

# Getting Active in Brighton & Hove

## Including Active For Life & Healthwalks

### Spring-Summer Sport & Physical Activity Programme

The council's Sport and Physical Activity Team welcomes you to your '**Getting Active**' brochure which has details of all our **free** and **low cost** opportunities for you, your family and friends to lead an active lifestyle.

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Whether you are currently getting little or no exercise, or would like to improve your fitness, our high quality programmes such as Active for Life, Healthwalks and TAKEPART have activities and sessions for everyone. We can also help you find other services that can help you improve your health and wellbeing.

<b>“How much physical activity should I do each week?”</b> See page 4	<b>“How can I live a healthier lifestyle?”</b> See page 24 for more information on One You
<b>“Can I get support to be more active?”</b> See page 23 to find out more about our city Health Trainers	<b>“What’s on offer for me?”</b> Check out our listings on pages 13 to 20 & 28 to 32.

Our beautiful city is the perfect place to get active with plenty of parks, leisure centres and more than 10 Kilometres of seafront to take advantage of. Getting active and moving more is great for your health, reduces stress levels, keeps you weight down and improves sleep. It can also be a excellent way to get out, meet new people and discover more about our city!

**We can help...**

For more information please contact:

**Active for Life/Sports Development: 01273 292724**

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

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

TWITTER: [sportactivitybh](https://twitter.com/sportactivitybh) FACEBOOK: [sportandactivity](https://www.facebook.com/sportandactivity)

**Healthwalks: 01273 292564 or 012732974**

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)**

TWITTER: [healthwalksBH](https://twitter.com/healthwalksBH) FACEBOOK: [brightonhovehealthwalks](https://www.facebook.com/brightonhovehealthwalks)

## How much physical activity should you be doing?

It's surprisingly easy to get enough exercise to significantly benefit your health and wellbeing. The illustration below shows you what health experts recommend, but the most important thing is to build on what you are doing already and minimise the amount of time you spend sitting. Sedentary behaviour has a negative effect on health and research suggests you should break up bouts of sitting every 30 minutes by getting up and moving – even if it's just to go and make a cup of tea or do a few stretches! Moderate level activity is any which raises your heartbeat, makes you breathe a bit faster, feel a bit warmer, but where you can still talk comfortably.

Age	Amount	Benefits
CHILDREN & YOUNG PEOPLE	60 minutes Of moderate to vigorous activity at least daily, and including exercise that strengthens bones and muscles.	<ul style="list-style-type: none"><li>• Healthy weight</li><li>• Flexibility</li><li>• Prevent diabetes &amp; cancer</li></ul>
ADULTS	30 minutes 5 or more days a week of moderate intensity activity	<ul style="list-style-type: none"><li>• Reduce stress</li><li>• Make new friends</li><li>• Halve risk of heart attack &amp; stroke</li><li>• Improved energy</li></ul>
OLDER PEOPLE	30 minutes 5 or more days a week of moderate intensity activity, including exercise that helps with balance and co-ordination.	

For more information about recommended activities levels the following websites are useful: [www.nhs.uk/livewell/fitness](http://www.nhs.uk/livewell/fitness) and [www.bhfactive.org.uk](http://www.bhfactive.org.uk) . For more information on any of the activities in this brochure please go to [www.brighton-hove.gov.uk/sportsdevelopment](http://www.brighton-hove.gov.uk/sportsdevelopment) TW: sportactivitybh FB: sportandactivity

# Healthwalks

**Healthwalks** is a great way for people of all ages and abilities, including those who have health conditions, to get more active. The walks start at under a mile in length on the flat, to more challenging countryside walks of 3 miles plus. There are regular walks on every day of the week, and a calendar of special one-off walks on everything from hedgehog spotting, to free tours of our local museums and art walks. The award-winning scheme has been providing walks all over the city for over 12 years and has helped thousands of local people to make new friends and improve their physical and mental health. All the walks are led by trained Volunteer Healthwalk Leaders who know the route and help everyone get the best out of their walk. Brighton & Hove Healthwalks is accredited by the national Walking for Health initiative ([www.walkingforhealth.org.uk](http://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](http://www.brighton-hove.gov.uk/healthwalks) or call 01273 292574.

**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.**

## Frequently Asked Questions

### "Can I just turn up?"

Yes, there's no need to book except on a couple of the one-off walks that include museum tours for example. Just introduce yourself to a Volunteer Healthwalk Leader (in green and white uniform) on arrival.

### "What paperwork do I need to do?"

On your first walk aim to arrive ten minutes early and fill out a simple health questionnaire and an anonymous equal opportunities monitoring form. For all subsequent walks you will just need to add your name to the register.

### "What should I wear on a Healthwalk & do I need to bring anything?"

Please wear comfortable shoes and clothing suitable to the weather. Some walk routes are exposed, so also ensure you have a drink and sunscreen with you.

### "Can I bring my dog?"

Yes, well-behaved dogs on a lead are welcome except on the Cemeteries walk as dogs are not allowed in the city's extra-mural cemeteries.

# Active for Life

**Active For Life** is our community-based project which supports people from our targeted neighbourhoods and groups to take part in sport and physical activity. We work alongside partners to offer a wide range of low cost, local sessions. Whatever your age, ability or experience there is something for everyone. **Active for Life** currently deliver around 30 weekly sessions through a wide range of programmes helping residents to reap the many benefits of being more active. All sessions are inclusive and friendly and participants can work at their own level.

