Active for Life Programme

Spring/Summer 2017

including **Healthwalks**

Your healthy lifestyle

Brighton & Hove City Council

Your first step to a more active lifestyle

Welcome to the Active for Life programme

where you can find hundreds of fantastic activities to help you become or stay active. Every activity in this programme is organised by the Council's Healthy Lifestyles Team, your one-stop shop to lead a healthier lifestyle.

All activities included in this guide are:

- Low cost or free
- For all ages and abilities
- Local and accessible

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FREE Swimming for under 16's

freedomleisure where you matter

All children aged 16 and under in the city can **swim for free** in the council's swimming pools. Pop into your local pool to apply or visit: **www.brighton-hove.gov.uk/free-swimming**

The **Healthy Lifestyles Team** look forward to welcoming you to one of our activities soon and please get in touch if you would like any help or advice about getting active.

Contact us...

Healthy Lifestyles Team:
01273 **292724**
email: healthylifestyles@brighton-hove.gov.uk
www.brighton-hove.gov.uk/activecity
SportActivityBH
facebook.com/sportandactivity

Thumbs Up!

ONE YOU

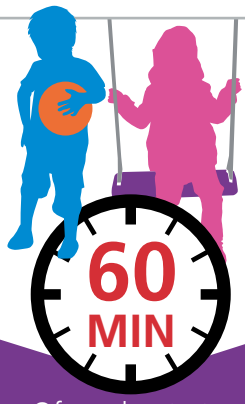
How much is recommended?

It's surprisingly easy to get enough exercise to significantly benefit your health and wellbeing. The illustrations below show you what health experts recommend, but if you would find this difficult, remember:

- **Sit less, move more and make it fun**
- **Doing something is better than nothing**
- **Start small and build up gradually, just 10 minutes at a time provides benefit**
- **'Moderate' activity should leave you with a slightly faster heartbeat, feeling a bit warmer and breathing a bit faster but still able to talk comfortably**
- **It's never too late to become more active**

Contact the **Healthy Lifestyles Team** for help & advice 01273 292724.

CHILDREN AND YOUNG PEOPLE



Of moderate to vigorous activity at least daily, and including exercise that strengthens bones and muscles.

ADULTS

Aim for 150 minutes of moderate activity per week – can be in 10 min blocks. Also try to do activities that improve muscle strength on at least 2 days per week

Those exercising at a vigorous level should aim for 75 mins of activity weekly

OLDER PEOPLE

Same as adult recommendations but to include exercise that improves balance and co-ordination.

Benefits

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

For more information about recommended activity levels visit:
www.nhs.uk/livewell/fitness
www.bhfactive.org.uk

Healthwalks

Our award-winning Healthwalks scheme is a great way for people of all ages and abilities, including those who have health conditions, to get out, make new friends and be more active.

There are 18 regular walks every week which range from under a mile on the flat to longer Progression walks and a calendar of fantastic one-off walks including Art walks, Mindfulness Walks, Night-time nature walks and 'Walk & Scoots' for mobility scooter users! The walks are led by **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)**

Volunteer Healthwalk Leader Team

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: **www.brighton-hove.gov.uk/healthwalks** or call 01273 292574.

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

WALKING FOR HEALTH · Accredited Scheme ·

The Queen's Award for Voluntary Service

Healthwalks: 01273 **292564**
email: healthwalks@brighton-hove.gov.uk
www.brighton-hove.gov.uk/healthwalks
facebook.com/brightonhovehealthwalks
healthwalksBH

Active for Life

Our Active for Life Programme 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. We hope to see you at one of our sessions soon so that you can enjoy the benefits of leading an active lifestyle:

Active Families
An opportunity for families to exercise together

Holiday Sessions
Helping children to be active whilst school is out

Active for Life Clubs
Our popular Activity clubs for 7 – 11 year olds

Active Forever
A variety of sessions for the over 50's

Get Active Locally
Adult sessions in local neighbourhoods

In Shape for Life
Fitness sessions for all abilities including weight management and healthy living advice

Girls Get Active Activities
Activities for young women aged 12+

Streetgames
Multi sports for young people aged 12+

All sessions are inclusive, friendly and participants can work at their own level.

ACTIVE *for Life*

In Shape for Life

Sisters Jaqui and Julie are two of our **In Shape for Life** stalwarts who enjoy our Manor Road session every Tuesday.

In Jaqui's words:

"I came to In Shape for Life as I wanted to get healthier and fitter and as a complete beginner to fitness I wanted a class that I could do so **In Shape** suited me down to the ground. Since attending five years ago I have become fitter and healthier and it has helped me to gradually lose weight in the process. It has given me the confidence to attend other classes and even complete the Race for Life.
My sister Julie decided to attend the class a year ago and since then has become a happier person. In Shape for Life has helped to manage Julie's heart condition and has given her a new lease of life. We would recommend In Shape for Life to anyone wanting to start exercise or to increase their current activity levels. It has a great community feel to it and you will always be welcomed in to the sessions by the great instructors"

Opportunities for disabled people

The Healthy Lifestyles 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 292724** 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**

Getting active this summer

Dancing for Health

Dancing for Health is one of our most popular offers and has now been running for four years in Queens Park.

