pm

**Chair based, fun activity- FREE**  
Rydal House  
Starting 3 December 1:30-2:30pm

**Chair Activity - FREE**  
Middleport GP 2-3pm

**ABC Boxing 7yrs+ - £2**  
Impact Boxing Fenton 6-7pm

**Tennis (Adults) - first session free**  
Florence Bowls and Tennis Club  
6-7pm

**YOGA 14yrs+ - FREE**  
Meir Education Centre 6:30-7:30pm



# Tuesday

**Chair Based Exercise - FREE**  
Dimensions Leisure Centre  
9:30-10:30am

**Chair Based Exercise - FREE**  
Wallace Centre  
9:30-10:30am

**Mobility Session - £1.50**  
Woolridge Court, ST6 1QJ  
10:30-11:30am

**YOGA - FREE**  
Longton Methodist Central Hall  
10:30-11:30am

**Curling - FREE**  
Landau Stoke  
10.30-11.30am

**Chair Based Class - FREE**  
Meir Health Centre  
11am-12pm

**Boogie Beats - FREE**  
Stoke Library  
11-11:45am

**Circuit Class - FREE**  
Able Services  
11am-12pm

**Nature Walk - FREE**  
Westport Lake 1-2pm

- 12 March - Crested Grebe Courtship
- 26 March - Signs of Spring

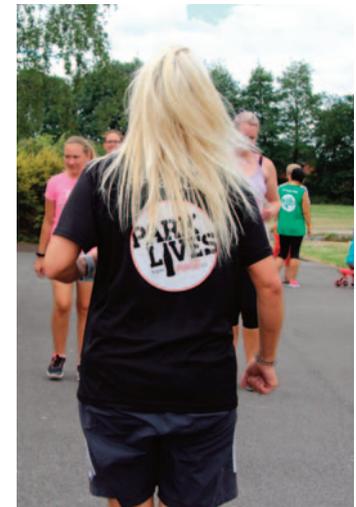
**Chair Based Class - £1.50**  
Hanford and Court Care Home  
2-3pm

**Walking Football - FREE**  
Dimensions  
2-3pm

# Wednesday

**Boogie Beats - FREE**  
Stoke Baptist Church  
9:30-10:30am

**Chair Based Exercise - FREE**  
Dimensions Leisure Centre  
10-11am





### **Boogie Beats - FREE**

Fenton Manor  
10:30-11:30am

### **Tai Chi for Health - FREE**

West End Village  
11:30am-12:15pm

### **Wildlife Trust**

### **Nature Tots - FREE**

20 March - Bucknall Park  
16 April - Central Forrest Park

### **Chair based, fun activity- FREE**

Derwent House  
1-2pm

### **Tai Chi - FREE**

Fenton Manor  
1-2pm

### **Chair Based Exercise - FREE**

Bentilee NC  
1:30-2:30pm

### **Sensory Splash Swimming Session - £4/Energise+ £3.30**

Dimensions Leisure Centre  
1:30-3pm



# Thursday

### **Zumba - FREE**

Wallace Centre  
9:30-10:15am

### **Boogie Beats - FREE**

The Hub  
9:30-10:30am

### **Learn to fish - FREE**

Sammies fishing pool ST4 2PD  
10am-1pm

To book your place and find out more  
call Sonia Bee 01782 311 729

### **Spinning - FREE for members**

North Staffs YMCA  
11-11.45am

### **Boogie Beats - FREE**

Longton Library  
11am-12pm

### **Gentle Exercise Class - £2**

Scout Hut  
11am-1pm

### **Pilates - FREE**

Maple West  
11am-12pm





### **Chair based, fun activity- FREE**

The Willows  
Starting 6 December 1:30-2:30pm

### **Indoor Bowls - £1.50**

Chatterley Centre  
1:30-3:30pm

### **Walking football - FREE**

Dimensions Leisure Centre  
2-3pm



### **U10's Tennis - first session free**

Florence Tennis and Bowls Club  
5-5:55pm

### **Football for 50+ - FREE**

YMCA  
6-7pm

### **Adults Tennis - first session free**

Florence Tennis and Bowls Club  
6-7pm

### **Youth Club - FREE**

Westend Childrens Centre  
6:30-8:30pm



# Friday

### **Boogie Beats - FREE**

Westfield Children's Centre  
9:30-10:30am

### **Chair Based Exercise - FREE**

The Cedards Care Home  
10-10:45am

### **Exercise to Music - FREE**

Methodist Central Hall  
11:30am-12:30pm

### **Chair Based Yoga - FREE**

Maple West  
12:30-1:30pm

### **Tai Chi - FREE**

Wallace Centre Sports Centre  
1-2pm

### **Indoor Bowls - £2**

Bentilee Neighbourhood Centre  
1-4pm

### **Sensory Splash Swimming Session - £4/Energise+ £3.30**

Dimensions Leisure Centre  
1:30-3pm





## Pulmonary Class - FREE

West End Village  
2-3pm

## Glow Active Football - £2.50

Dimensions Leisure Centre  
6:30-8:30pm or £5.50 with food

# Saturday

## U8's Tennis - first session free

Florence Tennis and Bowls Club  
9:10-10am

## U12's Tennis - first session free

Florence Tennis and Bowls Club  
10-11am

## Learn to fish - FREE

Sammies fishing pool ST4 2PD  
10am-1pm

To book your place and find out more  
call Sonia Bee 01782 311 729

Attendees will receive a certificate once  
commentate. If the English winter weather  
is too bad to fish on the pool, we will use  
the local church to teach participants how  
to set up the fishing tackle and much more.