<p><b>Active Families</b> An opportunity for families to exercise together</p>	<p><b>Holiday Sessions</b> Helping children to stay active whilst school is out</p>
<p><b>Girls Get Active Activities</b> Activities for young women aged 14+ including gym and Boxercise</p>	<p><b>Active Forever</b> Activity sessions for the over 50's such as PING! Boccia and Gentle Exercise</p>
<p><b>Get Active Locally</b> Adult sessions such as Zumba and Pilates</p>	<p><b>In Shape for Life</b> Fitness sessions for all abilities including optional weight management and healthy living advice</p>
<p><b>Active for Life Clubs</b> Our popular Activity clubs for 7 – 11 year olds</p>	<p><b>Streetgames</b> Multi-sports for young people aged 14+</p>

## Activity finder

Discover a huge range of local sports and activities across the city by visiting the brand new 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?**

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](http://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 clubs officials

For more details please visit:

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

# Regular Activity Sessions & Healthwalks:

## USEFUL INFORMATION



Wheelchair & buggy friendly



Refreshments



Toilets



Some Hills

## LEVEL OF ACTIVITY



Easy/beginners














Easy/moderate




Moderate/Challenging








## Mondays

Type of session	Venue and Postcode	Time	Level	Cost
<b>Dancing for Health</b> A fun fitness class using dance based moves. Suitable for all	Saint Luke's Church, BN2 9ZB	10 -11am	 	£2/£3
<b>Tai Chi</b> Delivered by the Taoist Tai Chi Society supported by Active For Life. Everyone welcome	The Level Community Rooms, BN1 4ZN	12.30 – 1.30am	 	£2 donation
<b>Active You</b> Have a go fitness for all abilities	Fairlight Primary School St Leonards Road, BN2 3AJ	9.30 – 10.15am	 	FREE
<b>In Shape for Life</b> A circuit based exercise session suitable for all.	Hangleton Community Centre, BN3 8BW	9.30- 10.30am	  	£2/£3
<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	<b>1.5 mile</b>      	FREE






<p><b>St Ann's Well Gardens Healthwalk:</b> Explore this lovely city centre park with this perfect beginners walk. Includes a pick up from Wavetree House at 1.30 pm</p>	<p>Meet by the Garden Café.</p>	<p>2pm</p>	<p><b>1 mile</b>        </p>	<p>FREE</p>
<p><b>Progression Walks In partnership with Brighton &amp; Hove Ramblers:</b> Three moderate walks, sharing Ramblers routes, exploring some lesser known parts of our city. For more details: <a href="http://www.bahr.org.uk">www.bahr.org.uk</a></p>	<p><b>First Monday every month:</b>   <b>4 April &amp; 4 July</b>  Meet at Roedean Cafe.  <b>2 May &amp; 1 Aug:</b>  Meet at Shoreham Centre,  <b>6 June &amp; 5 Sept:</b>  Meet Saltdean Library</p>	<p>10.30am</p>	<p><b>a) 4.5 miles</b>        <b>b) 5 miles</b>      <b>c) 4.5 miles</b>      </p>	<p>FREE</p>

## Tuesday



















Type of session	Venue and Postcode	Time	Level	Cost
<p><b>Seafront Healthwalk:</b> Enjoy a seafront stroll eastward to Brighton Marina or westward to Hove Lawns</p>	<p>Meet at the entrance to Brighton Pier.</p>	<p>10am</p>	<p><b>1 mile</b>        </p>	<p>FREE</p>
<p><b>Boccia League (Oct-May)</b>  We are looking for new teams to join our league! Call us for details</p>	<p>Patching Lodge, BN2 0AQ</p>	<p>10am – 12pm</p>	<p>    </p>	<p>£10 per team</p>
<p><b>Castle Hill/Woodingdean Healthwalk:</b> Explore this stunning chalk grassland National Nature Reserve</p>	<p>Meet at the small carpark on Falmer Rd at the junction with Bexhill Rd.</p>	<p>10.45am</p>	<p><b>2 miles</b>   </p>	<p>FREE</p>





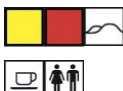


in Woodingdean				
<b>In Shape for Life Manor Road</b> A circuit based exercise session suitable for all. <i>Pre-school children welcome to attend with you under your supervision</i>	The Manor Gym, BN2 5EA	<b>11-11.45am</b>		£2/£3
<b>In Shape for Life Moulsecroomb</b> A circuit based exercise session suitable for all abilities	Moulsecroomb Hall, BN2 4GA	<b>11am-12.30pm</b>		£2/£3
<b>In Shape for Life Manor Road</b> A fun low intensity exercise session for older people	The Manor Gym, BN2 5EA	<b>12noon-12.30pm</b>		£2/£3
<b>Falmer &amp; Beyond Progression Walk:</b> Explore beautiful Falmer then finish at the university for a cuppa	Meet: Swan Pub, North Falmer.	<b>1pm First Tuesday of the month:</b> <b>5/4, 3/5, 7/6, 5/7, 2/8, 6/9</b>	<b>5 miles</b> 	FREE
<b>Active for Life Club</b> Multi-sports for ages 7 – 11	Manor Road Gym BN2 5EA	<b>3.30 – 4.30pm</b>		£2 per session paid termly
<b>Active Families</b> Multi-sports sessions for under 7s with an appropriate adult	Moulsecroomb Leisure Centre BN2 4PB	<b>4 – 5pm</b>		£3
<b>Moulsecroomb Dance</b>	Moulsecroomb	<b>3.15 –</b>		Free





Street Dance for 7 – 11 years	Primary School BN2 4PA	4.15pm		
<b>Girls Get Active</b> Multi – fitness session for girls aged 13+ (year 9 and above)	King Alfred Leisure Centre BN3 2WW	4.30 – 5.30pm	  	£2
<b>Young Dancers Collective</b> Contemporary dance session for ages 12+. Boys and girls welcomed	Dance Station BN41 1DH	5 – 6.30pm	 	Paid termly



