



# Let's get moving...

# Brighton & Hove



**Spring - Summer**

1 April - 30 September 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.



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

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



X [BHhealthylife](#)

f [facebook.com/healthylifestyles](https://facebook.com/healthylifestyles)



# Let's get moving...

We're excited to launch the city's 10-year  
Physical Activity and Sport Strategy:  
**Let's get moving... Brighton & Hove!**



We want Brighton & Hove to be a city  
where everyone has the opportunity,  
the encouragement, and the environment  
to move more, live well and be healthy.

To deliver our vision we want to make  
Brighton & Hove one of the nation's most  
active cities, with each of us having the  
chance to move more in a way that we enjoy.

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



To find out more or get involved, please visit  
[www.brighton-hove.gov.uk/letsgetmoving](http://www.brighton-hove.gov.uk/letsgetmoving)

# 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.

“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.



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

**Your healthy lifestyle**

# Healthy Lifestyles

## Sessions key

**AAS** Adult activity sessions

**HW** Healthwalks

**CYP** Children and Young People



Wheelchair friendly



Toilets



Buggy friendly



Walk includes some hills



Refreshments



Family friendly



## Fitness/ability level

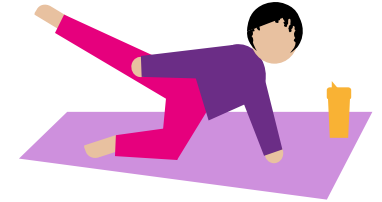
**1** Suitable for all

**2** Easy/moderate

**3** Moderate/challenging

## 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.

## AAS Adult Activity Sessions

These sessions take place in a range of locations across the city. They include Boccia, Zumba, activity circuits, Dancing for Health, table tennis and more. Everyone is welcome to join our friendly sessions regardless of age, experience or level of ability.



## 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.

To register call the Healthy Lifestyles Team on 01273 294589 or complete our form (downloadable at [www.brighton-hove.gov.uk/active-life-registrations](http://www.brighton-hove.gov.uk/active-life-registrations)) and email it to [healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk)

Please make sure you wear appropriate footwear and clothing.

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

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

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



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 can find out more at

- [www.bhfactive.org.uk](http://www.bhfactive.org.uk)
- [www.nhs.uk/livewell/fitness](http://www.nhs.uk/livewell/fitness)



## 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.



Session type	Venue	Time	Level	Cost
<p><b>In Shape for Life HK50+</b></p> <p>An exercise to music session suitable for all abilities. Feel energised for the day ahead.</p>	<p>Hangleton and Knoll Community Centre, BN3 7FP.</p> <p>For joining details please contact the team.</p>	9.15-10.15am	1	FREE
<p><b>In Shape for Life – Women Only</b></p> <p>Instructor led circuits with Lesley. Build up fitness and strength in this fun and friendly group exercise class. Feel energised for the day ahead. Adults 18+</p>	<p>St George's Hall, 140 Newick Road, Brighton, BN1 9JG.</p> <p>Drop in.</p>	12.30-1.15pm	1	FREE
<p><b>YES Dance – with Hangleton &amp; Knoll Project, Ages 11 - 16</b></p> <p>Dance sessions all about movement, energy and fun led by experienced dance coaches. Sessions allow children to develop dance skills and different styles.</p>	<p>St Richards Community Centre, Egmont Road, Hove, BN3 7FP.</p> <p><b>Term-time only.</b></p>	4-5pm	1	FREE



## In Shape for Life

Our popular In Shape sessions have been running for many years and happen in various locations in Brighton & Hove.



They are a great way to start moving more, keep moving more and have fun.





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 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)
- Students




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

**Everyone is welcome;** from absolute beginners to those who are regularly active. By attending the sessions you will work towards improving your overall fitness and your strength and balance; all of which can really benefit your health and wellbeing. Check the weekly listings for details about each session.