The session comprises of a combination of exercises from dances around the world and enhances core stability, flexibility and strength. It's perfect for anyone who wants to get active and have fun in the process. We welcome those who may have challenging health conditions in a supportive and inclusive environment.

We are keen to attract new members to the group so please do come along and give it a try!

Sessions are drop in and cost £2/£3. Our teacher Rosaria Gracia also offers further Dancing for Health sessions in Hove.

For more information call Dan on 01273 294204

"...there is a very welcoming atmosphere for new comers"

"It's a wonderful way to exercise and really helps with natural rhythm"

New for this spring!

The Healthy Lifestyles Team are now offering a programme of Talks and Training

Are you confused about how much physical activity is recommended for healthy living? Would you like to learn more about leading a healthy lifestyle and the services we offer? We are keen to get out and about to talk to community groups, workers and volunteers! For more information call Julie on 01273 292724.

Active for Life Running Challenge 2017

Congratulations to the 107 participants that completed the 11 week training, the Brighton Half Youth Race and the Brighton Mini Mile races this year with the Healthy Lifestyles Team. **Are you feeling inspired by the challenge? Don't wait until next year…**

Get involved in our **Active for Life clubs** taking place in 5 venues across the city! Fun and Friendly multisport activities for anyone aged 7-11 years. These run from April - December term time only. For more information check out our regular sessions pages in the brochure or contact Vanessa Lynham 01273 292721.

"Our son enjoyed the experience very much"

Strong & Steady

The Healthy Lifestyles Team are supporting the city's Strong & Steady campaign to help more people aged 50+ get involved in activities that improve strength and balance. This helps to stay fit and healthy, manage health conditions, reduce their risk of falling as you get older and have fun!

Different groups across the city are learning a fun routine set to music and you can see them in action at the TAKE**PART** Launch event on 17 June at The Level. For more information and to take part, call Julie on 01273 292724.

Getting active this summer

The Healthy Lifestyles Team

will be busy again this summer delivering our annual summer club in local primary schools and visiting parks and green spaces to offer family activities and healthy living advice.

As always we aim to support community events such as **Bev Fest** on **8 July** at Bevendean Green from 12 - 5pm.

For information about summer activities call 01273 292724.

The team have engaged with 300 girls through our Girls Get Active programme this year alone!
Girls Get Active April 2016 - March 2017

The **Girls Get Active** offer, brought to you by the **Healthy Lifestyles Team** and **Freedom Leisure**, has grown considerably since the THIS GIRL CAN campaign. To keep girls active throughout the year sessions run term time only:

King Alfred Leisure Centre **Tuesday** 4.30 - 5.30pm
Withdean Sports Complex* **Thursday** 4.00 - 5.00pm

The multi-fitness classes are only £2 per session for girls aged 12+

*Thursday sessions are at Portslade Sport Centre until 25 May, then from 8 June at Withdean Sports Complex.

Summer Dance Camp

Following on from the success of our Young Dancers Collective we are running a Summer Dance Camp with partners Ceyda Tanc Dance Education at 'The studio' during the summer holidays.

The course will be for young people aged 11-16 with or without dance experience.

For more information and to book a place contact Oly on 01273 296681.

freedomleisure
where you matter

Don't forget **Freedom Leisure** have lots on offer over the summer for all ages check out their **'Summer Breakout Programme'** … Visit: **www.freedom-leisure.co.uk**

Brighton Summer Bonanza

FREE events from Friday 21 July to Sunday 23 July, for ages 4-16 years.

Drop in workshops, and tournaments for many different sports and activities taking place along the seafront such as Street Dance, Scooter Run, Table Soccer, Graffiti ultimate Arts & crafts and much more.

Don't miss out, sign up and get a free goody bag on your arrival. To sign up and for information visit the website: www.brightonsummermadness.com

Getting active this summer

FREE Summer Bootcamp

Starting Monday 19 June **In Shape for Life** will take to The Level for the summer. Come and join **In Shape for Life's Summer Bootcamp** and take your exercise outdoors. Suitable for all levels of fitness and abilities, you will use your own bodyweight and the great outdoors to get fit and have fun. SESSIONS ARE FREE

For more information please contact Elly on 01273 292724.

New Social Ping!

Hangleton & Knoll 50 + Group run a huge range of activities in the area including a new table tennis pilot –

Thursdays 11am-1pm Hangleton Community Centre

For more Information contact Clare Hopkins
01273 410858 clare.hopkins@hkproject.org.uk

Skate activities

will be available with our mobile skatepark during the summer months.

For information on this visit:
www.brighton-hove.gov.uk/skateparks

Activity Finder

Discover a huge range of local sports and activities across the city by visiting the online "Activity Finder" available on Brighton & Hove City Council's website.

Looking for a particular sport, dance or fitness activity?

Or simply want to see what's on, when you have some free time?

With over 200 organisations adding their activities and events to the diary, it's the perfect place to find great opportunities in the city helping people of all ages lead active lifestyles.

Simply go to:

www.brighton-hove.gov.uk/activityfinder

Do you organise a sports club or activity group in the city?