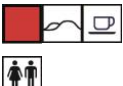

## Wednesday

Type of session	Venue and Postcode	Time	Level	Cost
<b>Pilates</b> This popular class is great for posture & core/back strength. Suitable for all levels	The Manor Gym, BN2 5EA	10-11am	   	£2/£3
<b>Sheepcote Valley Healthwalk:</b> Enjoy panoramic views and a wealth of wildlife.	Meet at East Brighton Park café, off Wilson Avenue.	10.15am.	<b>3 miles</b>   	FREE
<b>Social Ping and Short Tennis</b> All levels welcome at this fun session	King Alfred Leisure Centre, BN3 2WW	10.30am-12noon	   	£2/£2.50
<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 Rd.	11am.	<b>2.5 miles</b>    	FREE
<b>Brighton Women’s Centre Healthwalk:</b> A	Meet outside Brighton Women’s	11.30am.	<b>2 miles</b>   	FREE

chance to meet and chat with other women from around the city <a href="http://www.womenscentre.org.uk">www.womenscentre.org.uk</a>	Centre (BWC), 72 High Street, Kemptown.			
<b>In Shape for Life Brighthelm</b> A circuit based exercise session suitable for all.	Brighthelm Community Centre, BN1 1YD	<b>12noon-1pm</b>		£2/£3
<b>Women Only Swimming</b> A public session with female life-guard	St Luke Swimming Pool BN2 9ZE	<b>12:30-1:30pm</b>		<b>£2.80 (conc) £4.65</b>
<b>Cemeteries Healthwalk:</b> Explore Brighton's beautiful extra-mural cemeteries. **NB dogs are not allowed at the cemetery sites**	Meet at The Gladstone Pub, 123 Lewes Rd.	<b>12.30pm monthly: 13/4, 11/5, 8/6, 13/7, 10/8, 14/9</b>	<b>1.5 or 2 miles</b> 	FREE
<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*	Various Locations 1st & 3rd Wednesdays of the month *Contact <b>Peter@nordicwalkingforhealth.co.uk</b> for info.	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Weds of the month.</b>	Up to 4 miles 	FREE* *Though there is a cost for the training
<b>Active for Life Club</b> Multi-sports for ages 7 – 11	Hertford Junior School BN1 7FP	<b>3 – 4pm</b>		£2 per session paid termly
<b>Active for Life Club</b> Multi-sports for ages 7 – 11	Portslade Village Centre BN41 2LL	<b>3.30 – 4.30 4.30 – 5.30</b>		£2 per session paid termly

<b>Streetgames</b> Multi-sport session for ages 14+ (year 9 and above)	Portslade Sport Centre BN41 2WS	<b>4.30 – 6pm</b>		£2
<b>Trans-friendly fortnightly swim</b> Call 01273 292724 for details	St. Lukes Swimming Pool BN2 9ZE	<b>Bi-weekly 8.30pm-9.20pm</b>		£4.45/£2.65

## Thursday

Type of session	Venue and Postcode	Time	Level	Cost
<b>Active You</b> Have a go fitness for all abilities	Moulsecoomb Primary School, BN2 4PA	<b>9.15 - 10am</b>		FREE
<b>Multicultural Women's Group Healthwalk, Hangleton</b> friendly women-only walk group followed by a cuppa at the community centre. <b>21 April, 4 &amp; 19 May, June TBC, July 21 *</b>	St Richards Community Centre  <b>*call 01273 292564 for June &amp; later dates</b>	<b>10am</b>	<b>2 miles</b> 	FREE
<b>Hove Park Healthwalk</b> A great walk for beginners and those wanting gentle exercise	Meet at the Park café.	<b>10.15am</b>	<b>1.5 miles</b> 	FREE
<b>Stanmer Park Healthwalk:</b> A lovely 3 mile countryside walk through Millbank wood, finishing at the village tea rooms	Meet at the park gates Stoney Mere Way off Lewes Road.	<b>11am</b>	<b>3 or 5 miles</b> 	FREE
<b>Zumba!</b> Latin inspired exercise to music.	Brighton Youth Centre, BN2 0JR	<b>4.45 – 5.54pm</b>		£3/£2














<b>Sports Hub</b> Multi-sports for ages 12+	Portslade Village Centre BN41 2LL	<b>4.30 – 6pm</b>		£2.50 per session. Fees paid by term
<b>Girls Get Active</b> Multi – fitness session for girls aged 13+ (year 9 and above)	Portslade Sport Centre BN41 2WS	<b>4 – 5pm</b>		£2

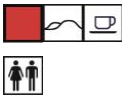
## Friday

Type of session	Venue and Postcode	Time	Level	Cost
<b>In Shape for Life Portslade</b> A circuit based exercise session suitable for all	Portslade Sports Centre BN41 2WS	<b>9:30-10:30am</b>		£2/£3
<b>In Shape for Life Hollingdean</b> A circuit based exercise session suitable for all	Hollingdean Community Centre, BN1 7BH	<b>9.30-10.30am</b>		£2/£3
<b>Portslade Library Walk &amp; Read</b> Explore Easthill Park, Emmaus Community Garden and Victoria Rec then finish at the library for a browse and a cuppa!	Meet at Portslade Library.	<b>10.15am</b>	<b>2 miles</b>  	FREE
<b>Patcham Healthwalk</b> Three options to walk in this historic area of Brighton. Finish at the Black Lion Pub	Meet bus stop on the opposite side to the Co-op, Old London Rd.	<b>10.30am</b>	<b>1.5 – 2.5 miles</b>  	FREE

