

# Active for Life Programme

November 2018 - April 2019

Free or low cost activities to help you lead an active lifestyle in the city



**ONE  
YOU**



**Your healthy lifestyle**



# Your first step to a more active lifestyle

## Your **Active** **for Life** programme

is a handy guide to hundreds of ways for you to become, or stay active in the city.

All the sessions in this programme are organised or supported by the council's Healthy Lifestyles Team and are:

**"Free or low cost"**

**"Local and accessible"**

**"Beginner friendly"**

**"For all ages and abilities"**

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## The Active for Life programme

is delivered by the city's Healthy Lifestyles Team. We can offer help and advice on all aspects of living a healthy lifestyle, including being active, eating well, stopping smoking, drinking less alcohol and improving your wellbeing.

Do get in touch with us if you have any questions or would like some support towards living a healthy lifestyle.

## Contact the Healthy Lifestyles Team on:

01273 294589

[healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk)

[brighton-hove.gov.uk/healthylifestyles](https://brighton-hove.gov.uk/healthylifestyles)

  @BHhealthylife

If you would you like this programme in an accessible format please get in touch.



## Welcome sessions

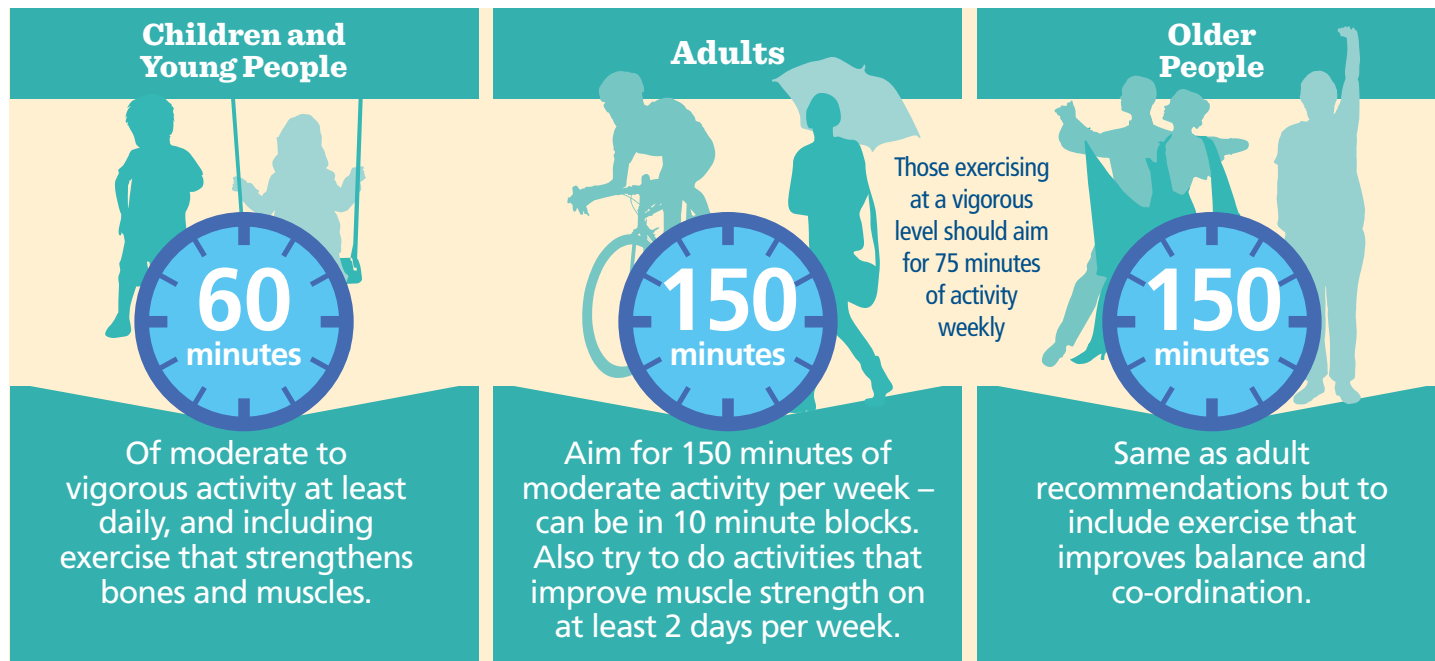
**Are you interested in attending an Active for Life session or Healthwalk but would like more information?**

If the answer is yes, we'd love to see you at one of our welcome sessions ,where you can learn everything you need to have the confidence to come and enjoy our activities. See page 31 for more details and to book.

# How much exercise is recommended?

It could be easier than you think to fit more physical activity into your life, and doing so can have a huge impact on your health and wellbeing.

The infographic below shows you how much exercise is recommended for all age groups.



Use our **activity finder** to explore 200 clubs and groups providing activities from dance to sport and fitness:  
[www.brighton-hove.gov.uk/activityfinder](http://www.brighton-hove.gov.uk/activityfinder)

## Top tips for being active

- **Walk for short journeys** rather than take the car (the council's Travel Planning team can help). The average person will walk a mile in 15 minutes.
- **Walk at a brisk pace** that makes you breathe a bit faster, feel a bit warmer and your heart beat a bit faster. You should still be able to talk comfortably.
- **Take the stairs rather than use lifts.** Walking up stairs counts as vigorous level activity, the same as running!
- **Get off the bus or train a stop earlier** and walk the rest of the way.
- **Try the 'One You' free Active 10 app**, it will help you plan short brisk walks into your day.
- **Take part** in one of the brilliant opportunities in this programme – there are activities for all ages and abilities, including absolute beginners!
- **Remember, it's never too late.**  
Whatever your age, being more active will bring huge benefits. Start small, and build up gradually.

You also can find out more at [www.bhfactive.org.uk](http://www.bhfactive.org.uk) and [www.nhs.uk/livewell/fitness](http://www.nhs.uk/livewell/fitness)

## Benefits

- Healthy weight
- Reduces social isolation
- Flexibility
- Halve risk of heart attack and stroke
- Prevent diabetes & cancer
- Reduce stress
- Make new friends
- Improved energy
- Improves your sleep
- Improves learning and brain development

**Contact the  
Healthy Lifestyles Team  
for help & advice on  
01273 294589**

# Healthy Lifestyles Team

## Regular sport and physical activity sessions

### Please note:

The average person will walk 1 mile in 20 minutes so you can work out average walk times for each walk according to the miles shown.