*“All worries disappear for the session. It’s a very happy session. I go home invigorated.”*  
(In Shape for Life Mouslecoomb participant)



Lawrence, one of our regular teachers, runs sessions in Mouslecoomb and Whitehawk.

Name of walk	Meeting Place	Time	Level	Cost
<p><b>Preston Park Healthwalk</b></p> <p>A gentle and popular walk around the city's biggest public park. Connect with nature, the city and like-minded people.</p>	<p>Behind the Rotunda Café, Stanford Ave end of Preston Park, BN1 6HN.</p> <p>Buses 5, 5A, 5B, 17, 270, 271, 272 &amp; 273.</p>	10am	<p>1.5 miles</p> <p>1</p> 	FREE
<p><b>Roedean Healthwalk</b></p> <p>Panoramic views and a wealth of wildlife on the downland between Sheepcote Valley and Ovingdean.</p>	<p>Car park next to Roedean cafe. Grid reference TQ347031.</p> <p>Buses 12, 12A, 14, 14C, 27, 47 &amp; 52.</p>	10.15am	<p>3 miles</p> <p>3</p> 	FREE
<p><b>Monthly Healthwalk East Dean and Friston</b></p> <p>Join leader Gill to explore the area around Seven Sisters, Friston Pond and East Dean. Walk routes/dates change monthly.</p> <p>2nd Monday of the month.</p>	<p>Meeting Place: Please contact leader Gill to receive route details <a href="mailto:lewisg016@gmail.com">lewisg016@gmail.com</a> and confirm dates and times.</p>	<p>11am</p> <p><b>Dates:</b> 8 April, 13 May, 10 June, 8 July, 12 Aug, 9 Sept</p>	<p>4-5 miles</p> <p>3</p> 	FREE

### Special walk: Fri 26 April 10:30am

## Bluebell walk Stanmer Park



Emily Bronte called the bluebell 'the sweetest flower' and this annual vista is a magical sight. Join us for a walk through a sea of bluebells. A short uphill walk and then continues on the flat.

Approx an hour's walk in the bluebells then down to One Garden for an optional cuppa.

**Meeting place:** Coldean Lane bus stop, opposite the Ruby Pub. Please note that there is now a parking charge in Stanmer Park.

**Level:** 3. 4miles. No hills.

**FREE** Family friendly.

**Buses:** 23,24,25,26,28,29.

**Time:** 10.30am





Healthwalks in partnership with The Ramblers	Meeting Place	Time	Level	Cost
<b>Mon 6 May</b> <b>Stanmer Park Circular.</b> A mix of woodland and downland walking with great views over the city. A steady uphill start.	 Ruby Pub, Coldean Lane, BN1 9GD Free parking in Coldean or across the Lewes Road in Moulsecombe but leave time to find a space. Buses 25, or 24.	10.30am-1pm	5.5 miles  	FREE
<b>Mon 3 June</b> <b>The green spaces of Westdene and Withdean.</b> A stroll up to Green Ridge, through Coney Woods, Old Patcham village and back through Withdean Park, with the National Lilac Collection in bloom.	Withdean Stadium car park, Tongdean Lane, BN1 5JD Buses 27, or 5/5A (5 minutes walk). Free parking.	10.30am-12.45pm approx.	4.5 miles  	FREE
<b>Mon 1 July</b> <b>Foredown Tower circular.</b> A lovely open downland walk. Reasonably gentle but steady ascent to the Devils Dyke escarpment and return.	Foredown Tower BN41 2EY Bus No 6 from Churchill Square. Limited parking near Tower. Free nearby roads.	10.30am-1pm	4.6 miles  	FREE
<b>Mon 5 August</b> <b>Shoreham Circular.</b> A varied walk, along the bank of the River Adur, past the houseboats, then along the beach boardwalk to the Old Fort, and back along the Inner Harbour.	Front of the Shoreham Centre, Pond Road, BN43 5WU Bus 700. Shoreham-by-sea station 3 mins walk. Paid parking behind the Shoreham Centre or free street parking 8 minutes walk.	10.30am-1pm	4.5 miles  	FREE
<b>Mon September 2</b> <b>St Helen's Church downland walk.</b> Starting from Brighton & Hove's oldest church, a beautiful downland walk, with views across the city.	St Helen's Church, Hangleton, BN3 8ER Buses 47,5B. Free street parking.	10.30am-12.45pm	4.5 miles  	FREE