<b>Saltdean/Undercliff Healthwalk</b> Walk the historic Undercliff to Ovingdean Gap returning to Saltdean. Monthly option to the Marina	Meet outside Saltdean Library	<b>11am</b>	<b>3 miles</b>      	FREE
<b>Active for Life Club</b> Multi-sports for ages 7 – 11	West Blatchington Primary BN3 8BN	<b>3.10 – 4.10pm</b>	  	£2 per session paid termly
<b>Street Games</b> Multi-sports for ages 14+ (year 9 and above)	Moulsecoomb Leisure Centre BN2 4PB	<b>6 -7pm</b>	  	free

## Weekend

Type of session	Venue and Postcode	Time	Level	Cost
<b>Saturday Active Club</b> Multi-sports club for children aged 5 – 11 with special needs or disabilities	King Alfred Leisure Centre BN3 2WW	<b>1<sup>st</sup> Saturday of every month 10 – 11.30</b>	  	£3.50
<b>Portslade/Benfield Valley Saturday Healthwalk</b> A more challenging walk with beautiful views.	Sainsbury's entrance by the cash machines.	<b>11am</b>	<b>3 – 3.5 miles</b>    	FREE
<b>Sheepcote Valley Progression Walk</b> A longer version of the popular Wednesday Healthwalk.	Meet at East Brighton Park café. <b>1st Sat of the month: 2/4, 7/5, 4/6, 2/7, 6/8, 3/9</b>	<b>11am</b>	<b>4.5 miles</b>    	FREE
<b>Balsdean Progression Walk Saturday</b> A lovely linear walk from	Meet at car park by the junction of Falmer	<b>1pm</b>	<b>4 miles</b>  	FREE

Castle Hill, finishing at Kipling Gardens, Rottingdean.	Rd and Bexhill Road, Woodingdean <b>2<sup>nd</sup> Sat of the month: 9/4, 14/5, 11/6, 9/7, 13/8, 10/9</b>			
<b>Stanmer Park Sunday Healthwalk</b> A variety of lovely walks finishing at the Village Tea Rooms.	Meet outside the Village Tea Rooms. Bus: 78 to Stanmer Church.	<b>10.45am</b>	<b>3 – 3.5 miles</b> 	FREE

## Special Walks & Activities April - September



### April

Session	Venue	Time	Info	Cost
<b>Wednesday 6 April: Biosphere Woodland Healthwalk:</b> Find out more about what Brighton's Biosphere status means for the city while walking through the Great Wood; finishes at the tea rooms.	Meet at the Lodge Gates, Stanmer Park off Stonymere Way	<b>11am</b>	<b>3 miles</b>  <b>BUS</b> 25a/b/c, 23, 78	FREE
<b>Wednesday 13 April, Art Walk: The Fisherman's Quarter</b> Enjoy a seafront stroll and time to sketch the old boats and scenery. Please bring sketch book & something to draw with. No experience necessary.	Meet at the entrance of the Brighton Pier	<b>1-3pm</b>	<b>1mile</b>  <b>BUS</b> Any bus that stops at the Old Steine	FREE

<p><b>Sunday 24 April: Coldean Strolling</b> A lovely walk to the Keep then back for a chat and refreshments back at New Larchwood.</p>	<p>Meet at New Larchwood Car Park Waldron Avenue, Coldean, BN1 9EZ</p>	<p><b>11am</b></p>	<p><b>2 miles</b>  <b>BUS</b> 5B, 24, 74, 75, 46</p>	<p>FREE</p>
<p><b>Thursday 28 April, 'Love Your Museums' Healthwalk, Booth Museum of Natural History</b> Walk around Dyke Road Park, followed by a fascinating talk on the history of the museum led by John Cooper; Keeper of Natural Science.</p>	<p>Meet on the green area opposite the Booth Museum, Dyke Road.</p>	<p>10.30am <b>BUS</b> 14, 14C, 27, 27B</p>	<p><b>1 mile</b>  *Tour is pre-book:* email <a href="mailto:healthwalks@brighton-hove.gov.uk">healthwalks@brighton-hove.gov.uk</a> to reserve a place</p>	<p>FREE</p>

## May



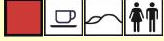



Session	Venue	Time	Info	Cost
<p><b>Wednesday 11 May, Art Walk: Hollingbury Hillfort.</b> For fantastic views over the City &amp; possible sightings of the early purple orchid. Please bring sketch book &amp; something to draw with. No experience necessary.</p>	<p>Meet in Cuckmere Way near to Woodbourne Garage</p>	<p><b>1-3pm</b></p>	<p><b>1.5 miles</b>  <b>BUS</b> 26, 46</p>	<p>FREE</p>
<p><b>Tuesday 17 May: Seafront Healthwalk &amp; Outdoor Gym Taster!</b> Enjoy a seafront walk and a chance to try out the new outdoor gym equipment at Hove Lagoon (includes a demonstration from a Seafront officer, the equipment is designed to be used by adults of all ages and abilities).</p>	<p>Meet outside Brighton Pier</p>	<p><b>10am</b></p>	<p><b>2 miles</b>  <b>BUS</b> Any that stops at Old Steine</p>	<p>FREE</p>

<p><b>Friday 20 May: Night-time Nature Walk:</b> A fascinating evening walk where you can learn more about nocturnal wildlife like bats, foxes, hedgehogs and moths.</p> <p><a href="http://www.facebook.com/hkhegdehogs">www.facebook.com/hkhegdehogs</a></p>	<p>Meet at Knoll Park Pavilion, Knoll Park off Rowan Avenue</p>	<p><b>8.30pm</b></p>	<p><b>3.5 miles</b></p>   <p><b>Bus: 5</b> (Rowan Ave or Elm Drive stops)</p>	<p>FREE</p>
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## June