## 12-18yrs Tennis - first session free

Florence Tennis and Bowls Club  
11am-12pm



# Sunday

## Flag football

Women and Girls 14+  
First 3 sessions free  
Staffordshire Uni  
10am-12pm

## Trampolining

First 3 sessions free  
Parkhall Business Park ST3 5XA  
3-4pm



**We're Staffordshire  
Saxons and we play  
flag American Football.  
Training sessions are  
held every week and  
are open to everyone.  
Even beginners.**



**Just bring a drink.**

  @StaffsSaxons



# Get Out Get Active

Think physical activity isn't for you? Get Out Get Active (GOGA) offers fun, accessible and inclusive activities for disabled and non-disabled people of all ages and abilities and people living with long-term health conditions.

### Want to get more active?

#### Don't feel confident doing it alone?

If you find it difficult to take up physical activity or sport due to low confidence or access issues, you might find it helpful to have a mentor. Mentors help by providing one-to-one support. The GOGA Peer Support Project can link you to a mentor. Interested? Get in touch.



### What is peer support?

Many disabled people take part in physical activity and sport; their stories and experiences are powerful. When they share these skills and ideas to support other disabled people, this is peer support.

GOGA is a new three-year programme getting more people active. We're covering Lambeth and Wandsworth only but moving to other GOGA areas in late 2017. Find out more! Visit our website or get in touch (details overleaf).

Get Out Get Active: [www.gogapeersupport.org](http://www.gogapeersupport.org)



## Getting more people more active through fun, physical activity

“ Being a mentor is all about giving encouragement and motivation. Where is someone going, where are they currently and what support do they need to get active? ”

Quote from new mentor in Lambeth

### Could you be a mentor?

You could help other disabled people become more active.

We're looking for people to act as mentors and work one-to-one with someone to get more active. You will receive training, ongoing support and build new skills.

### GET IN TOUCH

Want to find out more over an informal chat?

Contact Sarah Johnson, Peer Support Lead, Disability Rights UK.

Telephone 0203 687 0777 or email [Sarah.Johnson@disabilityrightsuk.org](mailto:Sarah.Johnson@disabilityrightsuk.org)

[www.gogapeersupport.org](http://www.gogapeersupport.org)



Funded by Spirit of 2012, GOGA brings together 18 areas in England, Northern Ireland, Scotland and Wales and numerous national partners – all focused on getting some of the UK's least active people moving more through fun and inclusive activities.

GOGA National Delivery Partner  
We are disabled people leading change, working for equal participation for all.

# We need you!

Could you spare an hour or two and help out at one of our activities?

It's the little things that go along way.

For more information please contact Jackie Brennan on 01782 234402 or e-mail [jackie.brennan@stoke.gov.uk](mailto:jackie.brennan@stoke.gov.uk)



## Nature Tots

FREE, just turn up 10am - 12pm

At a Nature Tots session, we'll have all kinds of eco-tastic activities lined up for you. Every week there is a natural-themed craft activity, story time, outdoor exploration and lots of time for free play. Dress for the weather.

March 20 - Camouflage  
Bucknall Park.

April 10 - Rabbits  
Central Forest Park.



**Y Weight is a FREE 12 week, group based programme for adults looking for support to lose weight.**

The programme helps you to understand the importance of eating well and being more active through making small lifestyle changes that work for you.

**Benefits of the Y weight programme include:**

- Talking about any concerns you have with your food intake, body shape and/or health
- Feeling confident in looking after your own health
- Setting your own realistic goals
- Helping you to find the right eating plan for you



**All programmes are delivered by trained staff and are available at different times and locations across the city.**

### Is Y Weight for me?

If you are:

- ✓ aged 18 years and over and live in Stoke-on-Trent
- ✓ overweight with a BMI of 30+ with additional health issues\*
- ✓ overweight with a BMI over 35, but have no known health problems
- ✓ able to commit to a 1 ½ hour session once a week for 12 weeks

\* To find out your BMI visit [www.nhs.uk](http://www.nhs.uk) and search 'BMI calculator'

For more information or to find out if you meet the criteria please speak to a member of the Health Care Team at your GP Practice, who can refer you to the Y Weight programme.