

Active for Life & Healthwalks Programme



Autumn - Winter

1 October 2023 - 31 March 2024

Hello from Brighton & Hove city's
Healthy Lifestyles Team

We are a local service providing support to anyone who wants to lead a healthier lifestyle.



Welcome to the Active for Life programme where you can find a variety of fantastic activities to help you become or stay active



All the activities included in this guide are:

"Free"

"For all ages and abilities"

"Local and accessible"

"Beginner friendly"

The team can also 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.



Any questions about becoming active?

Contact us for help & advice **Healthy Lifestyles Team: 01273 294589**

email: healthylifestyles@brighton-hove.gov.uk

www.brighton-hove.gov.uk/activeforlife

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

 facebook.com/healthylifestyles



Brighton & Hove
City Council

Healthy Lifestyles Team

Active for Life & Healthwalks

The Active for life project has been supporting residents to get active for over 15 years.

We offer free 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 and do everything they can to support participants of all abilities.

Please do not hesitate to call the team if you have additional support needs and 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

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
- www.nhs.uk/livewell/fitness



Would you like support to improve your health?



The Health Trainer service supports people to make and maintain healthy lifestyle changes, such as

- eating a healthier diet,
- increasing physical activity,
- reducing alcohol, and
- improving general wellbeing

Health Trainers can support you to increase confidence and motivation and to set realistic goals to help improve your health.

Sessions can be in person, on the phone or by video call. The service is free to access and available to anyone living in Brighton and Hove aged 18+. Phone **01273 294589**

Visit: brighton-hove.gov.uk/healthylifestyles email: healthylifestyles@brighton-hove.gov.uk

"This service has helped me focus on my own behaviour, my reasons and find solutions that work for me.

Thank you!!"



Help to STOP smoking

Getting the right support to stop smoking can more than double your chances of quitting.

Get free support from the Healthy Lifestyles Team or from a participating pharmacy.

Local stop smoking services offer:

- Behaviour change support
- Carbon monoxide breath-testing
- Nicotine products e.g. patches and gum (standard prescription charges apply)
- Information and advice on using e-cigarettes or vapes

You can refer directly to the Healthy Lifestyles Team, or find a list of participating pharmacies on our website below.



Your healthy lifestyle

Healthy Lifestyles Team

Regular sport and physical activity sessions & Healthwalks

Sessions key

GAL Get Active Locally

ISL In Shape for Life

A4E Active Forever

HW Healthwalks

CYP Children and Young People



Wheelchair friendly



Toilets



Buggy friendly



Walk includes some hills



Refreshments



Family friendly

Fitness/ability level

1

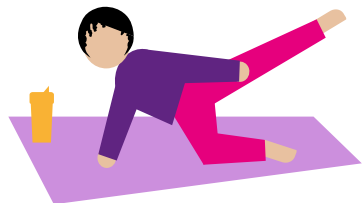
Suitable for all

2

Easy/moderate

3

Moderate/challenging



List of programmes

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.

GAL Get Active Locally

Catering for adults, these sessions take place in a range of locations across the city. They currently include Pilates, Couch to 5k, Boccia 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.





CYP Children and Young People

Our activities cater for children under the age of 5; 6-11; and our 11+ youth sessions. Operating in a selection of the city's schools and community settings, our CYP sessions are fun and suitable for levels of all ability.

For more details and information about how to book please contact the Healthy Lifestyles Team on 01273 294589.

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.



HW Healthwalks

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

If you are new to Healthwalks, you can register in advance or 'drop-in' and try out your first Healthwalk.

You can do this by calling the Healthy Lifestyles Team on 01273 294589.





or by completing our form (downloadable at www.brighton-hove.gov.uk/active-life-registrations) and emailing it to healthylifestyles@brighton-hove.gov.uk

www.healthwalks@brighton-hove.gov.uk

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

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

Monday

	Session type/Name of walk	Venue/Meeting Place	Time	Level	Cost
ISL	In Shape for Life HK50+ An exercise to music session suitable for all abilities. Feel energised for the day ahead.	Hangleton and Knoll Community Centre. For joining details please contact the team.	9.15-10.15am	1	FREE
GAL	Dancing for Health A fun activity class with seated conditioning and active dance. Suitable for all levels.	Zoom session (please contact the team for Zoom links). Term-time only.	10-11am	1	FREE
HW	Preston Park Healthwalk A gentle and popular walk around the city's biggest public park. Connect with nature, the city and like-minded people.	Behind the Rotunda Café, Stanford Ave end of Preston Park, BN1 6HN. Buses 5, 5A, 5B, 17, 270, 271, 272 & 273.	10am	1.5 miles 1    	FREE
HW	Roedean Healthwalk Panoramic views and a wealth of wildlife on the downland between Sheepcote Valley and Ovingdean.	Car park off Roedean Road, below Roedean School, east of the miniature golf-course. Grid reference TQ347031. Buses 12, 12A, 14, 14C, 27, 47 & 52.	10.15am	3 miles 3 	FREE
HW	Monthly Healthwalk East Dean and Friston Join leader Gill to explore the area around Seven Sisters, Friston Pond and East Dean. Walk routes/dates change monthly. 2nd Monday of the month.	Meeting Place: Please contact leader Gill to receive route details lewisg016@gmail.com and confirm dates and times.	11am Dates: 9 Oct, 13 Nov, 11 Dec, 8 Jan 2024, 12 Feb, 11 Mar	4-5 miles 3 	FREE