Session	Venue	Time	Info	Cost
<p><b>Sunday 5 June: Healthy Hollingbury Walk.</b> A lovely circular walk to Patcham Village in conjunction with the County Oak Medical Centre's Patient Participation Group.</p>	<p>County Oak Surgery Carden Hill BN1 8DD</p>	<p><b>11am</b></p>	<p><b>3 miles</b></p>  <p><b>BUS</b> 26, 46, 56</p>	<p>FREE</p>
<p><b>Wednesday 8th June, Art Walk: The old Dove Cot &amp; Patcham Village.</b> Enjoy a picturesque walk and chance to sketch the scenery. Please bring sketch book &amp; something to draw with. No experience necessary.</p>	<p>Meet at Patcham Clock Tower, opposite the Ladies Mile pub</p>	<p><b>1-3pm</b></p>	<p><b>1.5 miles</b></p>   <p><b>BUS</b> 5A, 56</p>	<p>FREE</p>
<p><b>Friday 10 June: Night-time Nature Walk:</b> A fascinating evening walk where you can learn more about nocturnal wildlife like bats, foxes, hedgehogs and moths.</p> <p><a href="http://www.facebook.com/hkhegdehogs">www.facebook.com/hkhegdehogs</a></p>	<p>Meet at Knoll Park Pavilion, Knoll Park off Rowan Avenue</p>	<p><b>8.30pm</b></p>	<p><b>3.5 miles</b></p>   <p><b>Bus: 5</b> (Rowan Ave or Elm Drive stops)</p>	<p>FREE</p>
<p><b>Sunday 12 June: Urban Fringe Progression Walk.</b> A great circular walk around the green spaces of Withdean, Westdene</p>	<p>Meet at the Black Lion Pub, Patcham, BN1 8YQ</p>	<p><b>11am</b></p>	<p><b>3 miles</b></p>  <p><b>BUS</b> 5A, 56</p>	<p>FREE</p>



and Mill Road with refreshments at The Sportsman.				
<p><b>20-22 June : Round the City Sunset walks 1-3:</b> The first half of our fantastic Round the City Walk Challenge where the 28 mile city boundary is divided into six manageable and picturesque walks taking in city, sea and downland.</p> <p><a href="http://www.brighton-hove.gov.uk/healthwalks">www.brighton-hove.gov.uk/healthwalks</a> for full info.</p>	<p><b>1: 20 June, Pier to Old Portslade:</b> meet Brighton Pier</p> <p><b>2: 21 June, Old Portslade to Devil's Dyke:</b> Meet South Street opp St Nicholas Bus Stop</p> <p><b>3: 22 June, Devil's Dyke to Patcham Village:</b> Devil's Dyke Bus Stop by Dyke Tavern</p>	<p><b>1:</b> 6.30pm</p> <p><b>2:</b> 6 pm</p> <p><b>3:</b> 6.45pm</p>	<p><b>1: 4 miles</b>    </p> <p><b>2: 3 miles</b>  </p> <p><b>3: 4 miles</b>  </p>	FREE
<p><b>Sunday 26 June, Seafront Table Tennis Tour Healthwalk!</b> A great way to get some gentle exercise for all the family by walking along the seafront and trying out the outdoor Table Tennis tables on the way with a Brighton Table Tennis Club coach! Finishes at Brighton Table Tennis Club for a cuppa.</p>	Meet at the bandstand Ping! tables and finish at Brighton Table Tennis Club, Kempdown	<b>11am</b>	<p><b>1.5 miles</b>    </p>	FREE

## July









Session	Venue	Time	Info	Cost
<p><b>Friday July 1, TAKEPART SugarSmart Family Treasure Hunt Walk:</b> a fun family walk with a chance to check your</p>	<p>Meet St Ann's Well park Sensory garden.</p> <p>*Please register for this walk in advance at</p>	<b>4.30pm</b>	<p><b>1 mile</b>    </p>	FREE

sugar knowledge and earn great prizes! There will be a goody bag for all groups that complete the challenge.	<a href="http://www.brighton-hove.gov.uk/healthwalks">www.brighton-hove.gov.uk/healthwalks</a>		<b>BUS</b> 21A	
<b>Wednesday 13th July, Art Walk: Preston Manor Gardens.</b> A chance to walk around and sketch the beautiful flowers and parkland. Please bring sketch book & something to draw with. No experience necessary.	Meet at the Rotunda Café, Preston Park	<b>1-3pm</b>	<b>1 mile</b> 	FREE
<b>Sunday 17 July: Coldean &amp; Hollingdean Parish Walk.</b> An easy walk with fantastic views taking in the Roman Hillfort and finishing at Fiveways.	Meet at New Larchwood Car Park, Waldren Avenue, Coldean BN1 9EZ	<b>11am</b>	<b>2 miles</b>  <b>BUS</b> 5B, 24, 74, 75, 46	FREE
<b>18-20 July: Round The City Sunset walks 4-6.</b> Complete the second half of our fantastic Round the City Walk Challenge with Maire McQueeney. <a href="http://www.brighton-hove.gov.uk/healthwalks">www.brighton-hove.gov.uk/healthwalks</a> for full info.	<b>4: 18 July, Patcham to Falmer Village:</b> Meet junction of Church Hill & Vale Ave. <b>5: 19 July, Falmer Pond to Rottingdean:</b> Meet north end Falmer Road. <b>6: 20 July, Windmill to Wheel:</b> Meet Rottingdean Green near the Pond.	<b>4:</b> 6.30pm <b>5:</b> 6.30pm <b>6:</b> 6.30pm	Walk 4 & 5: <b>5 miles</b>  Walk 6: <b>4 miles</b> 	FREE