Session type	Venue	Time	Level	Cost
<p><b>In Shape for Life Moulsecoomb</b></p> <p>A circuit-based exercise to music session, with Lawrence, suitable for all abilities.</p>	Moulsecoomb Hall, BN2 4GA.	9.30-10.30am	1	FREE
<p><b>Dancing for Health – Term-time only</b></p> <p>A fun fitness class with seated conditioning and active dance. Led by Rosaria – improve strength, co-ordination and mobility.</p>	Bishop Hannington Youth and Community Centre. BN3 7LD Drop in. Can also be attended remotely on ZOOM.	11.15am - 12.15pm	1	FREE
<p><b>In Shape for Life Zumba</b></p> <p>Improve your co-ordination, strength, balance and flexibility – and have fun to Latin sounds. Suitable for all levels.</p>	The Manor, BN2 5EA.	11.30am - 12.15pm	1	FREE
<p><b>Boccia</b></p> <p>Learn the skills of indoor seated bowls and enjoy a friendly game. Suitable for people of all levels of mobility including wheelchair users and companions are welcome to attend too.</p>	King Alfred Leisure Centre, BN3 2WW. Drop in.	10am - 1.30pm	1	FREE
<p><b>Caterpillar Group – Ages 2 - 5</b></p> <p>Early literacy development intervention. Our coaches provide free flow play with fun games and physical activity.</p>	Woodingdean Community Centre, Warren Road, BN2 6BA Monthly, for dates contact: <a href="mailto:Laura.marshall@brighton-hove.gov.uk">Laura.marshall@brighton-hove.gov.uk</a>	9.45-11.15am	1	FREE

## Skateparks Programme



Our team have a great mobile skatepark along with coaches, skateboards and safety equipment we use to run a variety of free community beginners skateboarding sessions throughout the year for ages 7+.



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

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

Name of walk	Meeting Place	Time	Level	Cost
<p><b>Seafront Healthwalk</b></p> <p>Enjoy a seafront stroll. The walk alternates weekly, finishing at Hove Lawns one week and Brighton Marina the next.</p>	<p>The main promenade in front of Brighton Palace Pier.</p> <p>Buses: Any that stop at Old Steine.</p>	10am	<p>1 mile</p> <p>1 </p>	FREE
<p><b>Castle Hill Healthwalk</b></p> <p>Explore this chalk grassland National Nature Reserve. (If muddy conditions, and on the first &amp; last Tues of the month, the walk follows an alternative route around Bullock Hill, opp the reserve).</p>	<p>Castle Hill National Nature Reserve car park, Woodingdean, off Falmer Road (B2123), just north of junction with Bexhill Road. Grid ref TQ356063.</p> <p>Buses: 22 or 52 to Sea View Way, or, 2 to Downs Hotel and walk up Falmer Road.</p>	10.30am	<p>2 - 3 miles</p> <p>3 </p>	FREE
<p><b>Monthly Healthwalk Falmer &amp; Beyond</b> <b>1st Tues of the month.</b></p> <p>This walk takes in the beautiful Falmer Village and the countryside surrounding the University complex, before descending into the Uni for refreshments.</p>	<p>The Swan pub in North Falmer, Middle St, Falmer, BN1 9PD.</p> <p>Buses: 28, 29 to Falmer Village (also 23, 25 via Sussex University).</p>	<p>1pm</p> <p><b>Dates:</b> 2 April, 7 May, 4 June, 2 July, 6 Aug, 3 Sept</p>	<p>5miles</p> <p>3 </p>	FREE

## NEW: First Tuesday of the Month

### Carden Surgery Walks

A selection of leisurely walks, starting at the entrance to the Medical Centre, on the first Tuesday of every month. Each walk is around three miles, and offers a range of suburban, woodland and downland scenery. Some hills, but the leader ensures that the pace is determined by the slowest participant.