### Sessions key

YS	Youth Sessions
ALC	Active for Life Clubs
GAL	Get Active Locally
ISL	In Shape for Life
A4E	Active Forever
HW	Healthwalks
PW	Progression walks



Wheelchair friendly



Toilets



Buggy friendly



Walk includes some hills



Refreshments



Family friendly

### Fitness/ability level

- 1 Easy/beginners
- 2 Easy/moderate
- 3 Moderate/challenging



# Monday

"Healthwalks has helped me get over a leg injury"



	Type of session	Venue and Postcode	Time	Level	Cost
ISL	<b>In Shape for Life</b> A circuit based exercise session suitable for all.	Hangleton Community Centre, BN3 8BW.	9.30 - 10.30am	1	£2/£3
GAL	<b>Dancing for Health*</b> A fun fitness class with seated conditioning and active dance.	Saint Luke's Church, BN2 9ZB *Term time only.	10 - 11am	1	£2/£3
	<b>Tai Chi</b> Delivered by the Taoist Tai Chi Society supported by Active for Life.	From 26/11 - 28/02/2019 at the Open Market, BN1 4JU.	12.30 - 1.30pm	1	£2 donation
HW	<b>Preston Park Healthwalk</b> A friendly and popular 1.5 mile walk around the city's biggest public park.	Meet at Rotunda Café, Stanford Avenue end of the park.	10am	1.5 miles 1	FREE
PW	<b>Progression Walks in partnership with Brighton &amp; Hove Ramblers</b> Six beautiful walks sharing Rambler routes.	First Monday every month. See calendar section for more details or <a href="http://www.bahr.org.uk">www.bahr.org.uk</a>	10.30am	All 4-5 miles 3	FREE
YS	<b>Youth Yoga*</b> A yoga session for young people aged 11+. Suitable for all abilities and beginners to yoga. Girls and boys welcome.	ACT Studios, Church Road, Hove, BN3 2DJ. *Term time only.	4.30 - 5.30pm	1	£2
ISL	<b>In Shape for Life</b> A circuit based exercise session suitable for all abilities.	Hollingdean Community Centre, BN1 7BH.	7 - 8pm	1	£2/£3




















# Tuesday

" Healthwalks are sociable and you meet great new people! "



	Type of session	Venue and Postcode	Time	Level	Cost
GAL	<b>Dancing for Health*</b> A fun fitness class with seated conditioning and active dance.	Bishop Hannington Youth and Community Centre, BN3 7LD. *Term time only.	11.15am - 12.15pm	<b>1</b>	£2/£3
HW	<b>Seafront Healthwalk</b> Enjoy a seafront stroll eastward to Brighton Marina or westward to Hove Lawns.	Meet on the main promenade in front of Brighton Palace Pier.	10am	<b>1</b> mile  	FREE
HW	<b>Castle Hill/Woodingdean Healthwalk</b> Explore this stunning chalk grassland National Nature Reserve in Woodingdean.	Meet at the small car park on Falmer Rd at the junction with Bexhill Road.	10.30am	<b>2-3 miles</b> <b>3</b>	FREE
PW	<b>Falmer &amp; Beyond Progression Walk, 1st Tuesday of the month.</b> Explore beautiful Falmer then finish at the university for a cuppa.	Meet at Swan Pub, North Falmer.	1pm 6/11, 4/12, 1/1, 5/2, 5/3, 2/4	<b>4.5 miles</b> <b>3</b>	FREE
HW	<b>Cemeteries Healthwalk, 2nd Tuesday of the month.</b> Explore Brighton's beautiful Extra Mural and Woodvale Cemeteries.	Meet at the Gladstone Pub, 123 Lewes Road. *NB, dogs are not allowed at the cemetery sites*.	12.30pm 13/11, 11/12, 8/1, 12/2, 12/3, 9/4	<b>1.5 or 2 miles</b> <b>2</b>	FREE



A4E	<b>Boccia League (Oct-May)</b> We are looking for new teams to join our league! Call 01273 294589 for details.	Patching Lodge, BN2 0AQ.	10am - 12 noon	1    	£10 per team
ISL	<b>In Shape for Life Manor Road</b> A circuit based exercise session suitable for all levels of fitness.	The Manor, BN2 5EA. Pre-school children welcome to attend with you under your supervision	11am - 12 noon	1    	£2/£3
	<b>In Shape for Life Moulsecoomb</b> A circuit based exercise session suitable for all abilities.	Moulsecoomb Hall, BN2 4GA.	11am - 12.30pm	1    	£2/£3
ALC	<b>Active for Life Club*</b> Multi-sports for ages 7 – 11. *Term Time only.	The Manor, BN2 5EA. *Term Time only.	3.30 - 4.30pm	1  	£2 per session paid termly
YS	<b>Girls Get Active*</b> Multi-fitness session for girls aged 11+ (year 7 and above). Come and try Zumba, spin, gym and circuits.	King Alfred Leisure Centre BN3 2WW. *Term Time only.	4.30 - 5.30pm	1   	£2



# Wednesday



"Healthwalks was my lifeline from caring responsibilities"

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Type of session		Venue and Postcode	Time	Level	Cost
ISL	<b>Pilates (supported by Active for Life)</b> Great for posture, core/back strength & mental wellbeing. Suitable for all levels.	The Manor, BN2 5EA.	10 - 11am	1 	£2/£3
	<b>Post Natal Pilates</b> All post birth women welcome (6-8 wks post birth) and pre mobile babies.	The Manor, BN2 5EA.	11.15am - 12.15pm	1 	£2/£3
HW	<b>Sheepcote Valley Healthwalk</b> Enjoy panoramic views and a wealth of wildlife.	Meet at East Brighton Park Café building, off Wilson Avenue.	10.15am	3 miles 3 	FREE
	<b>Hollingbury Hill Fort Healthwalk</b> Explore some of the most historic and beautiful countryside that borders the city.	Meet at the Hollingdean Sure Start Children's Centre, Brentwood Road.	11am	2.5 miles 3 	FREE
	<b>Brighton Women's Walk &amp; Talk Healthwalk</b> Meet and chat with women from around the city, finishing with a cuppa at the friendly drop-in run by Brighton Women's Centre at the church.	Meet at St Mary's Church, 61 St James's Street, Kemptown. www.womenscentre.org.uk	1.15pm	2 miles 2 	FREE








A4E	<b>Social Ping and Short Tennis</b> All levels welcome at this fun session.	King Alfred Leisure Centre, BN3 2WW.	10.30am - 12 noon	1   	£2/ £2.50
ISL	<b>In Shape for Life Brighthelm</b> A circuit based exercise session suitable for all abilities.	Activities Hall, Brighthelm Community Centre, BN1 1YD.	12 noon - 1pm	1   	£2/£3
GAL	<b>Women Only Swimming</b> A public session with female life-guard.	St Lukes Swimming Pool, BN2 9ZE.	12.30 - 1.30pm	1  	£4.75/ £2.85
ALC	<b>Active for Life Club*</b> Multi-sports for ages 7 – 11.	Hertford Junior School, BN1 7FP. *Term Time only.	3 - 4pm	1 	£2 per session paid termly
YS	<b>Young Dancers Collective (YDC)*</b> Contemporary dance session for ages 11+. Both boys and girls are welcome.	The Studio, Brighton, BN2 3PF. *Term Time only.	5 - 6pm	1 	Paid termly
YS	<b>Street Games*</b> Informal sports session for ages 11+. Football with the occasional taster session for other sports.	The small sports Hall at Portslade Sport Centre, BN41 2WS. *Term Time only.	4.30 - 6pm	1  	£2
GAL	<b>Trans-friendly Swimming</b> Weekly. Just turn up or contact Shanni. collins@brighton-hove.gov.uk	St Lukes Swimming Pool, BN2 9ZE.	8.30 - 9.20pm	1  	£4.75/ £2.85
PW	<b>Nordic Progression Walks</b> Practice and Develop your Nordic Walking skills. NB: you will need to complete the basic Nordic Walking Course before taking part.	1st & 3rd Wednesdays of the month. See page 47 for more information.	1st & 3rd Wed of the month	4+ miles 2 3  	FREE but cost for training