We can help you to:

- Promote your activities to local residents
- Access funding and information to develop your club
- Discover local training programmes for coaches and club officials

For more details please visit:
www.brighton-hove.gov.uk/sportsdevelopment

Regular Sport and Physical Activity Sessions

Sessions Key

- Girls Get Active
- Street Games
- Active Families
- Active for Life Clubs
- Get Active Locally
- In Shape for Life
- Active Forever
- Healthwalks
- Progression walks

Fitness/Ability Level

- easy/beginners
- easy/moderate
- moderate/challenging

Wheelchair friendly | Toilets | Buggy friendly | Walk includes some hills | Refreshments | Family friendly

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 mileage shown.

Monday

First Monday every month: Progression Walks with Brighton & Hove Ramblers: Six beautiful walks, sharing Rambler routes for those ready for more challenging walks.
For more details: **www.bahr.org.uk / See page 24**.

Type of session	Venue and Postcode	Time	Level	Cost
In Shape for Life A circuit based exercise session suitable for all.	Hangleton Community Centre, BN3 8BW	**9.30 - 10.30am**		**£2/£3**
Preston Park Healthwalk: 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**	**FREE**
Dancing for Health A fun fitness class using dance based moves. Suitable for all.	Saint Luke's Church, BN2 9ZB	**10 -11am**		**£2/£3**
Tai Chi Delivered by the Taoist Tai Chi Society supported by Active For Life. Everyone welcome.	The Level Community Rooms, BN1 4ZN	**12.30 - 1.30pm**		**£2** donation
St Ann's Well Gardens Healthwalk: Explore this lovely city centre park with this perfect beginners walk. Includes a pick up from Wavertree House at 1.30pm	Meet by the Garden Café	**2pm**	**1 mile**	**FREE**

Tuesday

Walking in natural green spaces is proven to lower blood pressure and reduce stress.

Type of session	Venue and Postcode	Time	Level	Cost
Seafront Healthwalk Enjoy a seafront stroll eastward to Brighton Marina or westward to Hove Lawns.	Meet at the entrance to Brighton Pier	**10am**	**1 mile**	**FREE**
Boccia League We are looking for new teams to join our league! Call us for details.	Patching Lodge, BN2 0AQ	**10am - 12noon**		**£10 per team**
Castle Hill/Woodingdean Explore this stunning chalk grassland National Nature Reserve in Woodingdean.	Meet at the small car park on Falmer Road at the junction with Bexhill Road	**10.30am**	**2-3 miles**	**FREE**
In Shape for Life Manor Road A circuit based exercise session suitable for all. Pre-school children welcome.*	The Manor Gym, BN2 5EA	**11 - 11.45am**		**£2/£3**
In Shape for Life Moulsecoomb A circuit based exercise session suitable for all abilities.	Moulsecoomb Hall, BN2 4GA	**11am - 12.30pm**		**£2/£3**
In Shape for Life Manor Road Fun low intensity exercise for older people.	The Manor Gym, BN2 5EA	**12noon - 12.30pm**		**£2**

*to attend with you under your supervision.

Falmer & Beyond Progression Walk 1st Tuesday of the month: Explore beautiful Falmer then finish at the university for a cuppa.	Meet at Swan Pub, North Falmer	**1pm 2/5, 6/6, 4/7, 1/8, 5/9, 3/10**	**5 miles**	**FREE**
Cemeteries Monthly Healthwalk, 2nd Tuesday of the month: 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 9/5, 13/6, 11/7, 8/8, 12/9, 10/10**	**1.5 or 2 miles**	**FREE**
Three Cornered Copse Healthwalk, 3rd Tuesday of the month: Explore a secret green space in the heart of the city.	Meet at Hove Park Café	**12.30pm 16/5, 20/6, 18/7, 15/8, 19/9, 17/10**	**2.5 miles**	**FREE**
Active for Life Club Multi sports for children ages 7 – 11.	The Manor Gym, BN2 5EA	**3.30 - 4.30pm**		**£2 per session** paid termly
Girls Get Active Multi-fitness session for girls aged 12+ (Year 8 and above). Come & try Zumba, spin, gym & circuits.	King Alfred Leisure Centre, BN3 2WW	**4.30 - 5.30pm**		**£2**
Young Dancers Collective Contemporary dance session for ages 12+. Boys and girls welcome. Contact Oly.Lewry@brighton-hove.gov.uk for info	The Studio, Whippingham Road, Brighton BN2 3PF	**6.30 - 8pm**		**Paid termly**

" I find that exercising in a formal group I work harder than if I were exercising by myself in the gym. Hard but enjoyable class!"