**Meet:** Outside Carden Surgery, County Oak Medical Centre, Carden Hill, Brighton, BN18DD. (Parking available in Carden Hill or County Oak Ave).

**FREE.** Family friendly.

**Time:** 10.30am

**Buses:** 26 and 52

**Level:** 3. 3miles

**Dates of walks:**

2 April, 7 May, 4 June, 2 July, 6 August, 3 September



Session type	Venue	Time	Level	Cost
<p><b>Social Ping (Table Tennis) and Short Tennis – Age 50+</b></p> <p>Join in and play for fun with some coaching available too. All levels welcome.</p>	<p>King Alfred Leisure Centre, BN3 2WW. Drop in.</p>	<p>10.30am - 12 noon</p>	<p>1</p>	<p>FREE</p>
<p><b>Post Natal Pilates</b></p> <p>All 6-8 weeks post birth women welcome and pre mobile babies. Join in with Kelly to improve core function and meet new mums.</p>	<p>The Manor, BN2 5EA. Drop in.</p> 	<p>11.15am - 12.15pm</p>	<p>1</p>	<p>FREE</p>
<p><b>In Shape For Life – Brighthelm</b></p> <p>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.</p> 	<p>Brighthelm Centre, North Rd, BN1 1YD.</p> 	<p>12noon - 1pm</p>	<p>1</p>	<p>FREE</p>



## 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.

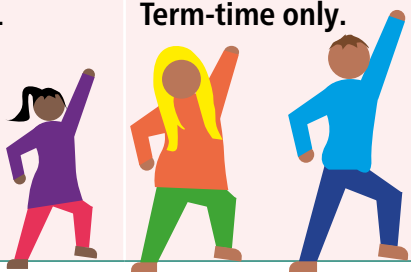
**St Luke's Swimming Pool**  
**St Luke's Terrace, BN2 9ZE**  
**Wednesdays, 8-9pm**  
**£6.15 or £3.50 for Leisure Card Holders**

**Booking is recommended**  
**St Luke's Swimming Pool 01273 602385**

 **freedomleisure** where you matter  

 Brighton & Hove City Council

Session type	Venue	Time	Level	Cost
<p><b>Jump for Joy – Ages 2 - 5</b></p> <p>Early literacy development intervention. Our coaches provide free flow play with fun games and physical activity.</p>	<p>East Family Hub, Whitehawk Road, BN2 5FL. Monthly, for dates contact: Laura.marshall@brighton-hove.gov.uk</p>	<p>10 - 11.30am</p>	<p>1</p>	<p>FREE</p>
<p><b>Active for Life Multi-skills Club</b></p> <p>Ages 7 - 11. A variety of different sports and games each week with opportunities for exciting and engaging activities with our friendly coaches.</p>	<p>Hertford Primary School, Lynchet Close, Brighton BN1 7FP.</p> <p><b>Term-time only.</b></p>	<p>3 - 4pm</p>	<p>1</p>	<p>FREE</p>
<p><b>Young Dancers Collective (YDC)</b></p> <p>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.</p>	<p>The Studio, 39 Whippingham Rd, BN2 3PF.</p> <p><b>Term-time only.</b></p>	<p>5.30 - 7pm</p>	<p>1</p>	<p>FREE</p>



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



In partnership with  
**freedomleisure**  
where you matter



Name of walk	Meeting Place	Time	Level	Cost
<b>Hollingbury Hillfort Healthwalk</b> 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
<b>Women's Walk and Talk Healthwalk</b> 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

## Wednesday 29 May

## Medieval Balsdean and the Black Death

Peaceful & empty today, Medieval Balsdean was a village decimated by the Black Death, and the site of a battle with the French in 1377 in which 300 were killed between Lewes & Rottingdean. Walk leader David Cuthbertson tells all.