New this Autumn

In Shape for Life in East Brighton

We look forward to welcoming people to our brand new In Shape for Life in the heart of Moulsecoomb

– funded by our partners at Active Sussex and NHS Sussex.



	Session type	Venue/Meeting Place	Time	Level	Cost
ISL	In Shape for Life – Zumba Improve your co-ordination, strength, balance and flexibility. In the comfort of your own home, making being active easy and convenient. Led by Lawrence.	Zoom session (please contact the team for Zoom links). Drop in.	12.30-1.15pm	1	FREE
	In Shape for Life – High Intensity Interval Training (HIIT) Instructor led circuits and HIIT style workout, with Lesley. Build up fitness and strength in friendly and fun group exercise class. Feel energised for day ahead.	St Georges Hall 140 Newick Road, Brighton BN1 9JG.	12.30-1.30pm	1	FREE
GAL	Pilates With Kelly – great for posture, core/back strength and mental wellbeing. In the comfort of your own home, making being active easy and convenient.	Zoom session (please contact the team for Zoom links).	12.45-1.30pm	1	FREE
CYP	YES Dance – with Hangleton & Knoll Project, Ages 11 - 16 Dance sessions all about movement, energy and fun led by experienced dance coaches. Sessions allow children to develop dance skills and different styles.	Hove Squash and Fitness Club, Orchard Road, Hove BN3 7BG. Term-time only.	4-5pm	1 	FREE
ISL	In Shape for Life – Strength & Conditioning Improve your core strength, balance and flexibility with Christine. Delivered in the comfort of your own home, making being active easy and convenient.	Zoom session (please contact the team for Zoom links).	6-7pm	1	FREE

As always, our In Shape sessions offer a fun friendly activity session – so do join Lesley every Monday.



Mondays 12.30pm
St Georges Hall, Moulsecoomb
Everyone welcome.




As well as the activity there is the opportunity, **for anyone who is interested and eligible**, to sign up for the popular NHS digital weight management app. Pop along to meet Sam to find out more.

NB: This service is now available at our Moulsecoomb Hall, Manor and Hangleton In Shape for life sessions for those who are eligible.

Name of Ramblers Healthwalk	Meeting Place	Level	Cost
Mon 2 Oct Shoreham circular. A walk along the inner harbour, returning along the beach boardwalk and the river.	The Shoreham Centre, Pond Road, Shoreham, BN43 5WU.  Time: 10.30am Buses 2, 19, 6 or 700. Two minutes walk from Shoreham station. Paid parking.	5 miles 3	FREE
Mon 6 Nov Hangleton. Hilly walk up to Devils Dyke, along the ridge with great views.	Hangleton Manor BN3 8AN Bus 5B - get off at Three Corners shops & walk 5mins downhill to the start. Free/paid Parking.	5 miles 3 	FREE
Mon 4 Dec Wild Park circular. A hilly walk via Hollingbury Woods, Old Boat Corner, Stanmer Great Wood and Coldean Wood. Some great views.	Moulescoombe Wild Park, Lewes Road, Brighton, BN2 9AR. Time: 10.30am Buses 23, 24, 25. Paid parking.	4 miles 3 	FREE
Mon 1 Jan Saltdean circular. Clear the New Year's hangover with a clifftop walk along to Telscombe, across the Downs and back via Saltdean Vale.	Outside Saltdean Library, BN2 8SP. Time: 10.30am Buses 12, 14, 27. Free parking. 	4.5 miles 3 	FREE
Mon 5 Feb The green spaces of Westdene and Withdean. A circular walk taking in Withdean Park, Patcham village, Coney Woods and Green Ridge.	Withdean Stadium, Tongdean Lane, BN1 5JD. Time: 10.30am Buses 5, 5A, 27. Free parking. 	4.5 miles 3 	FREE
Mon 4 March Saltdean circular. A hilly walk over to Rottingdean and Ovingdean and back along the promenade.	Outside Saltdean Library, BN2 8SP. Time: 10.30am Buses 12, 14, 27. Free parking. 	4.5 miles 3 	FREE



