

Active Always



Activities Inside:

- Aqua Pilates
- Zumba
- Gentle Exercise Classes
- Otago
- Walking
- Tai Chi

Welcome to Active Always

Active Always is a programme of physical activity delivered across the borough in leisure centres, community halls, parks and gyms. A range of different activities are on offer to help improve your health and well being.

If you have never exercised before, it's not too late to start! The Active Always programme offers specific activities to meet your needs. Whether you want general activities in your local community, or a specific type of activity.

If you have a long term condition or health problems there are also programmes to support you, for example, Active for Health or Fit for Health.

The programme is co-ordinated through RMBC Active Rotherham in partnership with several NHS Rotherham Services and community delivery partners across Rotherham.

For more information about Active Rotherham visit:

**www.activerotherham.org.uk
or contact us on 01709 822453.**

Active
Rotherham

Find us on:

 **Active Rotherham**  **@ActiveRotherham**

All class information is correct at time of print (November 2016).

What to bring: any medication required (e.g. inhaler) water flat shoes (e.g. trainers) comfy clothes

Recommendations for being physically active

The Department of Health recommend that **healthy adults should** take part in 5 x 30 minutes of moderate physical activity (aerobic) and 2 sessions of muscle strengthening activities per week.

Adults who suffer from Long Term Conditions or who have poor health and an inactive lifestyle will benefit from taking part in some form of activity to improve strength, balance and co-ordination at least twice a week.

Why try our classes? (our clients tell us)

Physical benefits: • Increased mobility • flexibility • strength and balance.

Psychological benefits: • Increases confidence • Reduces stress and anxiety • Less socially isolated • Getting out and meeting new friends.

Our instructors and programme leaders

We want you to feel safe, and be assured you are attending a quality and effective session. We have been working with partners to ensure all activities advertised are Quality Assured. All Coaches and Instructors are specially qualified to teach health related exercise, and have the correct level of qualification and experience. All sessions have a thorough screening process in place and follow the appropriate authorising body guidance.

Register
of
Exercise
Professionals 



Active Always Gentle to Moderate Exercise Classes (Seated & Standing)

We offer a range of exercise classes in local community venues, which will improve your general fitness. Classes provide a range of opportunities including seated exercise, gentle circuits and aerobic sessions. These Classes are vetted by Active Rotherham ensure the instructors delivering are fully qualified.

| Area/Venue | Day | Time | Cost | Delivered by |
|---|-----|-------------------|------------------------------------|--|
| 40 Martyrs Church Hall (Kimberworth Park) | Thu | 10am to 11am | £3 | Active Rotherham 01709 363355 or 01709 822453 |
| Apollo Street (Rawmarsh) | Thu | 12.30pm to 1.30pm | £3.50 | |
| Ferham (Reach Centre) | Thu | 1.30pm to 2.30pm | £3 | |
| Todwick Village Hall | Tue | 10am to 11am | £3 | |
| Wickersley Community Centre | Fri | 2pm to 3pm | £3 | |
| Willow Court (Wath) | Tue | 1pm to 2pm | £3.50 non-residents / £3 residents | |

“I am more supple and flexible as a result of doing this class every week.” – Linda from Apollo Street Exercise Class

| Area/Venue | Day | Time | Cost | Delivered by |
|--|-----|--------------------|---|--------------------------------|
| Clifton (Clifton Methodist Church) | Tue | 2.30pm to 3.30pm | £2 | Sam Vardy 07743 217424 |
| Swinton Highfield Court | Mon | 10.30am to 11.30am | £3 | Kevin Parkin 01709 790 867 |
| Mark Grove (Flanderwell, Willow Drive) | Wed | 2pm to 3.30pm | £3.50 non-residents / £3 residents (1st Session Free) | Carole Burgan 07969 073 111 |
| Treeton (Treeton Baptist Church) | Thu | 3pm to 4pm | £3.50 (1st Session Free) | |

“It is nice to be in a happy class. It gives me more energy for the rest of the day and makes me more motivated to do daily tasks.” – Pat from 40 Martyrs Exercise Class



What to bring: any medication required (e.g. inhaler) water flat shoes (e.g. trainers) comfy clothes

Active Always Strength & Balance Classes (Falls Prevention)