**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.

**Buses:** 2, 22 & 52.

**Level:** 3. Walk very hilly. 4.5 miles.



## NEW: Last Wednesday of the month

## Menopause Healthwalks

Free guided flat walk starting at the Peace Statue and ending near Rockwater in Hove. With the option to stay for a cuppa and a chat afterwards on us! The walk will be led by Healthwalks and a menopause specialist to get active, meet and chat to others and answer your questions.

This walk is for anyone going through the menopause.

**Start:** 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. No hills. 1.5 miles.

**Dates:** April 24, May 29, June 26, July 31, Aug 28, Sept 25



# Thursday

Session type	Venue	Time	Level	Cost
<p><b>Active for Life Multi-skills Club</b></p> <p>Ages 7-11. Different sports and games each week with opportunities for exciting activities with friendly coaches.</p>	<p>Portslade Village Centre, BN41 2LL.</p> <p><b>Term-time only.</b></p> 	3.30 - 4.30pm	1	FREE
<p><b>Afterschool Basketball AFL</b></p> <p>Ages 7-11. Fun basketball sessions for all abilities. Mixture of skills, drills and games led by experienced basketball coaches.</p>	<p>Old Boat Corner Community Centre, Brighton BN1 8GN.</p> <p><b>Term-time only.</b></p>	3.40 - 4.40pm	1	FREE
<p><b>Girls Basketball AFL Club</b></p> <p>Fun basketball sessions for all abilities. Mixture of skills, drills and games led by experienced basketball coaches.</p>	<p>Old Boat Corner Community Centre, Brighton BN1 8GN.</p> <p><b>Term-time only.</b></p>	4.45 - 5.45pm	1	FREE

## Monthly 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 fine and gross motor skills and enjoying movement.



Please phone the **Healthy Lifestyles Team** on **01273 294589** for further information or email [healthylifestylesteam@brighton-hove.gov.uk](mailto:healthylifestylesteam@brighton-hove.gov.uk)














**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

## Holiday Activities

**The Active for Life team** run a variety of fun-filled activity sessions for children and families during the school holidays, including Fun Family Days, multi-skills holiday clubs and neighbourhood/community events. For more details and information about how to book any of our activities please phone the Healthy Lifestyles Team on 01273 294589 or email [healthylifestylesteam@brighton-hove.gov.uk](mailto:healthylifestylesteam@brighton-hove.gov.uk)

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



## Bi-monthly Midwife-led walk:

### Bumps and Buggies

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

Join our local midwife for a gentle and buggy friendly social walk and talk followed by a cuppa.

**For latest information on days, dates, times and locations visit:**

Health walks - University Hospitals Sussex NHS Foundation Trust ([uhsussex.nhs.uk](http://uhsussex.nhs.uk)) or scan the QR code:





# Friday

Session type	Venue	Time	Level	Cost
<p><b>In Shape for Life Portslade</b></p> <p>A circuit-based exercise session with Karen. Suitable for all abilities. Drop in.</p>	Portslade Sports Centre, BN41 2WS.	9.30 - 10.30am	1	FREE
<p><b>Active for Life Club Multi-skills Club</b></p> <p>Ages 7-11. A variety of different sports and games with opportunities for exciting and engaging activities with our friendly coaches.</p>	West Blatchington School, Hangleton Way, Hove BN3 8BN. <b>Term-time only.</b>	3 - 4pm	1	FREE
<p><b>Afterschool Table Tennis – with Brighton Table Tennis Club (BTTC)</b></p> <p>Ages 8 - 11. Fun-filled sessions for all abilities. Led by experienced BTTC table tennis coaches.</p>	Moulsecoomb Primary, The Highway, Lewes Road, BN2 4PA. <b>Term-time only.</b>	3 -4.30pm	1	FREE
<p><b>Active for Life Youth Club 11+</b></p> <p>Ages 11 - 16. A youth club with a difference. A variety of different sports and games and engaging activities with our friendly coaches.</p>	Portslade Village Centre, Courthope Close, Hove BN41 2LZ. <b>Term-time only.</b>	4.30 -6pm	1	FREE