Wednesday

"Active for life has helped me control my weight. I am more flexible than before, and also have lots of information about healthy living"

Type of session	Venue and Postcode	Time	Info	Cost
Pilates This popular class is great for posture & core/back strength. All levels welcome.	The Manor Gym, BN2 5EA	**10 - 11am**		**£2/£3**
Sheepcote Valley Healthwalk Enjoy panoramic views and a wealth of wildlife.	Meet at Dotties Café, East Brighton Park, off Wilson Avenue	**10.15am**	**3 miles**	**FREE**
Social Ping & Short Tennis All levels welcome at this fun session for over 50's.	King Alfred Leisure Centre, BN3 2WW	**10.30 - 12noon**		**£2/ £2.50**
Hollingbury Hill Fort Healthwalk Explore some of the most historic and beautiful countryside that borders the city.	Meet at Hollingdean Sure Start Children's Centre, Brentwood Road	**11am**	**2.5 miles**	**FREE**
Brighton Women's Walk & Talk A chance to meet and chat with other women from around the city & finishing at Brighton Women's Centre for a cuppa! **www.womenscentre.org.uk**	Meet outside Brighton Women's Centre (BWC), 72 High Street, Kemptown	**11.30am**	**2 miles**	**FREE**
Nordic Progression Walks Practice and develop your Nordic walking skills. NB: You will need to complete the basic Nordic Walking Course before taking part.*	Various Locations. *to book see page 25 for info contact Peter@nordicwalking forhealth.co.uk	**1st & 3rd Wednesdays of the month**	**4+ miles**	**FREE*** *Though there is a cost for the training
In Shape for Life Brighthelm A circuit based exercise session suitable for all.	Brighthelm Community Centre, BN1 1YD	**12noon - 1pm**		**£2/£3**
Women Only Swimming A public session with a female life-guard.	St Lukes Swimming Pool BN2 9ZE	**12.30 - 1.30pm**		**£4.65/ £2.80**
Active for Life Club Multi sports for ages 7 – 11.	Hertford Junior School, BN1 7FP	**3 - 4pm**		**£2 per session paid termly**
Streetgames Multi sports for ages 12+. Contact Oly.Lewry@brighton-hove.gov.uk for info	Portslade Sports Centre, BN41 2WS	**4.30 - 6pm**		**£2**
Trans-friendly fortnightly Swim Call 01273 292724 for details.	St Lukes Swimming Pool	**8.30 - 9.20pm Bi-weekly**		**£4.65/ £2.80**

"**Trans Can Sport** is a project which provides trans friendly sports and activities for people who identify as trans or feel their transgender identity prevents them from taking part in activities. Check out the website for more info, including listing of events."

transcansport.wordpress.com **facebook.com/transcansport**

Thursday

"I'm not a natural exerciser so organised activities like walks and classes suit me."

Type of session	Venue and Postcode	Time	Level	Cost
Active You Have a go fitness for all abilities.	Fairlight Primary School St Leonards Road, BN2 3AJ	**9.30 - 10.15am**		**FREE**
Hangleton and Knoll Women's Walk & Talk Friendly women-only multicultural Healthwalk group followed by a cuppa at the community centre.	Meet at St Richard's Community Centre, *call 01273 292564 for dates later in the year	**10am 11 & 25/5, 29/6, 13/7***	**2 miles**	**FREE**
Hove Park Healthwalk A great walk for beginners and those wanting gentle exercise.	Meet at the Park Café	**10.15am**	**1.5 miles**	**FREE**
Women-only In Shape for life - female instructor. A circuit based exercise session suitable for all abilities.	All Saints Church Hove, BN3 3QE	**11:30am - 12:30pm**		**£3/£2**
Stanmer Park Healthwalk A 3 mile country walk through Millbank wood, finishing at the village tea rooms.	Meet at the Lodge park gates Stoney Mere Way off Lewes Road	**11am**	**3 or 5 miles**	**FREE**
Active for Life Club Multi-sports for ages 7 – 11	Portslade Village Centre BN41 2LL	**3.30 - 4.30pm**		**£2 per session** paid termly
Girls Get Active Multi-fitness session for girls aged 12+ (Year 8 and above). Come & try Zumba, spin, gym & circuits.	Portslade Sport Centre until 25 May/from 8 June at Withdean Sports Complex	**4 - 5pm**		**£2**
Sports Hub Multi sports for ages 12+.	Portslade Village Centre BN41 2LL	**4.30 - 6pm**		**£2.50** per session paid termly
Zumba Latin-inspired exercise to music. Great fun!	Brighton Youth Centre BN2 0JR	**4.45 - 5.45pm**		**£3/£2**
Young Dancers Collective Contemporary dance session for ages 12+. Boys and girls welcomed.	Dance Station, BN41 1DH Contact Oly.Lewry@brighton-hove.gov.uk for info	**5 - 6.30pm**		**Paid termly**

Friday

"The Friday class sets me up for the weekend! It is always different – no chance to get bored! Fun & friendly; I love it!"

Type of session	Venue and Postcode	Time	Level	Cost
In Shape for Life A circuit based exercise session suitable for all abilities.	Portslade Sports Centre, BN41 2WS	**9.30 - 10.30am**		**£2/£3**
Portslade Library Walk & Read Explore Easthill Park and Emmaus Community Garden then finish at the library for a browse and a cuppa!	Meet at Portslade Library	**10.15am**	**1.5 miles**	**FREE**
Saltdean/Undercliff Healthwalk 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**	**FREE**
Macmillan Horizon Centre Healthwalk A walk taking in Queen's Park, Kemp Town and the seafront and finishing at the Horizon Centre for people living with cancer. Open to all, but centre users / friends very welcome!	Meet at Queens Park Café, finishes at the Horizon Centre Café	**1pm**	**2 miles**	**FREE**
Active for Life Club Multi sports for ages 7 –11.	West Blatchington School, BN3 8BN	**3.10 - 4.10pm**		**£2** per session paid termly
Streetgames Multi sports for ages 12+.	Moulsecoomb Leisure Centre, BN2 4PB Contact Oly.Lewry@brighton-hove.gov.uk for info	**6 - 7pm**		**FREE**