The aim of these classes is to provide exercises and activities to help prevent falls, improve strength, balance and confidence. These classes use the Otago exercise programme used by the Falls Team.

| Area/Venue | Day | Time | Cost | Delivered by |
|---|------|--------------------------|-----------------------------|-----------------------------------|
| Dinnington (Davies Court) | Mon | 10.30am to 12 noon | £4 (1st Session Free) | Carole Burgan 07969 073 111 |
| Kiveton & Wales (Village Hall) | Tue | 1pm to 2.30pm | £4 (1st Session Free) | |
| Todwick (Village Hall) | Fri | 10am to 11.30am | £4 (1st Session Free) | |
| Maltby (Edward Dunn) | Tues | 10.30am to 12 noon | £4 | Kevin Parkin 01709 790 867 |
| Rotherham Intermediate Care Centre (RICC) Badsley Moor Lane | Fri | 2.15pm to 3.45pm | £3 | |

Active Always Community Classes

Do you have a group of people who would like to get involved in some form of physical activity, to improve their health & wellbeing. We can help you get started. We have a team of fully qualified/ experienced instructors /leaders.

We have years of experience in developing & sustaining local community activity opportunities, we can support your group and help them grow into a sustainable community opportunity.



A Health Trainer can meet with you at your local GP practice, to help you with lifestyle advice and finding new physical activity opportunities in your local area. The Health Trainer can buddy up with you for the first two or three sessions to help increase your confidence. For further info either ask your physio to refer you or telephone Phil on 01709 255864 or email: phillip.spencer@rotherham.gov.uk

Active Workplace Programme

Active Rotherham can help workplaces get fit and healthy. The average person has 5.7 sick days that could be prevented if the workforce was fitter and healthy. We can help set up private classes tailored to the needs of the company e.g. Yoga, walking – jogging groups, boot camps, and many more.

Contact: sportsdevelopment@rotherham.gov.uk or call 01709 363355 for more details

What to bring: any medication required (e.g. inhaler) water flat shoes (e.g. trainers) comfy clothes

ACTIVE FOR
HEALTH

Be Active to Stay Healthy

Do you have one or more of the following medical conditions?

**Cardiac and Heart failure • Stroke
COPD • Cancer • Lower back pain**

Are you at risk of a fall or have sustained a fall?

The Active for Health programme can help you to manage your condition through a specialist exercise programme tailored to your medical condition, physical abilities and preferences.



**Staying active, building confidence,
doing more everyday.**

Take the first step to making a big difference to your physical and mental health

How to get referral...

A healthcare professional or GP will need to complete a specific referral form. You will then receive a 12 week FREE programme of exercise designed to benefit you.

What happens once I have been referred?

Once the Active for Health team receive your referral form, you will be contacted and offered a session. This will be with a fully qualified exercise professional who will provide you with session details and support you during the 12 week programme. All sessions will be delivered in community venues.

What happens at the end of the FREE 12 weeks?

Once you have completed your 12 week programme, we will offer you a follow on session in the nearest place to where you live. These sessions will be ongoing and you can continue to attend these for as long as you want.

How much does it cost?

The first 12 week scheme is FREE, all follow classes are priced between £3.50 - £5. Refreshments and social time are incorporated into all sessions, should you wish to stay and chat.



For more information contact Public Health on **01709 363355**
or visit: www.rotherhamgetactive.co.uk/activeforhealth

Sheffield Hallam University | Centre for Sport and Exercise Science



LOTTERY FUNDED

places
to people



NHS
Rotherham
Clinical Commissioning Group

Rotherham
Metropolitan
Borough Council

ACTIVE FOR
HEALTH

Be Active to Stay Healthy

Community Buddy Scheme

Be a community Buddy... your support can help people to be more active.

We are looking for people who have some spare time to volunteer alongside our Active for Health delivery team.

Your role would be to help and support patients joining the programme, helping to keep them motivated and providing practical support during sessions.

Can you...?

- Provide 1 to 1 support to patients in group settings
- Talk to patients and make them feel at ease
- Help to motivate patients
- Offer practical help and additional support in sessions to individuals
- Encourage independence and self-empowerment
- Be an advocate for the Active for Health and other physical activity programmes



If you are interested...