## City Parks


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



All of which are 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](http://www.brighton-hove.gov.uk/carden-park)

Friday walks	Meeting Place	Time	Level	Cost
<p><b>Saltdean/Undercliff Pass Healthwalk</b> 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.)</p>	<p>Outside Whitecliffs Café, Saltdean Beach, BN2 8SQ.  Buses: 12, 12A, 14, 14C, 27 Get off at Longridge Avenue on Marine Drive.</p>	11am	<p>3 miles</p> <p>1 </p>	FREE
<p><b>Monthly Healthwalk LGBTQ+ Downland Healthwalk</b> A lovely walk into the hills and Ovingdean village, with great views and more to explore!</p> 	<p>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 &amp; 52 to Roedean School.</p>	<p>10am - 12noon <b>Dates:</b> 26/4 24/5 24/5 21/6 19/7 16/8 14/9</p>	<p>2 miles</p> <p>3 </p>	FREE
<p><b>Monthly Healthwalk LGBTQ+ Seafront Healthwalk</b> A social, seafront walk to increase fitness and enjoy fresh air.</p>	<p>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.</p>	<p>10.30am - 12noon <b>Dates:</b> 13/4 10/5 7/6 5/7 2/8 30/9</p>	<p>1.5 miles</p> <p>1 </p>	FREE
<p><b>Monthly Healthwalk</b> 1st Friday of month. <b>East Dean and Friston Healthwalk</b> Join leader Gill to explore the area around Seven Sisters, Friston Pond and East Dean. Walk routes/dates change monthly.</p>	<p>If you're interested in joining, please contact the Walk Leader Gill at: <a href="mailto:lewisg016@gmail.com">lewisg016@gmail.com</a> to receive the route details, and confirm dates and times.</p>	<p>11am <b>Dates:</b> 3/5 7/6 5/7 2/8 7/9</p>	<p>4-5 miles</p> <p>3 </p>	FREE

Special walk: Friday 21 June 6-9.30pm

**Midsummer wildlife walk**  
Friday evening

Experience the quiet of the Downs as night approaches, with walk leader David Cuthbertson. See where Balsdean's badgers live.

We depart with the setting sun. Bring your own binoculars & food.