Weekend

"Meeting people at the Healthwalk once a week has been very important to me"

Portslade/Benfield Valley • **Saturday Healthwalk** A more challenging walk with beautiful views.	Sainsbury's Superstore entrance by the cash machines	**11am**	**3 - 3.5 m**	**FREE**
Sheepcote Valley Progression Walk • **Saturday** A longer version of the popular Wednesday Healthwalk.	Meet at Dotties Café, East Brighton Park	**11am** 1st Saturday of the month: **6/5, 3/6, 1/7, 5/8, 2/9, 7/10**	**4.5 miles**	**FREE**
Balsdean Progression Walk • **Saturday** A lovely linear walk from Castle Hill, finishes near Kipling Gardens, Rottingdean.	Meet at car park by the junction of Falmer Road & Bexhill Road, Woodingdean	**1pm** 2nd Saturday of the month: **13/5, 10/6, 8/7, 12/8, 9/9, 14/10**	**4.5 miles**	**FREE**
Stanmer Park • **Sunday Healthwalk** A variety of walks finishing at the Village Tea Rooms.	Meet outside the Village Tea Rooms. Bus: 78 to Stanmer Church	**10.45am**	**3 - 3.5 m**	**FREE**

ACTIVE 10

BECAUSE THERE'S ONLY ONE YOU

A brisk 10 minute walk every day can make a difference to your health.

Each 10 minute burst of exercise is known as an "Active 10".

EXERCISE ... MADE EASY

Did you know that walking briskly for just 10 continuous minutes counts as exercise? It's easier than you think to fit into your day!

Read more at **www.nhs.uk/oneyou/active10**

DOWNLOAD THE ACTIVE 10 APP NOW

Available on the App Store | Google play

Progression Walks

In partnership with Brighton & Hove Ramblers

Six FREE moderate circular walks, sharing Ramblers routes, exploring some of the most beautiful parts of our city such as Stanmer and Race Hill, and beyond the city limits including Telscombe and Shoreham.

10.30am

First Monday every month:

1. **1 May** Meet by Roedean Café: **4.7 miles**
2. **5 June** Meet in front of Shoreham Centre: **5 miles**
3. **3 July** Meet at Wild Park Café: **4 miles**
4. **7 Aug** Meet Co-op, Patcham Village: **4.7 miles**
5. **4 Sept** Meet Saltdean Library: **4.7 miles**
6. **2 Oct** Meet at car park on corner of Falmer Road and Bexhill Drive BN2 6NT: **4.5miles**

For more details on each walk: www.bahr.org.uk

Nordic walking

Walk tall naturally with purpose

Nordic walking - beginners' courses **2-3 miles**

Hove Park meeting at Hove Park Cafe, Park View Road, Hove BN3 7BF

A chance to attend a special four-week Nordic Walking Course at a discounted price including loan of poles. Learn how to use this fascinating technique and exercise the whole body through walking.

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

www.nordicwalkingforhealth.co.uk

Cost: £30 per person

Fridays 11am to 12.30pm
- 19 May to 9 June

Wednesdays 2 to 3.30pm
- 12 July to 2 August

Sundays 10 to 11.30am
- 6 August to 27 August

Tuesdays 1.30 to 3pm
- 7 September to 28 September

Thinking about getting more active?

Need support to get started and keep going?

The council's **free** and **confidential** **Health Trainer service** can support you.

Health Trainers will work with you to set realistic and achievable goals and can help you to stay motivated to keep going.

You can also get support to eat more healthily, drink less alcohol and quit smoking.

If you are aged 18 or over and live in Brighton and Hove contact the service at **01273 296877**
email: **healthtrainers@brighton-hove.gov.uk** or
visit: **brighton-hove.gov.uk/healthtrainers**

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

Download our free app from the App Store or Google Play

Brighton & Hove
buses.co.uk/app

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

freedomleisure
where you matter

Brighton & Hove City Council

Shape Up
Brighton & Hove

A healthy lifestyle programme

It works it's fun and it's free

Try Shape Up...
A 10 week programme combining:
- healthy eating advice
- exercise

Where and when?
Shape Up runs at welcoming venues across Brighton & Hove throughout the year

Who and why?
Open to adults of all ages and abilities who want to take control of their weight

Brighton & Hove FOOD Partnership

To find out more contact us on
01273 431703
healthyweight@bhfood.org.uk bhfood.org.uk

Brighton & Hove City Council

SUGAR SMART
BRIGHTON & HOVE

You can join the campaign!