# Thursday

" I love this class.... We have a great laugh and get fit at the same time "



	Type of session	Venue and Postcode	Time	Level	Cost
HW	<b>Hangleton &amp; Knoll Women's Walk &amp; Talk</b> Friendly women-only multicultural Healthwalk group followed by a cuppa at the community centre.	Meet at St Richards Community Centre.	10am, 15/11, 29/11, 13/12, 17/1, 14/2, 14 & 28/3	2 miles 1	FREE
	<b>Thomas Kemp Amble 3rd Thursday of the month</b> Join Badgers Tennis Club for this walk around historic Kemptown, including the Sussex Square enclosures.	Meet at Badgers Tennis Club, BN2 5JN. Pre-book as numbers are limited healthwalks@brighton-hove.gov.uk	10am 15/11, 20/12, 17/1, 21/2, 21/3, 18/4	1 mile 1	FREE
	<b>Hove Park Healthwalk</b> A great walk for beginners and those wanting gentle exercise.	Meet at the park café.	10.15am	1.5 miles 1	FREE
ISL	<b>Women-only In Shape for Life*</b> With a female instructor. A circuit based exercise session suitable for all abilities.	All Saints Church Hall, BN3 3QE. *Term Time only.	10.30 - 11.30am	1	£2/£3
HW	<b>Stanmer Park Healthwalk</b> A lovely 3 mile countryside walk through Millbank wood, finishing at the village tea rooms.	Meet at the Lodge park gates Stony Mere Way off Lewes Road.	11am	3 or 5 miles 3	FREE

ALC	<b>Active for Life Club*</b> Multi-sports for ages 7 – 11.	Portslade Village Centre, BN41 2LL. *Term Time only.	3.30 - 4.30pm	1   	£2 per session paid termly
ISL	<b>FUNKFIT</b> Great fun drop in session for adults. Dancing to funk & soul music with an Instructor, non choreographed – Just dance!	Brighton Youth Centre, BN2 0JR.	4.45 - 5.45pm	1  	£2/£3
YS	<b>Young Dancers Collective (YDC)*</b> Contemporary dance session for ages 11+. Both Boys and girls are welcome.	Dance Station, North St, Portslade BN41 1DH. *Term Time only.	5.15 - 6.30pm	1  	Paid termly





" Good fun! Amazing results, very grateful "

	Type of session	Venue and Postcode	Time	Level	Cost
ISL	<b>In Shape for Life Portslade</b> A circuit based exercise session suitable for all abilities.	Portslade Sports Centre, BN41 2WS.	9.30 - 10.30am	1	£2/£3
HW	<b>Portslade Library Walk &amp; Read</b> Explore Easthill Park, Emmaus Community Garden, finishing at the library for a browse and a cuppa!	Meet at Portslade Library.	10.15am	1 mile 1 	FREE
	<b>Saltdean/Undercliff Healthwalk</b> Walk the historic Undercliff to Ovingdean Gap returning to Saltdean.	Meet outside Saltdean Library, last Friday of month ending at the Marina.	11am	3 miles 2 	FREE
	<b>Macmillan Horizon Centre Healthwalk</b> Walk through historic Kemp Town and along the seafront, finishing at the Horizon Centre for people living with cancer. Open to all including centre users and friends.	Meet at the Horizon Centre Café.	11.30am	1.5 - 2 miles 2 	FREE
AFL	<b>Active for Life Club*</b> Multi-sports for ages 7 – 11.	West Blatchington Primary, BN3 8BN. *Term Time only.	3.10 - 4.10pm	1	£2 per session paid termly
YS	<b>Street Games*</b> Informal sports sessions for ages 11-15 and 16-20.	Moulsecoomb Leisure Centre, BN2 4PB. *Term Time only.	6 - 7pm	1	£2 per session paid termly



# Weekend

" Because of Healthwalks I  
now enjoy exercise! "



	Type of session	Venue and Postcode	Time	Level	Cost
HW	<b>Portslade/Benfield Valley Saturday Healthwalk</b> A more challenging walk with beautiful views.	Sainsbury's entrance by the cash machines.	11am	3 - 3.5 miles 3	FREE
	<b>Sheepcote Valley Progression Walk, 1st Saturday of the month</b> A different version of the popular Wednesday Healthwalk.	Meet at East Brighton Park Café building, off Wilson Avenue.	11am 3/11, 1/12, 5/1, 2/2, 2/3, 6/4	4.5 miles 3	FREE
PW	<b>Balsdean Progression Walk Saturday, 2nd Saturday of the month</b> A lovely linear walk from Castle Hill, finishing near Kipling Gardens, Rottingdean.	Meet at the car park by the junction of Falmer Rd and Bexhill Road, Woodingdean.	1pm 10/11, 8/12, 12/1, 9/2, 9/3, 13/4	4.5 miles 3	FREE
	<b>The Downs On Your Doorstep Progression Walk, 3rd Saturday of the month</b> Join Badgers Tennis Club for this challenging downland walk.	Meet at Badgers Tennis Club, Church Place, Kemptown, BN2 5JN.	10am 17/11, 15/12, 19/1, 16/2, 16/3, 20/4	4.5 miles 3	FREE
HW	<b>Stanmer Park Healthwalk, 4th Sunday of the month</b> A variety of walks finishing at the Village Tea Rooms.	Meet outside the Village Tea Rooms. Bus: 78 to Stanmer Church.	10.45am 25/11, 23/12, 27/1, 24/2, 24/3, 28/4	3 - 3.5 miles 3	FREE



# Regular sessions venue list

Venue name and address	Bus links
<b>ACT Studios</b> Church Road, Hove, BN3 2DJ	1, 2, 5, 6, 24, 49
<b>All Saints Church</b> The Drive, Hove, BN3 3QE	2, 5, 5A, 5B, 21, 21A, 46
<b>Bishop Hannington Youth and Community Centre</b> 38 Holmes Avenue, BN3 7LD	5, 5A, 5B, 56
<b>Brighthelm Community Centre</b> North Rd, BN1 1YD	Any city centre route
<b>Brighton Women's Centre</b> 72 High St, Kemp Town, BN2 1RP	1, 2, 7, 18, 37, 37B, 47, 57
<b>Brighton Youth Centre</b> 64 Edward St, BN2 0JR	1, 1A, 2, 7, 14B, 14C, 18
<b>Carden Primary School County</b> Oak Ave, BN1 8LU	5B, 56
<b>Castle Hill Nature Reserve</b> Car park off B2123 Falmer Rd at junction with Bexhill Rd grid reference TQ356063	2, 22, 52
<b>Church of the Good Shepherd</b> 272 Dyke Rd, BN1 5AE	27, 77
<b>East Brighton Park</b> Park café building off Wilson Ave, BN2 5PB	1, 1A, 7, 21, 21A, 23, 47, 52
<b>Fairlight Primary School</b> St Leonard's Road, Brighton, BN2 3A	23, 24, 25, 37, 37B, 48, 49