Tuesday

	Session type/Name of walk	Venue/Meeting Place	Time	Level	Cost
ISL	In Shape for Life Moulsecoomb A circuit-based exercise to music session, with Lawrence, suitable for all abilities.	Moulsecoomb Hall, BN2 4GA.	9.30-10.30am	1	FREE
CYP	The REAL programme – Ages 2 - 5 Early literacy development intervention. Our coaches provide free flow play with fun games and physical activity.	REAL group Woodingdean /CYP minis. Warren Road, Woodingdean, Brighton BN2 6BA. monthly (dates to be confirmed) .	9.45-11.15am	1	FREE
HW	Seafront Healthwalk Enjoy a seafront stroll. The walk alternates weekly, finishing at Hove Lawns one week and Brighton Marina the next.	The main promenade in front of Brighton Palace Pier. Buses: Any that stop at Old Steine.	10am	1 mile 1 	FREE
HW	Castle Hill Healthwalk Explore this chalk grassland National Nature Reserve. (If muddy conditions, and on the 1st & last Tues of the month, the walk follows an alternative route around Bullock Hill, opp the reserve).	Castle Hill National Nature Reserve car park, Woodingdean, off Falmer Road (B2123), just north of junction with Bexhill Road. Grid ref TQ356063. Buses: 22 or 52 to Sea View Way, or, 2 to Downs Hotel and walk up Falmer Road.	10.30am	2 - 3 miles 3 	FREE
GAL	Dancing for Health – Term-time only A fun fitness class with seated conditioning and active dance. Led by Rosaria – improve strength, co-ordination and mobility.	Bishop Hannington Youth and Community Centre. BN3 7LD Drop in. Can also able be attended remotely on ZOOM.	11.15am - 12.15pm	1 	FREE



Free Swimming

Now available for 18 year olds and under

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


Call **0845 803 5519**

Visit www.freedom-leisure.co.uk/freeswimmingBH



In partnership with
freedomleisure
where you matter



	Session type/Name of walk	Venue/Meeting Place	Time	Level	Cost
ISL	In Shape for Life Zumba Improve your co-ordination, strength, balance and flexibility – and have fun to Latin sounds. Suitable for all levels.	The Manor, BN2 5EA.	11.30am - 12.15pm	1	FREE
A4E	Boccia Learn the skills of indoor seated bowls and enjoy a friendly game. Suitable for people of all levels of mobility and companions are welcome to attend too.	King Alfred Leisure Centre, BN3 2WW. Drop in.	12 noon- 1.30pm	1	
HW	Monthly Healthwalk Falmer & Beyond 1st Tues of the month. This walk takes in the beautiful Falmer Village and the countryside surrounding the University complex, before descending into the Uni for refreshments.	The Swan pub in North Falmer, Middle St, Falmer, BN1 9PD. Buses: 28, 29 to Falmer Village (also 23, 25 via Sussex University).	1pm Dates: 3 Oct, 7 Nov, 5 Dec, 2 Jan 2024, 6 Feb, 5 Mar	5miles 3 	FREE
ISL	Kicks Football – with Brighton & Hove Albion Foundation and HKP Football drop-in session for all abilities. friendly game. Ages 11 - 16.	Knoll Park, Stapely Road, Hove BN3 7FD Term-time only.	3 - 5pm	1	FREE
ISL	Active for Life Club Multi-skills Multi-sports for ages 7 - 11. A variety of different sports and games each week.	Manor Road Gym, Manor Road, Brighton BN2 5EA Term-time only.	3.30 - 4.30pm	1	FREE

Skateparks Programme

Our team have a great mobile skatepark along with coaches, skateboards and safety equipment we use to run indoor beginners skateboarding sessions in the autumn & winter months as well as at Brighton Youth Centres Indoor Skatepark:



BYC Skatepark | (brightonyouthcentre.org.uk)

Our '**Go Skate**' mental wellbeing programme in partnership with Brighton Youth Centre is for 13-19 year-olds runs from January - April. To find out more information please visit: **Go Skate Project (brighton-hove.gov.uk)**

For further information about what we offer throughout the year and a map of the city's outdoor skateparks please visit:

www.brighton-hove.gov.uk/skateparks





SAVE
up to
40%

Brighton & Hove Leisure Card

Freedom Leisure offer the Leisure Card which gives up to 40% discount for Brighton & Hove residents in receipt of certain state benefits* on: membership and 'pay as you go' use of facilities throughout the city, including gym, swimming, squash, table tennis and badmington.