## August

Session	Venue	Time	Info	Cost
<b>Wednesday 10th August, Art Walk: Patcham Windmill &amp; Green ridge.</b> Explore and sketch views of the South Downs National Park. Please bring sketch book & something to draw with. No experience necessary.	Meet at Hill Top Cafe, Dyke Road, BN1 5LF	1-3pm	<b>1.5miles</b>      <b>BUS</b> 27, 27C 77	FREE
<b>Sunday 21 August, Coldean to the Woods Walk:</b> A lovely circular walk past The Hub and taking in Stanmer Great Wood and Village. (In conjunction with New Larchwood PPG)	Meet at New Larchwood Car Park, Waldron Ave, BN1 9EZ	11am	<b>3 miles</b>      <b>BUS</b> 5B, 24, 74, 75, 46	FREE

## September

Session	Venue	Time	Info	Cost
<b>Wednesday 14th September, Art Walk: Stanmer Park.</b> Walk through beautiful woodland and great views. Please bring sketch book & something to draw with. No experience necessary.	Meet by the Lodge Gates, Stoney Mere Way off Lewes Road	1-3pm	<b>2 miles</b>       <b>BUS</b> 25a/b/c, 23, 78	FREE
<b>Sunday 18 June: Urban Fringe Progression Walk.</b> A great circular walk around the green spaces of Withdean, Westdene and Mill Road with refreshments at The Sportsman.	Meet at the Black Lion Pub, Patcham, BN1 8YQ	11am	      <b>BUS</b> 5A, 56	

# Getting active this Summer

## Streetgames

**Are you looking for something to do in the evenings? Activities that will help you feel fitter and to meet new friends?**

The Active for Life team run indoor coached **multi sport activities** for young people for ages 14+... Come and join our friendly team and have a go at football, basketball, table tennis, and cricket. These sessions happen at Moulsecoomb Leisure Centre and Portslade Sports Centre and are popular with young people of all sporting abilities regardless of experience.

We also run **girls only activities** at King Alfred Leisure Centre and Portslade Sports Centre supporting the This Girl Can campaign. Have a go at different fitness activities each week such as: gym, circuits, spin, boxercise, and core workout sessions. **The above sessions are term time only.**

You can drop in anytime there is no need to book just bring your friends along and have fun! Check out our timetable for session details or our website

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

## Brighton & Hove Dance Active

The **Active for Life** team runs an ever-popular dance programme which engages over 300 dancers of all ages and abilities. It includes two dance events per year and links to other events across the city. We also run sessions for young people delivered by the dancers from Ceyda Tanc Dance.

Make sure you don't miss the **Active for Life** teams **Summer Holiday Dance Course** this summer working with Ceyda Tanc Dance Company! All details will go on our website keep a look out and don't miss out!"

## Women-only 'In Shape for life'

Enjoy this fitness session with a female instructor. Suitable for beginners upwards.

**14 April - 26 June** All Saints Church, Hove BN3 3QE  
10am-11am £2/£3

## Skate Programme

Have you always wanted to learn to skateboard or improve your skills? Would you be interested in getting involved in skate park related events in the city? If the answer is yes then visit [www.brighton-hove.gov.uk/skateparks](http://www.brighton-hove.gov.uk/skateparks) for current and planned activities in 2016.

## Rounders Programme

If you enjoyed rounders at school, then come and 'Whack it, Catch it, Throw it and Smile' all over again. We are working with Rounders England to develop games this spring and summer in the city. If you are interested in playing or volunteering visit [www.brighton-hove.gov.uk/rounders](http://www.brighton-hove.gov.uk/rounders) for current and planned activities in 2016.

## Opportunities for disabled people

The Sport & Physical Activity 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 info and links to clubs in Brighton & Hove that offer sessions for disabled people:

[www.brightonhove.gov.uk/disabilitysport](http://www.brightonhove.gov.uk/disabilitysport)

## Brighton and Hove Fitness MOT's

### Are you aged 60 or over?

We can offer you a Fitness MOT to help you understand how you compare with others your age and whether you would benefit from being more active. Our friendly team will take you through these simple tests and advise on how to improve your fitness levels. Our MOT events will take place on **28 June** and again in **October**.

## Join the Active for Life team this summer

The Active for life Rio Challenge

**25 July – 26 August**

Join us in your local park this summer, the **Active for Life** project will be offering family sport and physical activities including our Olympic Challenge! We will also be offering healthy living advice. You will find us in Hollingdean, Moulsecoomb, Bevendean, Whitehawk, Tarner, Hangleton, and Portslade.

For more details go to our website. All activities will be free!

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## Summer Holiday Clubs

This summer holiday the **Active for Life** team will be working with local schools once more to refer children into our ever-successful **Active for Life** Clubs which will be taking place in three neighbourhoods across the city.

## Active for Life at events...

The team can often be seen at community and health promotion events – on a mission to spread the word about active living. This summer we will be attending the Whitehawk Festival, the Hangleton Park Event, Bev Fest, plus many more. Do come and say hello, join in our activities and find out more about getting active in Brighton and Hove. For more details call the team on **01273 292724**.

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## Join our Brighton & Hove Boccia League...

**Boccia is a seated game of bowls which is accessible to all and surprisingly competitive!**

The **Active for Life** project runs the Brighton & Hove Boccia League which involves teams from across the city meeting regularly to play and then culminates in the popular **TAKEPART** Boccia Final Tournament in June. We want budding Boccia groups to join our friendly league. **New to Boccia?** We are offering taster sessions for groups who might want to get involved but need some support to do so. To find out more contact:  
dan.brooker@brighton-hove.gov.uk  
Telephone **01273 292724**.

# Don't fall for it!

## Keep moving to help prevent falls...

- Try to do the recommended level of activity per week (see p4)
- Try to be active everyday – ten minute slots of activity is fine
- Balance – we rely on it to stay upright but as we age our reaction times get slower making it harder to maintain. Have a go at an activity that helps with balance such as Tai Chi or yoga..