Venue name and address	Bus links
<b>Moulsecoomb Leisure Centre</b> Moulsecoomb Way, BN2 4PB	23, 24, 25, 28, 29, 50U
<b>New Larchwood</b> Waldron Ave, Coldean, BN1 9EZ	24
<b>Palmeira Square, HOP50</b> Brighton, BN3 2JN South side of square bus-stop	1, 1A, 2, 5, 5A, 5B, 6, 21, 25, 46, 49, 700
<b>Patching Lodge</b> Park St, Kemp Town, BN2 0AQ	1, 1A, 2, 7, 14C, 14B, 23, 52
<b>Portslade Library</b> Old Shoreham Rd, BN41 1XR	2, 6, 46
<b>Portslade Sports Centre</b> Chalky Rd, BN41 2WS	1, 1A
<b>Portslade Village Centre</b> 43 Windlesham Close, BN41 2LL	1, 1A
<b>Preston Park: Rotunda Café</b> (Stanford Ave end), BN1 6HL	5, 5A, 5B, 17, 270, 271, 272, 273
<b>Sainsbury's Portslade Superstore</b> Hangleton Link Rd, BN3 7GD	6, 46, 66
<b>St. Luke's Church</b> Queen's Park Road, BN2 9ZB	18, 21, 21A, 23, 37B
<b>St. Luke's Swimming Pool</b> St Luke's Terrace, BN2 9ZE	18, 21, 21A
<b>St Richards Community Centre</b> Egmont Rd, Hove, BN3 7FP	16, 56


<b>Falmer Church</b> East Street, BN1 9PB	25/28/29
<b>Falmer Village: Swan Pub</b> Middle St, North Falmer, BN1 9PD	25, 23 (to Mill St) 28, 29 (Falmer V)
<b>Gathering Place</b> 1 Orchid View, BN1 8GP	46, 56
<b>Hangleton Community Centre</b> Harmsworth Crescent, BN3 8BW	5, 5A, 5B, 16, 66
<b>Hertford Junior School</b> Lynchet Close, Hollingdean, BN1 7FP	50, 50U
<b>Hill Top Café</b> Dyke Road, BN1 5LF	27, 77
<b>Hiker's Rest Pub, Coldean</b> Coldean Lane, BN1 9GD	23, 24, 25, 28, 29
<b>Hollingdean Community Centre</b> Thompson Rd, BN1 7BH	50, 50U
<b>Hollingdean Sure Start Centre</b> Brentwood Rd, BN1 7DY	50, 50U
<b>Hove Park, Park Café</b> Old Shoreham Rd, Hove, BN3 7AP	5, 5A, 5B, 56
<b>Jubilee Library</b> Jubilee St, BN11GE	Any city centre route
<b>King Alfred Leisure Centre</b> Kingsway, Hove, BN3 2WW	700
<b>Macmillan Horizon Centre</b> 2 Bristol Gate, Hove BN2 5BD	1, 1A, 7, 14B, 14C, 23, 37, 37B, 47, 52
<b>Mile Oak Community Centre</b> Chalky Rd, BN41 2WF	1, 1A
<b>Moulsecoomb Hall</b> Moulsecoomb Place, Lewes Rd, BN2 4GA	23, 24, 25, 28, 29, 50U

<b>Saltdean Library</b> Saltdean Park Rd, BN2 8SP	12, 12A, 14, 14C, 27, 47
<b>Seafront: Brighton Pier</b> Madeira Drive, BN2 1TW	Any Bus to Old Steine
<b>Shoreham Centre</b> Pond Road, Shoreham, BN43 5WU	2, 700
<b>St Ann's Well Garden, Garden Café</b> Somerhill Rd, BN3 1RP	7, 21A
<b>Stanley Deason Leisure Centre</b> Wilson Ave, BN2 5PB	21, 21A
<b>Stanmer Park Lodge / Park Gates</b> Stoney Mere Way off Lewes Road	23, 25, 50U, 78
<b>Tomato Dolce E Salato Café</b> The Level, BN2 9SY	Any city centre bus
<b>The Dance Station</b> Unit 4, 57 North Street, BN41 1DH	1, 1A
<b>The Gladstone Pub</b> 123 Lewes Rd, BN2 3QB	23, 24, 25, 48, 49
<b>The Level</b> Union Rd, BN2 9SY	Any city centre route
<b>The Manor</b> Manor Rd, BN2 5EA	37, 37B
<b>The Studio</b> Whippingham Road, BN2 3PF	21, 21A, 22, 23
<b>West Blatchington School</b> Hangleton Way, Hove, BN3 8BN	5, 5A, 16, 66,
<b>West Pier</b> Kings Rd, Hove, BN1 2LN	Any Western Rd bus, nr Preston St

# Special activities each month

" I thoroughly enjoy both the exercise and the company "

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November	Venue and Postcode	Time	Level	Cost
<b>Thursday 1 November:</b> <b>Snailspace Brighton Walk</b> Come along and meet some of the wonderful, colourful snails that have popped up around Brighton in aid of the Martlets Hospice. Find out more about why we should all slow down once in a while and meet a volunteer Route Master too.	Meet at the Snail, Jubilee Square; finishes at Churchill Square.	11am - 12.30pm	1.5 miles 	<b>FREE</b> (donations to the Martlets welcome)
<b>Saturday 3 November:</b> <b>Wellbeing Sketch Walk</b> Enjoy a brisk Autumn walk with Botanical Artist Deborah and sketch the leaves and trees in Hove Park. Bring paper/pencil. All abilities welcome.	Meet in front of Hove Park Café. Bus 5,5A,5B.	10.30am - 12 noon	2.5 miles 	<b>FREE</b>
<b>Monday 5 November: Progression walk with Brighton &amp; Hove Ramblers</b> A beautiful circular route for those ready for more challenging walks.	Meet at Wild Park Pavilion Café, Moulescoomb, BN2 3HZ.	10.30am	4.5 miles 	<b>FREE</b>







<p><b>Thursday 8 November:</b>  <b>Snailspace Hove Walk</b> Come along and meet some of the wonderful, colourful snails that have popped up around Hove in aid of the Martlets Hospice. Find out more about why we should all slow down once in a while and meet a volunteer Route Master too.</p>	<p>Meet at the Snail outside The Grand Hotel. Finishes at George Street, Hove.</p>	<p><b>11am - 12.30pm</b></p>	<p><b>1.5 miles</b>  </p>	<p><b>FREE</b>          (donations to the Martlets welcome)</p>
<p><b>Friday 9 November:</b>  <b>Truffle and Mushroom Hunt walk &amp; Talk</b> Beginner mushroom hunting walk for those that want to learn about fungi, foraging conduct and sustainable harvesting the safe way with a professional forager. Also a great introduction to cooking with wild food!</p>	<p>The Hikers Rest, Coldean Lane, BN1 9GD. Bring lunch &amp; wear appropriate footwear.</p>	<p><b>11am - 3pm</b></p>	<p><b>3-5 miles</b>  </p>	<p><b>FREE</b></p>
<p><b>Monday 26 November:</b>  <b>Preston Manor Museum Walk</b> A fantastic opportunity to find out more about this historic building with a tour of the grounds and St Peter's Church following on from our regular Preston Park Healthwalk.</p>	<p>Meet at the Rotunda Café, Preston Park.</p>	<p><b>10am</b></p>	<p><b>1.5 miles</b>  </p>	<p><b>FREE</b></p>