*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)
- Students (the TOTUM app. /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.



Trans swim sessions

For those whose gender expression has been keeping them from swimming.

This session offers a safe space for people in the Trans community to swim and use the changing facilities without fear of discrimination. It provides a place where people can socialise and also get active for mind and body.

St Luke's Swimming Pool
St Luke's Terrace, BN2 9ZE

Wednesdays, 8-9pm

£6.15 or £3.50 for Leisure Card Holders

Booking is recommended

St Luke's Swimming Pool 01273 602385

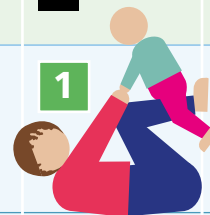


www.freedom-leisure.co.uk

freedomleisure
where you matter



Session type/Name of walk	Venue/Meeting Place	Time	Level	Cost
CYP The REAL programme – Ages 2 - 5 Early literacy development intervention. Our coaches provide free flow play with fun games and physical activity.	REAL group Whitehawk / AFL minis East Family Hub, Whitehawk Road, Brighton BN2 5FL Monthly (dates to be confirmed).	10 - 11.30am	1	FREE
A4E Social Ping (Table Tennis) and Short Tennis – Age 50+ Join Ian and play for fun with some coaching available too. All levels welcome.	King Alfred Leisure Centre, BN3 2WW. Drop in.	10.30am - 12 noon	1	FREE
HW Hollingbury Hillfort Healthwalk Explore some of the most historic and beautiful countryside that borders the city.	Corner of Golf Drive and Brentwood Road, BN1 7HR. Buses 26, 46 & 50.	11am	2 - 3 miles 3	FREE
GAL Post Natal Pilates All 6-8 weeks post birth women welcome and pre mobile babies. Join in with Kelly to improve core function and meet new mums.	The Manor, BN2 5EA. Drop in.	12noon - 1pm	1	FREE
ISL In Shape For Life – Brighthelm A seated activity session with some standing work. Join Lesley and our friendly group to improve your co-ordination, mobility, strength and balance. Suitable for all abilities.	Brighthelm Centre.	12noon - 1pm	1	FREE



NEW: Last Wednesday of the month

Menopause Healthwalks

For anyone going through the menopause transition even if you are not sure.

Meet and chat with others whilst going for a gentle walk. Keeping active before, during and after menopause will keep you healthy and can help to manage your symptoms too.

Meeting place.
Brighton and Hove Seafront
Starting at Meeting Place Café (by the peace statue) and end at Rockwater Hove.

FREE. Family friendly.

Time: 5.30pm.





Buses 1, 2, 5, 5A, 5B, 6, 49, 700

Level 1. 1.5 miles. No hills.

Dates of walks:

25 Oct, 29 Nov, 31 Jan 2024, 28 Feb, 27 March.



HW	Women's Walk and Talk Healthwalk Meet and chat with other women from around the city and enjoy a gentle walk. This is not a dog friendly walk.	Queens Park, South Avenue entrance by the pond, BN2 0GD. Buses 1, 1A, 2, 7 & 18.	1pm (walk sets off at 1:15pm)	1 - 2 miles 1    	FREE
CYP	Active for Life Multi-skills Club Ages 7 - 11. A variety of different sports and games each week with opportunities for exciting and engaging activities with our friendly coaches.	Hertford Primary School, Lynchet Close, Brighton BN1 7FP. Term-time only.	3.00 - 4.15pm	1	FREE
GAL	Couch to 5K – Booking required Learn to run 5k in 10 weeks by joining this friendly group. Please contact the team (see front cover) for course start dates.	King Alfred Leisure Centre, BN3 2WW.	5.30 - 6.30pm	1	FREE
CYP	Young Dancers Collective (YDC) Dance sessions for ages 11 - 16. All about movement, energy and fun led by experienced dance coaches. These sessions allow children to develop their dance skills and try different styles.	The Studio, 39 Whippingham Rd, BN2 3PF. Term-time only.	5.00 - 6.30pm	1	FREE



NEW Special walk: Wed 1 Nov 1-5pm

WW2 Balsdean Bombshells

In WW2 28 people were removed from the Hamlet of Balsdean and the surrounding Downs by the British Army, to be used as a training area. They included German Jewish refugees and walk leader David Cuthbertson's grandparents. He shows photos of the former Georgian Manor House, Norman chapel, and the worst plane crash of the war in Britain.




Meeting place. Castle Hill National Nature Reserve car park, Woodingdean, off Falmer Road (B2123), just north of the junction with Bexhill Road. Grid reference TQ356063.