## We can counteract the risk of falling by keeping active...

- Strength – Between the ages of 50 and 70 we lose about 30% of our muscle strength – staying active will help to maintain the strength needed for good balance in older age
- Break up your sitting every 20 minutes – this can help offset the effects of ageing – if watching TV, try to get up during each advert break!
- Set yourself small, gradual goals with all of the above – and remember, every little helps!

## There are Lots of ways to reduce your risk...

In addition to staying active, there are a whole range of things you can do to protect yourself against falls. These include checking your diet and your eyesight, monitoring your alcohol intake and fall-proofing your home. For more hints and tips visit the following websites:

- [www.saga.co.uk/falls](http://www.saga.co.uk/falls)
- [www.ageuk.org.uk/falls](http://www.ageuk.org.uk/falls)

or contact the Falls Prevention Service on: **01273 265574.**

Contact us for more information on **01273 292724.**

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## **TAKEPART Festival 2016**

**Sat 18 June - Sun 3 July**

**Brighton & Hove's award winning two week festival of sport & activity.  
Bringing the city together to celebrate active lifestyles**

**FREE Launch Day at The Level Sat 18 June 12noon - 5pm**

**Fun, free events for all the family. Discover over 100 local activities to help you  
move more Inclusive activities for all abilities**

- Tasters,
- demonstrations,
- performances
- events
- Try Dance, exercise,fitness, sport and lots more

Take a step towards a more active you How will you TAKEPART?

**To view the full festival programme visit:  
[brighton-hove.gov.uk/takepart](http://brighton-hove.gov.uk/takepart) or call: 01273 292724 #TAKEPART2016  
[facebook.com/takepartfestival](https://facebook.com/takepartfestival)**



## How are You?

**Making small changes to your lifestyle now can improve your health right away and double your chances of staying healthy as you get older. It's never too late to start, after all, there's only One You.**

<b>MOVE MORE</b> Getting enough exercise means a stronger, happier, fitter you.	<b>EAT WELL</b> A healthy diet can help you look and feel great.
<b>BE SMOKE FREE</b> No surprises here – stopping is the best thing you can do.	<b>CHECK YOURSELF</b> Checking your body's most important systems are all running smoothly is a great place to start.
<b>DRINK LESS</b> Cutting back on booze is good for your health.	<b>SLEEP BETTER</b> It's important to get a good night's sleep.
<b>STRESS LESS</b> Relaxing helps you feel good and function well.	To find out how you can get support that can help you live a healthier lifestyle go to <a href="http://www.brighton-hove.gov.uk/ONEYOU">www.brighton-hove.gov.uk/ONEYOU</a> & go to <a href="http://www.nhs.uk/oneyou">www.nhs.uk/oneyou</a> to try the quiz!

## Brighton & Hove Health Trainers

**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](mailto:healthtrainers@brighton-hove.gov.uk)

## The Brighton & Hove Food Partnership is a hub for information, inspiration and connection around food.

**We've lots of ways you can get active and involved:**

### **Get Gardening**

Take part at one of the city's 70 community food growing projects. Great for physical and mental health. From orchards to city centre parks there is something for everyone. **Food waste and cookery groups** We help people set up community composting sites, share tips and advice on reducing food waste and run cookery classes.

### **Eat well and get active**

If you are worried about your weight, Shape Up offers free group and 1-1 sessions for people with a BMI 25+ combining healthy eating advice and exercise. There is a range of options – including sessions in community venues, a men-only group at the Amex, a family programme and a group for new mums.

**Stay in touch with all things food related. Sign up to our fortnightly e-news**

[www.bhfood.org.uk/sign-up](http://www.bhfood.org.uk/sign-up)

**For more information on all our activities visit [www.bhfood.org.uk/Support-for-you](http://www.bhfood.org.uk/Support-for-you) or call 01273 431 700 We're happy to help you find the activity that suits you.**

## **Sugar Smart City**

We're helping food outlets 82% make Sugar Smart Commitments, like promoting free drinking water and reducing the amount of sugar in meals. We're also offering activities and challenges in schools and starting work in venues, leisure and healthcare settings. On average people consume too much sugar and this is increasing levels of tooth decay, obesity and type 2 diabetes. We asked residents whether we should take action to help people in the city reduce their sugar intake and 82% agreed.

**Find out what's happening and how you and your organisation can become Sugar Smart, visit: [www.brighton-hove.gov.uk/sugarsmart](http://www.brighton-hove.gov.uk/sugarsmart)**

## Venue List & Bus info

Venue Name & address	Buses	Venue Name & address	Buses
<b>All saints church</b> The Drive Hove BN3 3QE	21, 21A, 55, 56, 59, 56E, 21E	<b>Brighthelm Community Centre</b> North Road, BN1 1YD	6, 7, 12, 27, 37B, 78, 79, 37, 59, 77, 12A, 27C, 14A, 57, 769
<b>Brighton Women's Centre</b> 72 High Street, Kemp Town	BN2 1RP 1, 2, 7, 14, 81	<b>Brighton Youth Centre</b> 64 Edward Street, BN2 0JR	1, 1A, 7, 14C, 14B, 71, 73, 52, 18, 2
<b>Carden Primary School</b> County Oak Avenue, Brighton, BN1 8LU	5B, 56, 74, 75,	<b>Castle Hill Nature Reserve</b> Car park off B2123 Falmer Road at junction with Bexhill Road	2, 2a, 22 at grid reference TQ356063
<b>Church of the good Shepherd</b> 272 Dyke Road BN1 5AE	14, 14C, 27, 77, 27C	<b>East Brighton Park</b> Park Café, off Wilson Avenue, Brighton BN2 5PB	1, 1a, 1b, 1c, 7, 21
<b>Falmer Village: Swan Pub</b> Middle Street, North Falmer BN1 9PD	15, 23 (to Mill St) 28, 29 (Falmer Village)	<b>Fairlight Primary School</b> St Leonard's Road, Brighton BN2 3A	24, 25, 49, 74, 78, 23, 48, 37, 37B
<b>Gathering Place 1</b> Orchid View, BN1 8GP	56, 46	<b>Hangleton Community Centre</b> Harmsworth Crescent, Hove BN3 8BW	5, 5a, 5b, 16, 66
<b>Hertford Junior School</b> Lynchet Close, Hollingdean BN1 7FP	70, 91, 50, 50U	<b>Hiker's Rest Pub, Coldean</b> Coldean Lane, Brighton BN1 9GD	24, 46
<b>Hollingdean Community Centre</b> Thompson Road BN1 7BH	70, 91, 50, 50U	<b>Hollingdean Sure Start Centre.</b> Brentwood Road, Brighton BN1 7DY	50
<b>Hove Park</b> Park Café, Old Shoreham Road,	5b	<b>Jubilee Library</b> Jubilee Street,	Any city centre route