Please contact Katie Mapplebeck, Active Rotherham.

Email: katie.mapplebeck@rotherham.gov.uk Tel: 01709 363355

Built by Places for People Leisure in partnership with Rotherham Metropolitan Borough Council.

Rotherham
Metropolitan
Borough Council

#ActivePlaces

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from only £19.50 a month

www.placesforpeopleleisure.org

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for
people

Benefits of a swimming membership:

- Offers great value for money
- Includes unlimited swimming
- Single and family memberships available
- 100% money back guarantee

To add gym and classes, contact us for details.

Aston-cum-Aughton Leisure Centre
01142 942580

Maltby Leisure Centre
01709 797100

Rotherham Leisure Complex
01709 722555

Wath upon Dearne Leisure Centre
01709 870120

Whatever place you're into



Terms and conditions apply.

Tai Chi Classes

Would you like to relax, take time out and have more energy? Improve your suppleness, balance, co-ordination and strength, reduce your stress levels and sharpen your mental focus with a Tai Chi session.



| Area/Venue | Day | Time | Cost | Delivered by |
|-----------------------------------|-----|-----------------|-------|------------------------------|
| Rotherham Civic Theatre Annexe | Mon | 11am to 12.30pm | £5 | David Lipka 07989 928 675 |
| Edward Dunn Memorial Hall, Maltby | Thu | 11am to 12.30pm | £4.50 | |

Zumba/ Zumba Gold/ Burlex

Zumba is a dance fitness class using Latin and International tunes and rhythms, combined with easy to follow steps, giving you great fun and a work out! Zumba Gold is a gentle, low impact version of regular Zumba. Burlex is a medium paced fitness class incorporating core strength moves with toning, and burlesque style dancing using props and cheeky moves.



| Area/Venue | Day | Time | Cost | Delivered by |
|---|-----|--------------------|-------|------------------------------|
| Killamarsh Sports Centre (Zumba) | Mon | 10.15am to 11.15am | £4.50 | Anita Grant 07973 518 241 |
| Killamarsh Sports Centre (Zumba Gold) | Mon | 11.15am to 12.15pm | | |
| Trinity Church Hall, Thorpe Hesley (Zumba) | Mon | 7pm to 8pm | | |
| Thundercliffe Grange (Kimberworth, S61 2SQ) | Thu | 4pm to 5pm | | |

Chislett Community Gym at Kimberworth Park

The newly refurbished health and fitness suite at the Chislett Centre has a full range of user-friendly equipment to meet all your needs.

"I come for the social side and I have made some good friends and the instructor is good company too. I sleep better, breathe better and get up hills better." – **Walter, 90yrs, Chislett Gym**

| Session | Instructor | Day | Time | Cost | Contact |
|---------------------|------------|-----|-----------------|-------|-----------------------------|
| Gym Sessions (Open) | Sam Vardy | Mon | 10am to 12 noon | £2.50 | Dawn Heald 01709 559 805 |
| | | Tue | 10am to 12 noon | £2.50 | |
| | | Wed | 10am to 12 noon | £2.50 | |
| | | Thu | 2pm to 4pm | £2.50 | |
| Gym Sessions (Open) | Rob Heald | Mon | 6pm to 7.30pm | £2.50 | |
| | | Wed | 6pm to 7.30pm | £2.50 | |

"I like doing sit down boxing as it has helped my arms get stronger. I can get up off the floor easier after doing my floor exercises. My reactions are faster and my balance is better. I have made some lovely friends here and look forward to coming." – **Mavis, 81yrs, Chislett Gym**



What to bring: any medication required (e.g. inhaler) water flat shoes (e.g. trainers) comfy clothes

Places for People Leisure Centres in Rotherham



Aston-cum-Aughton Leisure Centre – 01142 942 580

| Activity | Day | Time | Cost |
|-----------------------|-----|--------------------|------|
| Aqua Pilates | Mon | 9.15am to 10am | £4* |
| Aqua Fit | Mon | 10am to 10.45am | £4* |
| Active Always Circuit | Tue | 12 noon to 1pm | £4* |
| Aqua Fit | Wed | 10am to 10.45am | £4* |
| Aqua Pilates | Wed | 11.30am to 12.15pm | £4* |
| Gentle Fit | Wed | 11.30am to 12.30pm | £4* |