FREE. Family friendly. Time: 1- 4pm (approx)
 Buses 2, 22 & 52.

Level 3. 6 miles. Very hilly.

3



Session type/Name of walk	Venue/Meeting Place	Time	Level	Cost
Hove Park Healthwalk Enjoy a gentle walk around this pretty park in the heart of Hove.	Hove Park Café, BN3 7BF. Buses 5, 5A, 5B, 21, 21A & 47.	10.15am	1.5 miles 1	FREE
Healthwalk for Adults with a Learning Disability & additional needs Come and enjoy a healthy walk and learn about the natural beauty of the park throughout the seasons.	St. Ann's Well Gardens Café, BN3 1PF. Buses 7 & 21A. 	10.30am	1.5 miles 1	FREE
Stanmer Park Healthwalk A stunning countryside walk through Millbank wood, finishing at the village tea rooms. Choose between the regular 3-mile walk or a longer version walk.	Inside the Lower Lodges park entrance, off the Lewes Road. Buses 23 & 25. Note: parking charges are now in force at the park.	11am	3 or 5 miles 3	FREE

Bi-monthly Midwife-led walk:

Bumps and Buggies

– for new and expecting mums & birthing parents and carers (partners, children & dogs welcome).



Join midwife Laura for a gentle and buggy friendly social walk and talk.

For latest information on days, dates, times and locations visit: Health walks - University Hospitals Sussex NHS Foundation Trust (uhsussex.nhs.uk)



NEW Special walk: Prehistoric Castle Hill Nature Reserve Thur 1 Feb Time: 1-4pm (approx)

Ancient Britons cleared these beautiful Downs of their forest to create the wide open spaces we know and love today. Come and join this walk to learn more about it.

Meeting place. Castle Hill National Nature Reserve car park, Woodingdean, off Falmer Road (B2123), just north of the junction with Bexhill Road. Grid reference TQ356063. Buses 2, 22 & 52.

Level 3. 5 miles.
Very hilly.



	Session type/Name of walk	Venue/Meeting Place	Time	Level	Cost
CYP	Active for Life Minis – Ages 2 - 5 Fun-filled games and physical activities for pre-schoolers. Parents can join in too!	Moulsecoomb Leisure Centre, Moulsecoomb Way BN2 4PB. Term-time only.	1 -1.45pm		
CYP	Active for Life Multi-skills Club Ages 7-11. Different sports and games each week with opportunities for exciting activities with friendly coaches.	Portslade Village Centre, BN41 2LL. Term-time only.	3.30 - 4.30pm	1	FREE
CYP	Afterschool Basketball AFL Ages 7-11. Fun basketball sessions for all abilities. Mixture of skills, drills and games led by experienced basketball coaches.	Old Boat Corner Community Centre, Brighton BN1 8GN. Term-time only.	3.45 - 5pm	1	
CYP	Young Carers Multi-skills Club Energetic activities for young carers ages 6-11. A variety of different sports and games each week with opportunities for exciting and engaging activities with our friendly coaches.	Venue & dates to be confirmed *contact the AFL Team: 01273 294589. Term-time only.	4.30 - 6pm Thursdays: Dates to be confirmed*	1	FREE



Holiday Activities

The Active for Life team run a variety of FREE fun-filled activity sessions during the half-term school holidays, and the **HAF** programme (Holiday Activities and Food) during Easter and Summer. For more details and information about how to book any of our holiday activities, please contact the Healthy Lifestyles Team on 01273 294589 or healthylifestylesteam@brighton-hov.gov.uk



Thursday club 5.30 - 6.30pm

Amaze AFL Club Ages 16-22







Low impact physical activity games appropriate for young people with additional needs.

These games are very adaptable and inclusive, working on motor skills and raising the participant's heartbeat.

Time: 5.30-6.30pm. **FREE.** Unitarian Church,
New Road,
Brighton BN1 1UF



for families with children and young people with special educational needs and disabilities in Sussex