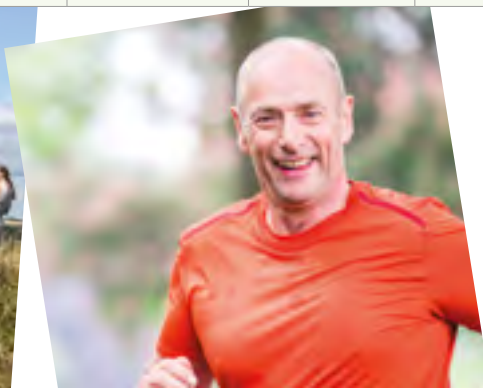
# Special activities each month

" I find that exercising in a formal group I work harder than if I were exercising by myself in the gym "

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December	Venue and Postcode	Time	Level	Cost
<b>Saturday 1 December:</b> <b>Wellbeing Sketch Walk</b> Enjoy a brisk walk to Hove Museum and Art Gallery and choose an exhibit to sketch there with local Artist Deborah. Bring paper/pencil. All abilities welcome.	Meet near the Wish Park Community Garden, BN3 4LN. Bus 1,1A.	10.30am - 12 noon	2.5 miles 2 	FREE
<b>Monday 3 December:</b> <b>Progression walk with Brighton &amp; Hove Ramblers</b> A beautiful circular route for those ready for more challenging walks.	Meet opposite Co-op, Patcham, BN1 8XR.	10.30am	4.5 miles 3  	FREE
<b>Tuesday 18 December:</b> <b>Christmas &amp; The Snowman, Brighton Museum walk and tour</b> Get into the Christmas spirit with this fantastic free talk and tour of the new Snowman Exhibition, following on from our regular seafront Healthwalk.	Meet on the main promenade in front of Brighton Palace Pier.	10am	1 mile 1     	FREE








January	Venue and Postcode	Time	Level	Cost
<b>Monday 7 January:</b> <b>Progression walk with Brighton &amp; Hove Ramblers</b> A beautiful circular route for those ready for more challenging walks.	Meet at St Helen's Church, Hangleton Way, BN3 8ER.	10.30am	4-5 miles <b>3</b> 	FREE
<b>Friday 25 January:</b> <b>Winter in The Living Coast Walk</b> Join this special version of our Undercliff Healthwalk to find out the special nature of our coast at this time of year.	Meet outside Saltdean Library. <a href="http://www.thelivingcoast.org.uk">www.thelivingcoast.org.uk</a>	11am	3 miles <b>2</b>    	FREE
<b>Tuesday 15 January:</b> <b>Hangleton Wildlife Walk with HK Hedgehogs</b> A lovely walk exploring the flora and fauna of the countryside around Hangleton, and some of the area's local history.	Meet at Hangleton Manor.	10.30am	3 miles <b>2</b>   	FREE



# Special activities each month



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February	Venue and Postcode	Time	Level	Cost
<b>Monday 4 February:</b> <b>Progression walk with Brighton &amp; Hove Ramblers</b> A beautiful circular route for those ready for more challenging walks.	Meet in front of Shoreham Community Centre, Pond Road, Shoreham, BN43 5WU.	10.30am	4.5 miles    	FREE
<b>Tuesday 12 February:</b> <b>Hangleton Wildlife Walk with HK Hedgehogs</b> A lovely walk exploring the flora and fauna of the countryside around Hangleton, and some of the area's local history.	Meet at Hangleton Manor.	10.30am	2   	FREE

" I enjoy participating in most exercises and feel much better in myself. My fitness has improved a lot "





March	Venue and Postcode	Time	Level	Cost
<b>Monday 4 March:</b> <b>Progression walk with Brighton &amp; Hove Ramblers</b> A beautiful linear route for those ready for more challenging walks.	Meet at Stanmer Park entrance, BN1 9PU. Finish opposite the Co-op, Patcham.	10.30am	4-5 miles  <b>3</b>	FREE
<b>Wednesday 13 March:</b> <b>Art Walk – the Fisherman’s Quarter</b> Bring along a pad and something to draw with and enjoy sketching and walking on the seafront. No experience necessary.	Meet on the main promenade in front of Brighton Palace Pier.	1pm	1 mile  <b>1</b>	FREE
<b>Tuesday 26 March:</b> <b>Wildlife Photographer of the Year exhibition, museum walk &amp; tour</b> A fantastic opportunity to get a free tour of the inspiring Wildlife Photographer of the Year exhibition, following on from our regular seafront walk.	Meet on the main promenade in front of Brighton Palace Pier.	10am	1 mile  <b>1</b>	FREE

*" The health walks are fantastic, sociable and friendly and free, I have made many friends through the walks "*

April	Venue and Postcode	Time	Level	Cost
<b>Monday 1 April:</b> <b>Progression walk with Brighton &amp; Hove Ramblers</b> A beautiful linear route for those ready for more challenging walks.	Meet at Telscombe Tye on A259 Coast Rd, BN2 8DY. Finish at The White Horse, Rottingdean, BN2 7HR.	10.30am	<b>5 miles</b>    	FREE
<b>Wednesday 10 April:</b> <b>Art Walk, Kipling Gardens, Rottingdean</b> Bring along a pad and something to draw with and enjoy a gentle walk followed by the chance to sketch these beautiful gardens. No experience necessary.	Meet on the Green by the pond.	1pm	<b>1 mile</b>     	FREE
<b>Thursday 25 April:</b> <b>Spring in The Living Coast Walk</b> Join us to discover the wonders of Stanmer Park and find out more about the flora and fauna that are waking up for Spring.	Meet Stanmer Park at the Lodge Gates, Stoney Mere Way. www.thelivingcoast.org.uk	11am	<b>3 or 5 miles</b>    	FREE
<b>Tuesday 30 April:</b> <b>Wildlife Photographer of the Year exhibition, museum walk &amp; tour</b> A fantastic free tour of the inspiring Wildlife Photographer of the Year exhibition, following on from our regular seafront walk.	Meet on the main promenade in front of Brighton Palace Pier.	10am	<b>1 mile</b>      	FREE

Brighton & Hove  
**Dance**  
**Active**  
2018

Our spectacular annual community dance showcase is taking place on  
**Saturday 8 December at The Brighton Centre.**

Compere Clare McDonnell from BBC Radio 5 Live will host the evening's celebrations.

" It's such a great event – a celebration of unity expressed through dance, great fun – music and dance for all "

We welcome a host of groups dancing everything from Hip Hop to Turkish-influenced contemporary and expect around 250 performers. Munya Muchati, pictured here, will be bringing his Visual Poets Crew who have gone from strength to strength since first performing at Dance Active in 2015.