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

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

3) TELL US what your doing:
Find us on Facebook **@sugarsmartcity** and send us a picture with **#sugarsmartcity**

Brighton & Hove City Council

Special activities each month

May sessions	Venue	Time	Info	Cost
Wed 10 May: Hill Fort Art Walk Fantastic views over the city and possible sightings of the early purple orchid. No previous experience necessary, bring paper and something to draw with.	Meet Cuckmere Way by Woodbourne Garage, BN1 8GA Bus 26/46	**1-3pm**	**1.5 miles**	**FREE**
Thu 11 May: Mental Health Awareness Week Mindful Walk Join us on a mindful walk to improve your mental health and wellbeing, around Preston Park and the Rockery Gardens.	Meet at Preston Park Recovery Centre, 18 Preston Park Ave. BN1 6HL	**2-3pm**	**2-3 miles**	**FREE**
Mon 15 May: Meet the Health Trainers walk Preston Park The council's free and confidential Health Trainer service supports people to make healthy changes ie be more active, stop smoking, eat more healthily and reduce alcohol. Join our Preston Park Healthwalk to find out more, book a 1:1 consultation or to get some advice.	Meet Rotunda Café, Preston Park	**10am**	**1.5 miles**	**FREE**
Thu 18 May: Seafront Healthwalk & Outdoor Gym Taster! Enjoy a seafront walk and a chance to try out the outdoor gym equipment at Hove Lagoon (plus a demonstration from a Seafront officer, the equipment is designed to be used by adults of all ages and abilities).	Meet outside the Brighton i360	**11am**	**2 miles**	**FREE**
Fri 19 May: Night-time Nature Walk Join community group HK Hedgehogs for an atmospheric evening walk around Hangleton & Knoll. Discover the area's parks and green spaces, try out a bat detector, find out more about nocturnal wildlife.	Meet at Knoll Park Pavilion, Knoll Park, off Rowan Avenue, BN3 7JH	**8.30pm**	**3.5 miles**	**FREE**
Tue 30 May: Seafront 'Walk & Scoot' A great opportunity for mobility scooter users to join our regular Seafront Healthwalk and enjoy the fresh air and company! Supported by Shopmobility who will also bring spare scooters for those who would like to try them.	Meet outside Palace Pier	**10am**	**1 mile**	**FREE**

"I come on the walks to help improve my fitness and it makes me feel better about myself"

June sessions	Venue	Time	Info	Cost
Thu 1 June: In Constable's Footsteps Follow one of the artist's city walks finishing at Brighton Museum's 'Constable and Brighton' exhibition.* *tour limited to 20, please book via healthwalks@brighton-hove.gov.uk	Meet by the bus stop at the top of Palmeira Square	**11am**	**2.4 miles**	**FREE**
Tue 13 June: Meet the Health Trainers Cemeteries Healthwalk The council's free and confidential Health Trainer service supports people to make healthy changes ie be more active, stop smoking, eat more healthily and reduce alcohol. Join our Cemeteries Healthwalk to find out more, book a 1:1 consultation or just get some advice.	Meet at the Gladstone Pub, 123 Lewes Road, Bus: 24, 25, 49	**12.30pm**	**1.5 or 2 miles**	**FREE**

June sessions cont'd	Venue	Time	Info	Cost
Wed 14 June: Patcham Art Walk Explore lovely Patcham Old Village and the dovecote with this gentle walk and chance to stop and sketch.	Meet at Patcham Clock Tower, Mackie Avenue, BN1 8RA, Bus 5/5a	**1-3pm**	**1.5 miles**	**FREE**
Tue 20 June: Seafront Table Tennis Tour Healthwalk Exercise for all the family. Try out the outdoor Table Tennis tables then walk to the Brighton Table Tennis Club for a fun session and a cuppa!	Meet at the bandstand Ping! Tables. Finish Kemptown	**1pm**	**1.5 miles**	**FREE**
TAKE**PART 2017 Sat 17 June – 2 July: 'Celebrating Active Lifestyles for all'** A two week festival of free events, activities, sessions, performances and workshops delivered by Sports clubs and organisations from around the city.	Brighton-hove.gov.uk/takepart 01273 292724 #takepartBH find us on facebook	**Launch** The Level **Sat June 17 12-5pm**		**FREE***
Sat 24 June: Secrets of the Cemeteries A very special chance to learn about the history of the city's extra-mural and Woodvale cemeteries. NB dogs are not allowed at the cemetery sites.	Meet by the Gladstone Pub, 123 Lewes Road. Bus: 24, 25, 49	**11am**	**2 miles**	**FREE**
Wed 28 June: Women's 'Walk & Scoot' A great opportunity for mobility scooter users to join our regular Brighton Women's Walk & Talk Sponsored by Shopmobility who will bring spare scooters for those who would like to try them.	Meet outside Brighton Women's Centre 72 High Street, Kemptown. www.womenscentre.org.uk	**11.30am**	**2 miles**	**FREE**

***** taster sessions via TAKE**PART** Golden Ticket – see website: brighton-hove.gov.uk/takepart

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

July sessions	Venue	Time	Info	Cost
Wed 12 July: Preston Park Art Walk Join resident Healthwalk Artist Sheila Sheppard for a gentle walk around Preston Park and time to sketch the Manor and Gardens.	Meet at the Rotunda Cafe, Stanford Avenue end of the park	**1-3pm**	**1.5 miles**	**FREE**
Thu 13 July: Meet the Health Trainers Hangleton & Knoll Women's Walk & Talk The council's free and confidential Health Trainer service supports people to make healthy changes ie be more active, stop smoking, eat more healthily and reduce alcohol. Join our Women's Walk & Talk to find out more, book a 1:1 consultation or just get some advice.	Meet at St Richard's Community Centre, Egmont Road	**10am**	**2 miles**	**FREE**
Tue 25 July: Special Seafront Walk, meet the Sea Swimmers A special version of our weekly seafront Healthwalk finishing at Brighton Sea Swimmers Club for a cuppa and a chat with local sea swimmers!	Meet at Brighton Pier	**10am**	**1 mile**	**FREE**