	Session type/Name of walk	Venue/Meeting Place	Time	Level	Cost
ISL	In Shape for Life Portslade A circuit-based exercise session with Karen Suitable for all abilities. Drop in.	Portslade Sports Centre, BN41 2WS.	9.30 - 10.30am	1	FREE
HW	Portslade Library Walk and Read Healthwalk Explore Easthill Park, Emmaus Community Garden and Portslade old village, finishing at the library for a browse and a cuppa.	Meet at Portslade Library, Old Shoreham Road, Portslade, Brighton, BN41 1XR. Buses: 2, 6, 46.	10.15am	1.5 miles 1 	FREE
HW	Saltdean/Undercliff Pass Healthwalk Follows the level Undercliff Walk with great views of the sea and white cliffs overhead. The general weekly route is via Rottingdean to Ovingdean Gap, then return to Saltdean. (On the last Friday only of the month we walk past Ovingdean Gap through to end at the Marina.)	Outside Whitecliffs Café, Saltdean Beach, BN2 8SQ. Buses: 12, 12A, 14, 14C, 27 Get off at Longridge Avenue on Marine Drive.	11am	3 miles 2 	FREE
CYP	Active for Life Club Multi-skills Club Ages 7-11. A variety of different sports and games with opportunities for exciting and engaging activities with our friendly coaches.	West Blatchington School, Hangleton Way, Hove BN3 8BN. Term-time only.	3 -4.15pm	1 	FREE
CYP	Afterschool Table Tennis – with Brighton Table Tennis Club Ages 8 - 11. Fun-filled sessions for all abilities. Led by experienced BTTC table tennis coaches.	Moulsecoomb Primary, The Highway, Lewes Road, BN2 4PA. Term-time only.	3 -4.30pm	1 	FREE

Special walk: Fri 1 December 1-4pm

Brighton Rocks! An Undercliff Geology Walk

A linear walk with David Cuthbertson, along the Undercliff Walk from Saltdean to Brighton Marina – a Geological Site of Special Scientific Interest. You will hear about the story of the chalk and flint rocks which give our downland walks their beautiful forms. From global warming, the extinction of the dinosaurs, plate tectonics, woolly rhinoceroses, to the Prince Regent, our drinking water and farming.




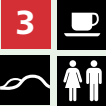
Meeting place. Bus stop on top of cliffs opposite Saltdean Lido.

Level 1. 4miles. No hills.

FREE: Family friendly.

Buses 2, 22 & 52. Time. 1-4pm



	Friday Monthly walks	Venue/Meeting Place	Time	Level	Cost
CYP	Active for Life Youth Club 11+ Ages 11 - 16. A youth club with a difference. A variety of different sports and games and engaging activities with our friendly coaches.	Portslade Village Centre, Courthope Close, Hove BN41 2LZ. Term-time only.	4.45 -6pm	1	FREE
HW	Monthly Healthwalk LGBTQ+ Downland Healthwalk A lovely walk into the hills and Ovingdean village, with great views and more to explore! 	Free Car park off Roedean Road, below Roedean School, east of the miniature golf-course. Grid reference TQ347031. Buses: 12, 12A, 14, 14C, 27, 47 & 52 to Roedean School.	10am - 12noon Dates: 20 Oct, 17 Nov 15 Dec 19 Jan 2024 16 Feb, 15 Mar	2 miles 1 	FREE
HW	Monthly Healthwalk LGBTQ+ Seafront Healthwalk A social, seafront walk to increase fitness and enjoy fresh air.	King Alfred Leisure Centre car park (by beach railings and Brighton bike port, west of KA). Buses: Bus 700 to King Alfred, or 1, 1A, 6, 49 to Hove Street and walk down to King Alfred.	10.30am - 12noon Dates: 3 Nov, 1 Dec 5 Jan 2024 2 Feb, 1 Mar	1.5 miles 1 	FREE
HW	Monthly Healthwalk East Dean and Friston Healthwalk Join leader Gill to explore the area around Seven Sisters, Friston Pond and East Dean. Walk routes/dates change monthly. 1st Friday of the month.	If you're interested in joining, please contact the Walk Leader Gill at: lewisg016@gmail.com to receive the route details, and confirm dates and times.	11am Dates: 6 Oct, 3 Nov, 8 Dec, 5 Jan 2024, 2 Feb, 8 Mar	4-5 miles 3 	FREE



Special walk: Friday 1 March 1-5pm

Romans on the Downs

Hear about how the Downs were important to the Romans, but why were there no posh villas on these beautiful hills between Brighton and Lewes, despite their stunning views. Walk leader David Cuthbertson.


Meeting place. Castle Hill National Nature Reserve car park, Woodingdean, off Falmer Road (B2123), just north of the junction with Bexhill Road. Grid reference TQ356063.

FREE. Family friendly.

Buses 2, 22 & 52. Time: 1- 4pm (approx).

Level 3. 4.5 miles. Very hilly.



Name of walk	Meeting Place	Time	Level
Benfield Valley Healthwalk A beautiful weekly Saturday walk taking in Benfield Valley and the Dyke Railway trail.	Greenleas Recreation Ground car park, bottom of Hangleton Valley Drive, BN3 8AN. Bus 5B to Towns Corner Shops or buses 6 or 46 to Sainsbury's West Hove.	11am	3 - 3.5 miles 



Nature Therapy Wellbeing walks

Special health walks led by an experienced facilitator Julia Gillick from eco-therapy organization 'ipse wilderness'.