**Watch out as tickets will sell out!**  
**£5.00 each**

**For more information call Sarah**  
**on 01273 291516**



# Healthwalks

**Healthwalks are a great way for everyone to be more active, get outdoors and make new friends, whatever their age or ability.**

There is a weekly programme of 19 regular walks across the city, starting at under a mile on the flat to longer progression walks. There's also a calendar of exciting one-off Healthwalks that have something extra to offer, from walks ending in museum tours to mushroom spotting rambles. All walks are led by our fantastic team of **Volunteer Healthwalk Leaders** who know the route and help everyone get the best out of their walk. The scheme is accredited by the national Walking for Health initiative ([www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)) and holds The Queen's Award for Voluntary Service.

\* Please arrive ten minutes early to your first walk so you can complete our simple registration.



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## Would you like to volunteer?

If you've got some spare time and would like to get outdoors, get active and meet new people then why not become a Volunteer Healthwalk Leader? You'll be helping others improve their health and wellbeing, and you'll learn a lot about the fantastic places to walk in Brighton & Hove. Apply online by following the 'Volunteer Healthwalk Leader Training' link at: [www.brighton-hove.gov.uk/healthwalks](http://www.brighton-hove.gov.uk/healthwalks) or call 01273 294589.

**Healthwalks: 01273 294589**

email: [healthwalks@brighton-hove.gov.uk](mailto:healthwalks@brighton-hove.gov.uk)

[www.brighton-hove.gov.uk/healthwalks](http://www.brighton-hove.gov.uk/healthwalks)

 [facebook.com/brightonhovehealthwalks](https://facebook.com/brightonhovehealthwalks)

 [healthwalksBH](https://twitter.com/healthwalksBH)



\* You can also print our starter form from the website, and bring it with you, completed, on your first walk.

# Thinking about getting more active?



**Your  
healthy  
lifestyle**

## Health Trainers

- can provide you with free and confidential support
- will work with you to set realistic and achievable goals and can help you to stay motivated to keep going
- can also support you to quit smoking, eat well, drink less alcohol and improve your general wellbeing

If you are aged 18 or over and live in Brighton & Hove please call **01273 294589**  
email: **[healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk)**  
or visit: **[brighton-hove.gov.uk/healthylifestyles](https://brighton-hove.gov.uk/healthylifestyles)**

Need support  
to get started  
and keep  
going?



"What a fantastic  
service –  
extremely  
helpful and  
enabling"



# Active for Life

**The Active for life project** has been supporting residents to get active for over ten years. We offer low cost and local sessions in targeted neighbourhoods and also work with a range of partners and organisations to deliver and support community events.

Our activities are inclusive, friendly and participants can work at their own pace. Our groups and sessions attract people from all walks of life and of all shapes and sizes. Those with little or no experience participate alongside those who have attended regularly; we welcome all. Our coaches are well-qualified and experienced so can support participants of all abilities.

Please do not hesitate to call the team if you would like to talk further about what to expect. We hope to see you at one of our sessions soon so that you can enjoy the benefits of leading an active lifestyle.



When **coming along to an Active For Life session** for the first time we recommend that you:

- Wear something comfortable so that you can move with ease
- Wear supportive footwear
- Bring water so that you can keep hydrated throughout the session
- Turn up ten minutes early to register

# Active for Life Programmes

## HP Holiday Programmes

Active for Life offer a range of activities during the holidays to keep children and young people moving. Each school break provides something different ranging from our popular soup and stomp events to youth festivals and multi sports offers. Sessions are usually drop in but some require booking. Contact the team for details for which events are running during these weeks.

## ALC Active for Life clubs

Our after school clubs cater for those aged 7 - 11. Operating in a selection of the city's schools AFL clubs are fun and suitable for all levels of ability. Children learn to develop their strength, stamina and co-ordination whilst learning sports-based skills.

## GAL Get Active Locally

Catering for adults, these sessions take place in a range of locations across the city. They currently include Pilates, Tai Chi, FunkFit and Dancing for Health. Everyone is welcome at our get Active locally classes and the emphasis is on health and wellbeing whilst enjoying something in a friendly group setting.

## ISL In Shape for Life

Activity sessions are designed to welcome all abilities; class members can work at their own pace. The circuit format means individuals can opt for beginner's level upwards so those new to exercise are fully catered for. Some sessions can also include advice about healthy living.

## YS Youth Sessions

These sessions are provided to offer a space for young People from ages 11+. They currently include Girls Get Active, Street Games (ages 11 – 15 and 16 – 20), Youth Yoga, and Young Dancers Collective. Everyone is welcome to these sessions having the opportunity to improve their fitness and wellbeing and have fun together.

## A4E Active Forever

Sessions and events are aimed at promoting active ageing so cater for those aged 50+. Keeping active in older age can be really beneficial to health and wellbeing.



# Getting active this winter

## Tai Chi

Did you know that Tai Chi is really beneficial for health and wellbeing? It is especially excellent for helping to keep us strong and steady on our feet. Many of us are more at risk of a fall as we get older; it's a big cause of injuries and hospital admissions. However falls are NOT an inevitable part of ageing. We can counteract some of the effects of ageing by keeping active (see the recommendation on page 4).

The Active for Life project works in partnership with the Taoist Society to bring Tai Chi to the park. The sessions run throughout the year and largely happen outside at except in the depths of winter when the group retreat to the Open Market activity rooms.

Sessions start on Monday 26 November at 12.30-1.30pm and are drop in. A donation of £2 is suggested for those attending. For more information Call Elly on 01273 296625.



## New Dancing for Health Session

Our popular Dancing for Health class is now happening in two venues across the city. For those living in the west our new session at Bishop Hannington Youth & Community Centre could be just the one for you. Dancing for Health is a wonderful mix of seated exercise progressing onto more active dance-based activity using Latin-inspired music. Teacher Rosaria Gracia is renowned in the city for her welcoming style and extensive knowledge and uses principals of Gyrokinesis whilst leading the class. Definitely one to try!

**No need to book – Drop in session**  
Tuesdays at 11.15am-12.15pm. Cost is £3/£2  
For more information call Claire  
on 01273 294210



## Talks & Training

The Active for Life team are on a mission to spread the word about the benefits of being physically active. Just small changes in activity levels can really make a difference to health and wellbeing and the team visit groups and clubs to talk about ways of making those changes. Top tips include being active in 10 minute blocks, travelling on foot where possible and, most importantly, choosing something you enjoy!



If you are interested in finding out more about our Talks & Training programme or making a booking call **Julie** on **01273 292724**.

" I enjoy participating in most exercises and feel much better in myself "

## Welcome sessions

Would you like to find out more about Active for Life and Healthwalks? If so you may be interested in attending one of our welcome sessions. Learn about what our programmes involve, what to expect, what to wear and a whole host of other useful tips prior to joining us. Sessions are friendly and informative and are followed by one of our regular sessions which you can take part in or observe.



For more information and to book a place call **Elly** on **01273 296625**.

# Getting active this winter

## Holiday Programmes

The Active for Life team organises activities for families and young people during the school holidays to keep your family active, informed of local initiatives, and to provide healthy living advice.

**The team will be delivering events during October half term, February half term, during the Easter Holidays, and over the summer.**

Contact the team for event information on 01273 292724.

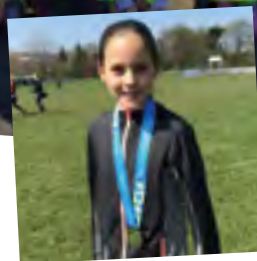
## Active for Life Running Challenge

**Sign yourself up for our 11 week Running Challenge!**

The course runs from the week commencing January 14 – 05 April 2019 (term time only).