Hove BN3 7AP		Brighton BN1 1GE	
<b>King Alfred Leisure Centre</b> Kingsway, Hove BN3 2WW	700	<b>Mile Oak Community Centre</b> Chalky Road BN41 2WF	1, 1A, 55, 95A,
<b>Moulsecoomb Hall</b> Moulsecoomb Place, Lewes Road, BN2 4GA	24, 25, 28, 29, 78, 29B, 23, 29X, 50U	<b>Moulsecoomb Primary School</b> The Highway / Lewes Road BN2 4PA	24, 25, 28, 29, 74, 78, 29B, 23, 29X, 49, 50U, 25X
<b>Moulsecoomb Leisure Centre</b> Moulsecoomb Way, Brighton, East Sussex BN2 4PB	24, 25, 28, 29, 74, 78, 29B, 23, 29X, 50U	<b>New Larchwood</b> Waldron Avenue, Coldean, BN1 9EZ	5B, 24, 74, 75, 46
<b>Palmeira Square</b> Brighton BN3 2JN	South side of square bus-stop: 1, 1a, 2, 5, 5a, 5b, 6, 21, 25, 46, 49, 60, 61, 700	<b>Patcham Village Bus stop</b> opp Co-op, Old London Road, Patcham BN1 8XR	5a
<b>Patching Lodge</b> Park Street, Kemp Town, Brighton, East Sussex, BN2 0AQ	1, 1A, 7, 14C, 14B, 73, 71, 94A, 23, 27C, 52, 2	<b>Portslade Library</b> Old Shoreham Road, Portslade BN41 1XR	2, 2a, 2b, 6, 49, 59, 66
<b>Portslade Sports Centre</b> Chalky Road BN41 2WS	1, 1A, 55, 95A,	<b>Portslade Village Centre</b> 43 Windlesham Close BN41 2LL	1, 1A, 95A,
<b>Preston Park: Rotunda Café</b> Stanford Avenue end of park. BN1 6HL	5, 5a, 5b, 17, 40, 40x, 273	<b>Rottingdean Pond</b> The Green, Rottingdean BN2 7HA	2, 12, 12a, 14, 14a,b,c, 27
<b>Sainsbury's Portslade</b> Sainsbury's Superstore, Hangleton Link Road, Hove BN3 7GD	6, 6a, 46, 46a	<b>Roedean Café,</b> Marine Drive, BN2 5RL	12, 12a, 14, 14a, 14c
<b>Seafront: Brighton Pier</b> Madeira Drive BN2 1TW	Any Bus to Old Steine	<b>Saltdean Library</b> Saltdean Park Road BN2 8SP	12, 12a, 14, 14c, 27, 47

<b>Shoreham Centre,</b> Pond Road, Shoreham, BN43 5WU	2, 700	<b>St Ann's Well Garden, Garden Café</b> Somerhill Road, Hove BN3 1RP	21a, 7
<b>St. Luke's Church</b> Queen's Park Road BN2 9ZB	74, 94,94A, 23, 37B, 18	<b>St. Luke's Swimming Pool</b> St Luke's Terrace BN2 9ZE	21A, 21E, 21, 18,
<b>St Richards Community Centre</b> Egmont Road, Hove, BN3 7FP	16 & 56	<b>Stanley Deason Leisure Centre</b> Wilson Ave BN2 5PB	21A, 21E, 21
<b>Stanmer Park</b> Lodge/Park Gates, Stoney Mere Way off Lewes Road / Village Tearooms, 17-18 Stanmer Village, Brighton BN1 9PZ	78  25a/b/c, 23, 78	<b>The Dance Station</b> Unit 4, 57 North Street BN41 1DH	1, 1A, 60, 66, 95A
<b>The Gathering Place</b> Orchid View, Hollingbury BN1 8GP	5B, 24, 74, 75, 46	<b>The Gladstone Pub</b> 123 Lewes Road, Brighton BN2 3QB	24, 25, 49
<b>The Level</b> Union Rd BN1 4ZN	21A, 21E, 21,22, 24,25, 26, 37, 37B, 46, 48, 49, 50, 50U, 70, 78 79	<b>The Manor Gym</b> Manor Road BN2 5EA	37B, 37
<b>West Blatchington School</b> Hangleton Way, Hove BN3 8BN	5, 5A, N5	<b>West Pier Kings Road, Brighton BN1 2LN</b>	<b>Any Western Road bus then walk down Preston Street</b>

**Thank you to Brighton & Hove Buses for supporting this programme**



**The local bus company helps passengers with over one million journeys each week! Take the environmentally friendly option, leave the car at home and combine your Healthwalks or activity with a bus journey. With 24 key bus routes and over 2,000 bus stops, the bus can take you to any of the activity locations in this programme.**

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