The walks feature nature connection activities, self-reflection prompts and mindfulness exercises. Along the way, the group will walk & talk, about topics inspired by the landscape, flora and fauna and history of the area.

Please wear suitable shoes for hiking, warm layers and carry a bottle of water and a snack.

Devil's Dyke. Sun 19 Nov 10:45am - 12:45pm

A 3-mile circular walk around Devil's Dyke.

Meet: Devil's Dyke car park in front of the pub. BN1 8YJ. 77 bus. Family friendly. Level 3. Walk does includes hills. Cafe and toilets at start/end and midway point. 3 miles.

Ditchling Beacon. Sat 3 Feb 10am - 2pm

A 5-mile walk from Ditchling Beacon.

Bring a packed lunch/flask of soup.

Meet: Ditchling Beacon car park. BN1 9QD. 79 bus. Family friendly. Level 3. Walk includes some hills. 5 miles.



Special walk: Sat 14 Oct 10am - 1pm

Nature Therapy Wellbeing walk

Balsdean valley and Castle Hill.

A 5-mile circular walk through Balsdean valley and Castle Hill, with nature connection activities, self-reflection prompts and mindfulness exercises. Along the way, the group will walk & talk, about topics inspired by the landscape, flora and fauna and history of the area. Wear suitable shoes for hiking, and carry a bottle of water and a snack.

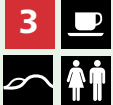


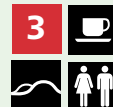


Meet: Castle Hill Car Park at start of Norton Drive and Drove Avenue footpaths, just off Falmer Rd, BN2 6NT.

Buses 2, 22 & 52. Family friendly.

Level 3. Walk includes some hills. 5 miles.



	Name of walk	Venue/Meeting Place	Time	Level
HW	Monthly Healthwalk Badgers Downs On Your Doorstep Healthwalk	On grass outside Badgers Tennis Club house, Church Place, Kemptown, BN2 5JN.	10.30am	4.5 miles
	A stunning walk around Whitehawk Hill and Sheepcote Valley. First Saturday of the month.	Buses 1, 1A, 7, 14C, 23, 47, 52 & 57.	Dates: 7 Oct, 4 Nov, 2 Dec, 6 Jan 2024, 3 Feb, 2 Mar	
HW	Monthly Healthwalk Sheepcote Valley Healthwalk	East Brighton Café building, BN2 5UA.	11am	4.5 miles
	A scenic walk taking in Sheepcote Valley, Ovingdean and the Undercliff. Third Saturday of the month.		Dates: 21 Oct, 18 Nov, 16 Dec, 20 Jan 2024, 17 Feb, 16 Mar	
HW	Monthly Healthwalk Balsdean Healthwalk	Meet at Castle Hill National Nature Reserve car park, Woodingdean, off Falmer Road (B2123), just north of the junction with Bexhill Road. Grid reference TQ356063.	1pm	4.5 miles
	A lovely linear walk from Castle Hill, finishing near Kipling Gardens, Rottingdean. Second Saturday of the month.	Buses 2 & 22.	Dates: 14 Oct, 11 Nov, 9 Dec, 13 Jan 2024, 10 Feb, 9 Mar	

Sunday

Special walk: Sunday 1 October

WW1 Houses on the Downs Time: 1-4pm (approx)

In 1918 a shepherd left the beautiful, remote Balsdean Farm because he didn't like city life!

Walk leader David Cuthbertson tells how the First World War brought houses and barbed wire to one of the most unspoilt parts of the South Downs.

Meeting place.
Castle Hill National Nature Reserve car park, Woodingdean, off Falmer Road (B2123), just north of the junction with Bexhill Road. Grid reference TQ356063.

FREE. Family friendly.

Buses 2, 22 & 52.

Level 3. 4.5 miles. Very hilly.



Brighton & Hove Dance Active 2023

Sat 9 December

at the Brighton Centre
Syndicate Wing

www.brighton-hove.gov.uk/danceactive



Tickets £6

from the Brighton Centre Box office
Or from <https://www.ticketmaster.co.uk/event/3E005ECDA7E70E29>
(admin charge applies)

Start time 4pm

01273 294589



Your healthy lifestyle



Photos: Chris Jepson



Brighton and Hove City Council's flagship BetterPoints (Move for Change Campaign) aims to encourage residents & the local community to travel more actively and sustainably.

The BetterPoints app encourages people to walk, wheel, cycle and use public transport through incentivisation and rewards.

Once the app is downloaded and users register with the Move for Change campaign, they start earning BetterPoints (a virtual currency) and BetterTickets (for virtual prize draws).