You will receive 11 weeks training with the Active for Life team and complete a Mile race at the Brighton Half Youth Race on Sunday 24 February and at the Mini Mile event on Saturday 13 April. The Running Challenge is for children in school years 3-6 and young people from years 7-9.

The challenge is to improve upon your own race time achieved at the first race, when competing in the second race in April.



The course costs £30 and £20 concession which includes the 11 weeks training, both entries into the mile races, and entry to our celebration event on the 11th April 2019 at Withdean stadium.

For more information on where the courses will run and to book a place contact **Vanessa Lynham 01273 292721** or email [vanessa.lynham@brighton-hove.gov.uk](mailto:vanessa.lynham@brighton-hove.gov.uk)



## Yoga

### **Come along to our youth yoga sessions for young people aged 11+.**

During these sessions you will develop your strength and flexibility and learn skills to become more mindful and manage stress. The sessions are suitable for beginners and all levels of fitness.

Yoga mats are provided but please bring water and wear comfortable clothing that allows for movement.

Sessions are drop in and cost £2. Boys and girls welcome. **For more information please call 01273 294589.**

## Young Dancers Collective

### **Why not come along and try Young Dancers Collective**

You can start attending these sessions with any dance experience and begin your journey into the world of contemporary dance. Be welcomed into YDC by a friendly group and the highly experienced dance teachers from Ceyda Tanc Dance. YDC get entered into around 4-5 performances per year, these include the Lets Dance, Dance Active and Brighton Fringe. Please bring water and wear comfortable clothing that allows for movement.

Please follow us on Instagram

 @youngdancerscollective



Sessions are paid termly, with concession rates available. Boys and girls welcome.

For more information please call 01273 294589. You can also email: Oly.Lewry@brighton-hove.gov.uk



# Getting active this winter

## Skateboarding

The skate programme offers a number of projects and activities in the city which includes beginners skateboarding tuition, Go Skate mental health project, a volunteer programme and a mobile skatepark which is available for hire with equipment and coaches. For more information or to get involved please visit [www.brighton-hove.gov.uk/skateparks](http://www.brighton-hove.gov.uk/skateparks)



Junior parkruns (2km) at Hove Park and Preston Park –  
Sundays at 9.00am

[parkrun.org.uk/prestonpark-juniors](http://parkrun.org.uk/prestonpark-juniors)  
[parkrun.org.uk/hovepark-juniors](http://parkrun.org.uk/hovepark-juniors)

Adults parkruns (5km) at  
Hove Park, Preston Park, Hove  
promenade, Bevendean –  
Saturdays at 9.00am

[www.parkrun.org.uk](http://www.parkrun.org.uk)  
01273 294589

## Parkrun

Hove Park junior parkrun is a free, timed, weekly event for children aged 4 to 14. We meet just before 9am every Sunday morning, near the climbing rock in Hove Park. We pride ourselves on providing welcoming, supportive environment for sporty and non-sporty children alike. Run, skip or walk, on your own, with friends or with an adult – the choice is yours! The event is run by volunteers and we are always looking for people to help (Duke of Edinburgh Award Scheme welcome).



# Get active with freedom*leisure*

Fun, friendly and accessible sessions for all at your leisure centres in Brighton and Hove

day	activity	time	venue
Monday (1st & 3rd weeks)	Singing for Health	11am - 1pm	Moulsecoomb Community Leisure Centre 01273 622266
Tuesday	Get To Know Water - relaxed, inclusive swimming for confidence	12.30pm - 1.30pm	King Alfred Leisure Centre 01273 290290
Wednesday	50 + session including racket sports and exercise class	9.30am - 12.30pm	Portslade Sports Centre 01273 411100
Wednesday	Community Badminton including beginners	9am - 11am or 11am - 1pm	Moulsecoomb Community Leisure Centre 01273 622266
Thursday	50 + session including racket sports, gym & exercise class	10am - 12pm	King Alfred Leisure Centre 01273 290290
Thursday	Walking Football	12pm - 1pm	Portslade Sports Centre 01273 411100
Thursday	Get To Know Water - relaxed, inclusive swimming for confidence	12pm - 1pm	King Alfred Leisure Centre 01273 290290
Friday	Community Badminton	9am - 11am	Moulsecoomb Community Leisure Centre 01273 622266
Friday	Walking Football	3pm - 5pm	Moulsecoomb Community Leisure Centre 01273 622266
Sunday	Walking Football	9am - 10am	Portslade Sports Centre 01273 411100



For more information please contact the centre hosting the activity.  
[www.freedom-leisure.co.uk/b&hactivecommunities](http://www.freedom-leisure.co.uk/b&hactivecommunities)



## Find out about befriending in Brighton & Hove

# Befriending Contact Point



**01273 229005**

**[contact@bhbefriending.org](mailto:contact@bhbefriending.org)**

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

### Call us or send us an email:

- to find out about local befriending organisations
- to find a volunteer for yourself or someone else
- to find out about becoming a volunteer befriender



***"I love visiting her, it has given me a great sense of purpose; I love to hear her stories."***





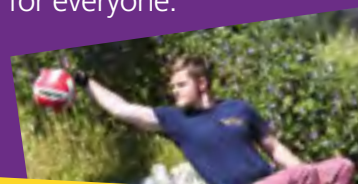
## Opportunities for disabled people



### The Active for life team

currently deliver around 48 weekly sessions and walks through a wide range of programmes. Sessions are inclusive and friendly.

If you have an impairment or any specific requirements please contact us on **01273 294589** to discuss how we can accommodate and welcome you to our sessions. Whatever your age, ability or experience, we aim to offer something for everyone.



Please visit our website for more information and links to clubs in Brighton & Hove that offer sessions for disabled people: **[www.brighton-hove.gov.uk/disabilitysport](http://www.brighton-hove.gov.uk/disabilitysport)**



# Free Swimming

For 16 year olds and under

Prince Regent Swimming Complex  
King Alfred Leisure Centre  
St Luke's Swimming Pool

Tel 0845 803 5519

Registration is required. Applications for all available at reception or from our website - please bring the completed form and proof of child's age to reception. Child's photo will be taken for ID purposes.

 **freedom leisure**  
where you belong

 Brighton & Hove  
City Council

[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)



Could you do with help and company at home?

Or know someone who could?

We can help with shopping • meals

- cleaning • laundry • hobbies • pets
- appointments & activities • hairdressing
- beauty • gardening • osteopathy • foot care
- benefits advice • home security • building
- repairs • decorating • window cleaning
- administration & technology

All delivered by great handpicked people who we know personally.

Let us match you with a member of our team?

Call 01273 434190  
[www.homeandcompany.co.uk](http://www.homeandcompany.co.uk)



**SAVE**  
up to  
**40%**

# Brighton & Hove Leisure Card

Freedom Leisure offer the Leisure Card which gives a 40% discount for residents on low income\* on: membership and 'pay as you go' use of facilities throughout the city, including gym, swimming, squash, table tennis and badminton.