**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 parking














**FREE** Family friendly

**Buses:** 2, 22 & 52. **Time:** 6-9.30pm

**Level:** 3. 5 miles. Very hilly.



# Saturday

Name of walk	Meeting Place	Time	Level
<p><b>1st Monthly Healthwalk</b>  <b>Badgers Downs</b>  <b>On Your Doorstep Healthwalk</b></p> <p>A stunning walk around Whitehawk Hill and Sheepcote Valley.</p> <p>First Saturday of the month.</p>	<p>On grass outside Badgers Tennis Club house, Church Place, Kemptown, BN2 5JN.</p> <p>Buses 1, 1A, 7, 14C, 23, 47, 52 &amp; 57.</p>	<p>10.30am</p> <p><b>Dates:</b>            6 April,            4 May,            1 June, 6 July,            3 August,            7 Sept</p>	<p>4.5 miles</p> <p>    </p>
<p><b>2nd Monthly Healthwalk</b>  <b>Balsdean Healthwalk</b></p> <p>A lovely linear walk from Castle Hill, finishing near Kipling Gardens, Rottingdean.</p> <p>Second Saturday of the month.</p>	<p>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.</p> <p>Buses 2 &amp; 22.</p>	<p>1pm</p> <p><b>Dates:</b>            13 April, 11 May,            8 June, 13 July,            10 August,            14 Sept</p>	<p>4.5 miles</p> <p>    </p>
<p><b>3rd Monthly Healthwalk</b>  <b>Sheepcote Valley Healthwalk</b></p> <p>A scenic walk taking in Sheepcote Valley, Ovingdean and the Undercliff.</p> <p>Third Saturday of the month.</p>	<p>East Brighton Café building, BN2 5UA.</p> 	<p>11am</p> <p><b>Dates:</b>            20 April,            18 May,            15 June,            20 July,            17 Aug, 21 Sept</p>	<p>4.5 miles</p> <p>    </p>

## 4th Monthly Healthwalk

### Benfield Valley Healthwalk

A beautiful weekly Saturday walk taking in Benfield Valley and the Dyke Railway trail. (Every 4th Saturday).

**Meeting place:**  
 Greenleas Recreation Ground car park, bottom of Hangleton Valley Drive, BN3 8AN.

**Bus:**  
 5B to Towns Corner Shops or 6 or 46 to Sainsbury's West Hove.  
 Level 3. 3.5miles.

**Time:** 11am

**Dates:**  
 27th April, 25th May,  
 22nd June, 27th July,  
 24th August, 28th Sept



# Workplace health and wellbeing

## Supporting your health at work

Improving our health at work increases morale and productivity, reduces time off and illness and disease in our society. 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.

- **Sign up** to our Brighton & Hove workplace health newsletter
- **Book in NHS healthchecks** for your staff
- **Listen into our health and wellbeing themed webinars and training**



**Healthy Lifestyles team Youtube channel:** Subscribe to the teams Youtube channel to help keep you healthy. We have physical activity videos for all ages and all activities are suitable for beginners. Healthy recipe ideas and fun quizzes to test yourself, colleagues or friends.



**Become a workplace health champion for your workplace with free accredited training.**



A workplace Champion supports and promotes a tailored workplace health programme in their own organisation, raises awareness & communicates health promotion campaigns, signposts to local services, and encourages colleagues to make small healthy lifestyle changes.

## SPECIAL WALKS with David Cuthbertson Brighton Rocks!

**Saturday 18 May** 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 chalk and flint rocks which give our downland walks their forms. About global warming and the extinction of the dinosaurs etc.

**Meeting place:** Bus stop on top of cliffs opposite Saltdean Lido. **Buses:** 12, 12A, 12X, 14, 14C, 27.

**Time:** 1-5pm

**Level:** 2. 4 miles.

Toilets at beginning and middle



## Saxon Sussex Downs

**Saturday 1 June** History walk  
Discover ancient burial sites of Saxon farmers and warriors with walk leader David Cuthbertson. Their names are remembered in the downland settlements they founded.



**The Holiday Activities and Food (HAF) programme** offers FREE activities, plus a meal, throughout the school Easter, Summer, and Christmas holidays.

HAF is for children and young people in Reception to Year 11 who receive benefits-related free school meals.

There's something fun for everyone, including sports, drama, music, coding, playschemes, and more.

**FREE!**



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



Department  
for Education



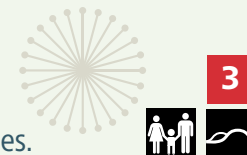
Brighton & Hove  
City Council

**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 parking.

**Buses:** 2, 22 & 52.

**Time:** 1-5pm

**Level:** 3. Very hilly. 4 miles.



## Brighton's Regency Downs

### Sunday 1 September

Walk leader David Cuthbertson tells of a shepherd scholar supported by a smuggler vicar & other stories of these truly extraordinary downs.