August sessions	Venue	Time	Info	Cost
Wed 9 Aug: Patcham Windmill and Green Ridge Art Walk Enjoy beautiful views of the South Downs with a walk and sketch too. No experience necessary, just bring paper and something to draw with.	Meet at Hill Top Café, Dyke Road, Bus 27/77	**1-3pm**	**1.5 miles**	**FREE**
Thu 17 Aug: Meet the Health Trainer Walk, Hove Park The council's free and confidential Health Trainer service supports people to make healthy changes ie be more active, stop smoking, eat more healthily and reduce alcohol. Join our Hove Park Healthwalk to find out more, book a 1:1 consultation or just get some advice.	Meet at Hove Park Cafe, Park View Road, Hove BN3 7BF	**10.15am**	**1.5 miles**	**FREE**
Mon 21 Aug: Preston Park 'Walk & Scoot' A great opportunity for mobility scooter users to join our regular Preston Park Healthwalk and enjoy the fresh air and company! Supported by Shopmobility who will also bring spare scooters for those who would like to try them.	Meet at Rotunda Café, Stanford Avenue end of the park	**10am**	**1.5 miles**	**FREE**

"Thanks to all the wonderful Healthwalk leaders for their dedication, cheerfulness, friendship and good company"

September sessions	Venue	Time	Info	Cost
Thu 7 Sept: Hove Park 'Walk & Scoot' A great opportunity for mobility scooter users to join our regular Hove Park Healthwalk and enjoy the fresh air and company! Supported by Shopmobility who will also bring spare scooters for those who would like to try them.	Meet at Hove Park Cafe	**10.15am**	**1.5 miles**	**FREE**
Fri 8 Sept: Night-time Nature Walk Join community group HK Hedgehogs for an atmospheric evening walk around Hangleton & Knoll. Discover the area's parks and green spaces, try out a bat detector, and find out more about nocturnal wildlife.	Meet at Knoll Park Pavilion, Knoll Park, off Rowan Avenue, BN3 7JH, Bus 5	**8pm**	**3.5 miles**	**FREE**
Fri 15 Sept : Meet the Health Trainer Walk, Saltdean Undercliff The council's free and confidential Health Trainer service supports people to make healthy changes ie be more active, stop smoking, eat more healthily and reduce alcohol. Join our Undercliff Healthwalk to find out more, book a 1:1 consultation or just get some advice.	Meet outside Saltdean Library	**11am**	**3 miles**	**FREE**
Wed 13 Sept: Falmer Art Walk Enjoy a gentle walk followed by time to sketch this pretty village and pond. Just bring paper and something to draw with.	Meet by Falmer Church	**1-3pm**	**1 mile**	**FREE**

October sessions	Venue	Time	Info	Cost
Tue Oct 10: Meet the Health Trainer Walk, Seafront The council's free and confidential Health Trainer service supports people to make healthy changes, ie: be more active, stop smoking, eat more healthily and reduce alcohol. Join our regular Seafront Healthwalk to find out more, book a 1:1 consultation or just get some advice.	Meet outside the Palace Pier	**10am**	**1 mile**	**FREE**
Fri 20- Mon 23 Oct: East Side West Side Four Day Walk A great opportunity to walk all 18 miles of the Beautiful Brighton & Hove Way, over four days with walk leader Maire McQueeney. For full details email healthwalks@brighton-hove.gov.uk	**Meet Day 1:** Saltdean Library **Meet Day 2:** Castle Hill Nature Reserve Car Park **Meet Day 3:** Upper Lodges Car Park Ditchling Beacon Rd Stanmer **Meet Day 4:** Junction of Vale Ave & Church Hill Patcham	**10.45am**	**Each walk: 4-5 miles. Combined distance: 18 miles**	

"At a very dark time in my life, the one and only thing I felt able to do was walk along the seafront on a health walk, and it helped. Thanks so much for being there when needed"