BetterPoints are earned for all active and sustainable journey and can then be redeemed at local stores, online retailers, or donated to some great local charities!

Walking can be a great cost-effective way to get around, and has plenty of physical and mental health benefits, so why not give the BetterPoints app a try, and earn rewards in the process!



By encouraging more active travel, this helps the city towards its carbon neutral goals, making our city a more liveable, safe and attractive place to be.
<https://www.betterpoints.app>



BetterPoints



www.brighton-hove.gov.uk/activeforlife

City Parks

The CityParks team have opened outdoor courts, running tracks and outdoor fitness equipment at Carden Park and Wild Park.



All of which is free and available for all to enjoy!

Why not pop along and have a go?

Find out more about the playground and outdoor fitness area in Carden Park at www.brighton-hove.gov.uk/carden-park

Swimming in the Autumn & Winter

With heaps of health benefits and the beach right on our doorstep, open water swimming is becoming increasingly popular in Brighton and Hove.

If you're thinking of taking the plunge this Autumn/Winter, then be sure to do it safely.

Learn how you can keep you and your loved ones safe at the coast and in the water with advice from the RNLI's water safety experts.



rnli.org/safety



Here are our top tips when sea swimming

- Never swim alone and go to a familiar spot.
- Wear a bright hat and tow float to ensure you can be seen, take a mobile phone in a waterproof pouch and remember wetsuits can help with buoyancy and keeping you warm.
- Always check the weather forecast and tidal information – stay within your limits.
- If in doubt, don't go out.
- Acclimatise slowly, enter the water gradually and never dive or jump in. Splashing your face and neck first can help to acclimatise to the temperature.
- If you feel overwhelmed or find yourself in trouble, FLOAT to live by leaning back in the water, extending your arms and legs, and resisting the urge to thrash around to gain control of your breathing.
- Wrap up warm with plenty of loose-fitting layers and a hat to put on after – a warm drink helps too!
- Remember, there are lots of great local clubs and coaches who you can support you if need some extra help
- Smile and enjoy all the wonderful benefits of the open water!
- We also recommend checking with your doctor before trying it for the first time, especially if you have underlying health issues.

Workplace Health & Wellbeing Healthy Lifestyles Team

– the team supports your health at work too.

We offer **FREE** support for any workplace and charity in **Brighton & Hove**. We can find out what your staff need to be healthier, put an action plan together, provide access to free resources and toolkits. And offer support on any healthy lifestyle area: physical activity, healthy eating, stop smoking, alcohol and mental health and wellbeing in the workplace.

- **Sign up** and receive our quarterly Brighton and Hove workplace health newsletter
- **Book in NHS healthchecks** for your staff
- **Become a workplace health champion** for your workplace with free accredited training
- **Book onto our FREE health and wellbeing themed webinars, training and workshops:**
For more information contact Workplacehealth@brighton-hove.gov.uk or visit www.brighton-hove.gov.uk/workplacewellbeing



Sign up to our free Menopause at work platform www.menopauseatwork.co.uk

For anyone going through the menopause transition and for small and medium size business (249 employees or less) or self-employed.

Menopause education courses, healthy lifestyles practical support and resources to download and use are available.



www.brighton-hove.gov.uk/healthylifestyles

AGEING WELL

Did you know that stronger muscles and being steady on your feet is important in older age?

All movement, including walking, is great for health however it is also recommended that we try activities to build strength and balance. Dance, racket sports, yoga or gardening are all excellent and help enable us to stay strong, steady and independent throughout your life.



To find out about what's available locally please contact Ageing Well:
Call 0808 175 3234 (freephone),
Text 07770 061072
Visit Ageing Well Website:
www.ageingwellbh.org

How much activity 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.

Early Years (birth to 5 years)



Aim for at least 180 minutes per day

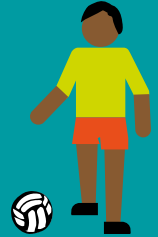


Try to include activities that strengthen bones and muscles

Under 1s should have at least 30 minutes of tummy time across the day



Get strong
reduce inactivity,
move more



Some activity is good,
more is better.
Every minute counts



Benefits of being active

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



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

Children & Young People (5-18 years)



Try to do at least 60 minutes of moderate to vigorous intensity activity every day

Spread activity throughout the day

Include activities to develop movement skills, and muscle and bone strength across the week

Adults (19+) & Older Adults



Try to do at least 150 minutes of moderate intensity activity every week or 75 minutes of vigorous activity

Try to include activities that improve muscle strength at least twice weekly

Minimise sedentary time and break up periods of inactivity

Older people should also try to include regular activities that improve balance and coordination