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

**Buses:** 2, 22 & 52.

**Time:** 1-5pm

**Level:** 3. Very hilly. 4.5 miles.





Brighton  
& Hove

We've teamed up with Brighton & Hove City Council to give you free access to our weight loss and healthy lifestyle programmes.

Get practical tips and advice from our experts on nutrition, movement, alcohol, mind, sleep and more to set you up for a healthier life, for good.

We're here to help you lose weight, your way. We have several pathway options, so you can choose what is right for you.  
**sign up here**  
<https://brighton-hove.gloji.co.uk/>

#### Digital Support:

Get 12 weeks of digital support, including a personal health mentor, unlimited online gym pass, 100's of tasty recipes and more to help you change your life for the better, for good.

#### Group Support:

Get our full digital support package plus join a Gloji group to discover friendship, share experiences and boost your motivation as you help each other to lose weight together.

#### Exercise Support:

Get our full digital support package plus boost your fitness with added regular physical activity sessions. Pick from football, rugby, swimming or online classes.

#### Family Support:

Get your whole family moving more and eating better. Kids enjoy regular free active sessions while you get support from our experts to help you build a healthier family lifestyle.

Or join our weight loss partner programmes for free...

#### Slimming World:

Get support, commitment and accountability with Slimming World. Enjoy a powerful combination that helps boost happiness, self-esteem and slimming success!

#### Man v Fat:

Lose Weight. Play Football. Join the leading men's weight loss programme where over 90% of football league players lose weight.

**Lose Weight. Get Active. Feel great.**  
**Brighton & Hove, let's go!**



## Active Ageing

Being active as we age can help us stay well and independent.

Simply moving more in ways that we enjoy can be hugely beneficial. From walking to the shops to taking part in dance or sport; it all counts.

Our annual **Active Forever Event** provides over 15 taster activities for older people to try alongside healthy living advice from a range of Brighton & Hove services.

- **This will take place on Thursday 10 October from 10am at King Alfred Leisure Centre.**

**All Active for Life adult sessions and Healthwalks welcome older adults.**

The team also offers 1-2-1 support to those wishing to move more.

For details please see the listings or contact the team.

To find out about sessions run by other providers locally please contact Ageing Well: Call 0808 175 3234 (freephone), Text 07770 061072  
Visit Ageing Well Website: [www.ageingwellbh.org](http://www.ageingwellbh.org)

## Free Live Music

17 April 10am - 1 pm

**to Launch the Stay Strong, Stay Steady, Stay Independent Campaign**



**King Alfred Ballroom, Kingsway, Hove BN3 2WW**

**Join us for free live music, refreshments and raffle.**

Speak face-to-face with local physical activity providers and find out about upcoming activities.

Everyone is welcome!

**Stay Strong, Stay Steady, Stay Independent Campaign**

Wed 17 to Tues 30 April

**Stay Strong, Stay Steady, Stay Independent** is a programme of local events to support healthy ageing in Brighton & Hove.



To find an activity for you, pick up the programme from your local library or view it online at [www.ageingwellbh.org/strength-and-balance/](http://www.ageingwellbh.org/strength-and-balance/)

# TAKEPART is back

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

FREE

## Saturday 22 June to Sunday 7 July

Brighton & Hove City Council's Healthy Lifestyles Team invite you to join in our award-winning festival celebrating the different ways people in the city can enjoy a healthy and active lifestyle.

With two weeks of **FREE** activity sessions, TAKEPART Local events, performances, and workshops, it's the perfect opportunity to try something new, discover activities you enjoy or take a step towards a healthier you. All activities are **FREE** and there will be something for all ages and abilities.

Your healthy lifestyle



The festival will launch with a **FREE** event on

### Saturday 22 June

@ The Level, 11am - 5pm

During the Day there'll be a chance to try out activities, watch demonstrations and talk to local coaches and instructors about what's on offer in the city.



Brighton & Hove  
City Council