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

Brighton & Hove City Council

Regular Sessions Venue List

Venue name and address	Bus links
All Saints Church The Drive, Hove BN3 3QE	21, 21A, 55, 56, 59, 56e, 21e
Brighthelm Community Centre North Rd, BN1 1YD	Any city centre route
Brighton Women's Centre 72 High St, Kemp Town BN2 1RP	1, 2, 7, 14, 81
Brighton Youth Centre 64 Edward St, BN2 0JR	1, 1A, 7, 14c, 14b 71, 73, 52, 18, 2
Carden Primary School County Oak Ave, BN1 8LU	5B, 56, 74, 75,
Castle Hill Nature Reserve Car park off B2123 Falmer Rd at junction with Bexhill Rd grid reference TQ356063	2, 2a, 22
Church of the good Shepherd 272 Dyke Rd, BN1 5AE	14, 14C, 27, 77, 27C
East Brighton Park, Dotties Café, off Wilson Ave, BN2 5PB	1, 1a, 1b, 1c, 7, 21
Falmer Village: Swan Pub Middle St, North Falmer, BN1 9PD **Falmer Church** East Street, BN1 9PB	25, 23 (to Mill St) 28, 29 (Falmer V) 25/28/29
Fairlight Primary School St Leonard's Road, Brighton BN2 3A	24, 25, 49, 74, 78, 23, 48, 37, 37B
Gathering Place 1 Orchid View, BN1 8GP	56, 46
Hangleton Community Centre Harmsworth Crescent, BN3 8BW	5, 5a, 5b, 16, 66
Hertford Junior School Lynchet Close, Hollingdean, BN1 7FP	70, 91, 50, 50U
Hill Top Café Dyke Road	27/77
Hiker's Rest Pub, Coldean Coldean Lane, BN1 9GD	
Hollingdean Community Centre Thompson Rd, BN1 7BH	70, 91, 50, 50U
Hollingdean Sure Start Centre Brentwood Rd, BN1 7DY	50
Hove Park, Park Café Old Shoreham Rd, Hove BN3 7AP	5, 5a, 5b
Jubilee Library Jubilee St, BN11GE	Any city centre route
King Alfred Leisure Centre Kingsway, Hove BN3 2WW	700
Mile Oak Community Centre Chalky Rd, BN41 2WF	**1, 1A, 55, 95a,**
Moulsecoomb Hall Moulsecoomb Place, Lewes Rd, BN2 4GA	24, 25, 28, 29, 78, 29B, 23, N29X, 50U
Moulsecoomb Leisure Centre Moulsecoomb Way, BN2 4PB	24, 25, 28, 74, 78, 29,b&X, 23, 50U,
New Larchwood Waldron Ave, Coldean, BN1 9EZ	5B, 24, 74, 75, 46
Palmeira Square, HOP50 Brighton, BN3 2JN South side of square bus-stop	1, 1a, 2, 5, 5a, 5b, 6, 21, 25, 46, 49, 60, 61, 700

Venue name and address	Bus links
Patching Lodge Park St, Kemp Town BN2 0AQ	1, 1A, 7, 14C, 14B, 73, 71, 94A, 23, 27C, 52, 2
Portslade Library Old Shoreham Rd, BN41 1XR	2, 6, 46, 49,
Portslade Sports Centre Chalky Rd, BN41 2WS	1, 1A, 55, 95A,
Portslade Village Centre 43 Windlesham Close, BN41 2LL	1, 1A, 95A,
Preston Park: Rotunda Café (Stanford Ave end), BN1 6HL	5, 5a, 5b, 17, 40, 40x, 273
Queen's Park Café West Drive, BN2 0GD	18/23
Roedean Café, Marine Drive, BN2 5RL	12, 12a, 14, 14a, 14c
Rottingdean Pond The Green, Rottingdean BN2 7HA	2, 12, 12a, 14, 14a,b,c, 27
Sainsbury's Portslade Superstore Hangleton Link Rd, BN3 7GD	6, 6a, 46, 46a
Saltdean Library Saltdean Park Rd, BN2 8SP	12, 12a, 14, 14c, 27, 47
Seafront: Brighton Pier Madeira Drive, BN2 1TW	Any Bus to Old Steine
Shoreham Centre Pond Road, Shoreham BN43 5WU	2, 700
St Ann's Well Garden, Garden Café Somerhill Rd, BN3 1RP	21a, 7
St. Luke's Church Queen's Park Rd, BN2 9ZB	74, 94,94a, 23, 37b, 18
St. Luke's Swimming Pool St Luke's Terrace, BN2 9ZE	21a, 21E, 21, 18
St Richards Community Centre Egmont Rd, Hove, BN3 7FP	16 & 56
Stanley Deason Leisure Centre Wilson Ave, BN2 5PB	21a, 21E, 21
Stanmer Park Lodge / Park Gates Stoney Mere Way off Lewes Road **Stanmer Village Tearooms** 17-18 Stanmer Village BN1 9PZ	25a/b/c, 23 78
The Dance Station Unit 4, 57 North Street BN41 1DH	1, 1A, 60, 66, 95a
The Gathering Place Orchid View, Hollingbury BN1 8GP	5B, 24, 74, 75, 46
The Gladstone Pub 123 Lewes Rd, BN2 3QB	24, 25, 49
The Level Union Rd, BN1 4ZN	Any city centre route
The Manor Manor Rd, BN2 5EA	37b, 37
The Studio Whippingham Road BN2 3PF	21, 21a, 22, 22a, 23, 74, 94, 94a
West Blatchington School Hangleton Way, Hove BN3 8BN	5, 5a,
West Pier Kings Rd, Hove, BN1 2LN	Any Western Rd bus & walk down Preston St

breeze up to the Downs...

Breeze up to Devil's Dyke, Stanmer Park or Ditchling Beacon by bus!

For times, fares, leaflets and walk ideas:
Visit **brighton-hove.gov.uk/breezebuses**
Phone **01273 292480**

Kids go free! See leaflets for details

Or visit **traveline.info/se** to plan any bus or train journey

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