## \*You must be claiming one of the following:

- Jobseekers Allowance
- Pension Credit
- Income Support
- Attendance Allowance
- Employment & Support Allowance/ Incapacity Allowance
- Universal Credit
- Disability Living Allowance/ Personal Independence Payment
- Child Tax Credit (First Threshold Limit Only)
- Student (with valid NUS Extra Card)

Take identification and evidence of your benefit award to your local Freedom Leisure centre to apply for your Leisure Card.  
Terms & conditions apply.



[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)



**freedomleisure**  
where you matter





The council, Food Partnership and Jamie Oliver Food Foundation are working together to help Brighton & Hove become SUGAR SMART.



# You can join the campaign!

## 1) CHOOSE a challenge:

Avoid hidden sugars and **start from scratch**

**Make breakfast low sugar**, start the day well

Cut down by making **sweet snack swaps**

**Swap the pop**, ditch sugary drinks for water

## 2) Get SUPPORT:

[www.brighton-hove.gov.uk/sugarsmart](http://www.brighton-hove.gov.uk/sugarsmart)

## 3) TELL US what your doing:

Find us on Facebook @sugarsmartcity and send us a picture with #sugarsmartcity





# Right Track

Provided by Possability People in association with the Sussex MSK Partnership



## Are you living with aches and pains?

We can help you get on the right track to get more active and improve your health and wellbeing

- Free, flexible support for adults with painful joints, muscles and bones who have used the MSK service and want to find ways to self-manage their condition
- Get linked in to local free or low cost activities and groups, as well as services that can support you in other areas of your life

## Want to get involved?

Phone: (01273) 069850

Email: [right-track@possabilitypeople.org.uk](mailto:right-track@possabilitypeople.org.uk)



Sussex MSK Partnership  
Central



Registered Charity No. 1114435 Company No. 05706441  
Registered in England and Wales



# It's Local Actually

[www.itslocalactually.org.uk](http://www.itslocalactually.org.uk)



Connecting people to 1,500 low cost or free activities happening on your doorstep or across the city every week! Our Support At Home section can also help you to find local services to help you stay happy, safe and well at home.

# PERSONALISED WEIGHT LOSS FOR FREE

CHANGE YOUR HABITS, FOR GOOD

## GUTLESS

No-nonsense way for men to increase fitness, improve health and lose weight.

## BZ BUMPS

What better time to make health changes for 'Mums-to-be' and the rest of the family than during pregnancy?

## BZ FOR ALL

Supportive and fun way to improve fitness, health & wellbeing and lose weight-open to all.

## HENRY (2-4 years)

A fun 8 week programme, run by our trained nutritionists/dietitians, for you and your young child, to help create healthy habits around issues such as fussy eating.

## BEEZEE FAMILIES (5-15 years)

BeeZee Families offers practical healthy lifestyle advice using engaging activities that make sense in 'real life'.

## BZ LADIES

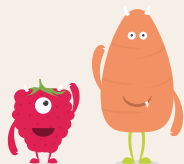
Personalised approach for women to lose weight with the support of other lovely ladies.

## BZ CHAT

1:1 individualised support over video-chat to help you lose weight and keep it off.



GET IN TOUCH **NOW** FOR MORE INFORMATION AND TO BOOK A  
**FREE PLACE**



CONTACT THE HEALTHY LIFESTYLE TEAM  
[www.brighton-hove.gov.uk/healthyweight](http://www.brighton-hove.gov.uk/healthyweight)  
[healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk)

[/beezeebodies](https://www.facebook.com/beezeebodies)  
[@beezeebodies](https://www.instagram.com/beezeebodies)  
01273 294589



  
**Brighton & Hove**  
City Council



Trans Can Sport facilitates free and low cost fitness sessions and sport workshops to trans people in Brighton & Hove. The project supports people who feel their transgender identity creates barriers for them to access fitness by providing group sessions and workshops for participants at all levels of experience and fitness.

e: [transcansport@gmail.com](mailto:transcansport@gmail.com) fb: [facebook.com/transcansport/](https://facebook.com/transcansport/) w: [transcansport.wordpress.com](https://transcansport.wordpress.com)







## Live healthier

Breathe easier and have more energy

## Live better

On average save up to £3000 a year

## Live happier

Stop smoking and reduce your stress levels

## Live longer

Half of all long-term smokers die early from smoking related diseases

To get advice on how to quit or to find your local e-cig friendly stop smoking services visit

**[Brighton-hove.gov.uk/stop-smoking](https://brighton-hove.gov.uk/stop-smoking)**

You can also call the Healthy lifestyles team on 01273 **294589**, speak to your local pharmacy or GP for information and options available locally to help you quit'



**Brighton & Hove  
City Council**

# Explore the world on your doorstep!



Brighton & Lewes Downs  
UNESCO World Biosphere Region

Join us for special 'TLC' walks to explore the Coast (25th January) and Woods (25th April). See the calendar in this programme for more details.



Explore with our interactive map  
[www.thelivingcoast.org.uk/explore](http://www.thelivingcoast.org.uk/explore)



**Brighton & Hove Green Spaces Forum lists more than 70 green space community groups in the city looking for volunteers. Find one near you and join them for a green form of exercise.**

Volunteering in a local community garden or park enables you to work outdoors with other people and provides physical, wellbeing and social benefits.

[www.bhgreenspaceforum.org.uk](http://www.bhgreenspaceforum.org.uk)



<https://www.facebook.com/bhgsforum/>



@bhgsforum



If you're living with or beyond cancer in the city, you can learn and equip yourself to Nordic walk and then join Macmillan Cancer Support Group, the *Nordic Wanderers*. Contact Nordic Walking for Health via

[peter@nordicwalkingforhealth.co.uk](mailto:peter@nordicwalkingforhealth.co.uk)  
or 07813 524587.

More information is at  
[www.nordicwalkingforhealth.co.uk](http://www.nordicwalkingforhealth.co.uk)

# Nordic walking

Walk tall naturally with purpose



## Nordic Walking Course – 4 sessions, each 2-3 miles

Sessions 1 to 3 take part at **Hove Park**  
and Session 4 **Stanmer Park**

Nordic walking is now recognised as beneficial to health and wellbeing throughout the lifespan as it effectively combines aerobic (heart & lung) exercise with muscle strengthening and balance activity (Public Health England 2018).

To book a place contact **peter@nordicwalkingforhealth.co.uk**

**Cost: £36** per person i.e. £9 a session

**[www.nordicwalkingforhealth.co.uk](http://www.nordicwalkingforhealth.co.uk)**

**Wednesdays 1.30 to 3pm**

• 7, 14 & 28 Nov & 5 Dec

**Tuesdays 11am to 12.30pm**

• 27 Nov & 4, 11 & 18 Dec

**Saturdays 1.30 to 3pm**

• 5, 12, 19 & 26 January

**Thursdays 11am to 12.30pm**

• 31 Jan & 7, 14 & 21 Feb

**Fridays 11am to 12.30pm**

• 15, 22 & 29 March & 5 April

**Wednesdays 1.30 to 3pm**

• 3, 10, 17 & 24 April



# DO YOU KNOW WE CAN TURN YOUR PHONE INTO A BUS TICKET?



**Download  
our free app**  
from the  
App Store  
or Google Play