Rotherham Leisure Complex – 01709 722 555

| Activity | Day | Time | Cost |
|------------------------|-----|--------------------|------|
| Active Always Aerobics | Wed | 12.45pm to 1.30pm | £3* |
| Aqua Circuits | Wed | 11.15am to 11.45am | £4* |

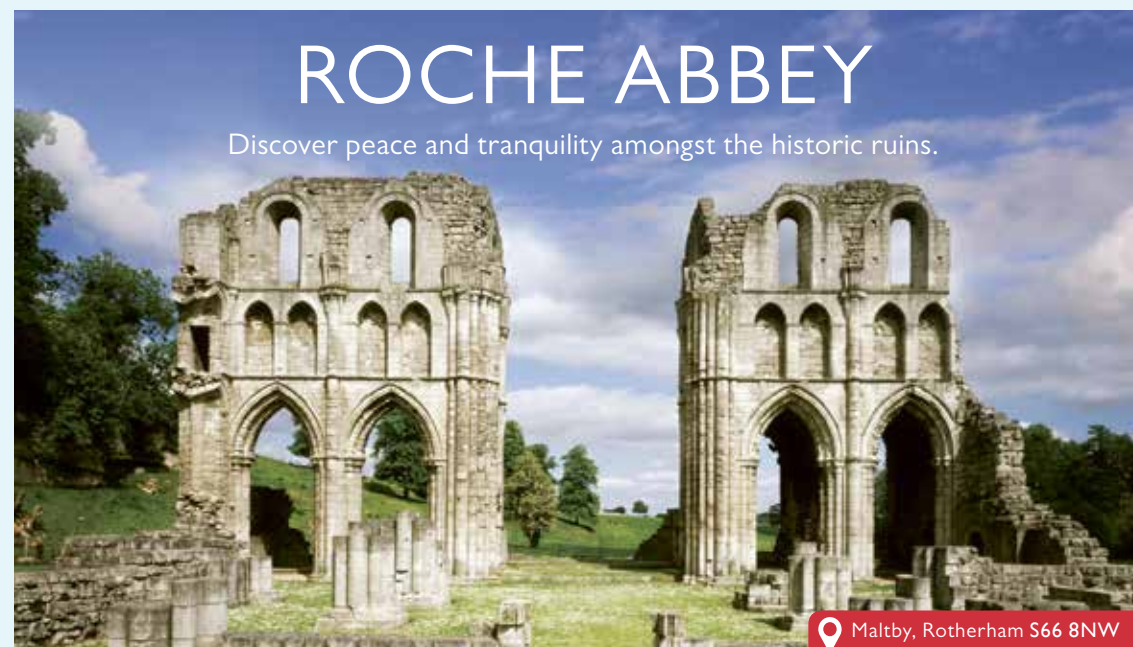
Wath Leisure Centre – 01709 870 120

| Activity | Day | Time | Cost |
|-----------------------|-----|--------------------|------|
| Active Always Aqua | Fri | 10.15am to 11am | £4* |
| Active Always Circuit | Fri | 11.15am to 12 noon | £4* |

Maltby Leisure Centre – 01709 797 100

| Activity | Day | Time | Cost |
|------------------------|-----|--------------------|-------|
| Active Always Aerobics | Mon | 10.30am | £4* |
| Aqua Fit | Mon | 9.15am to 10.15am | £4* |
| Gentle Fit | Tue | 10am | £4* |
| Indoor Bowling | Tue | 10.30am to 11.30am | £2.95 |
| Badminton | Tue | 11.45am to 12.45am | £2.30 |
| Active Always Aqua | Wed | 9.30am | £4* |
| Active Always Aerobics | Wed | 10.45am | £4* |
| Active Always Aqua | Thu | 9.15am | £4* |
| Active Always Aerobics | Thu | 10.30am | £4* |

(*) = Concession Price



Maltby, Rotherham S66 8NW



Step into England's story

The English Heritage Trust is a charity, no. 1140351, and a company, no. 07447221, registered in England.

Walking in Rotherham

Walking is a great way to improve your health and just about anyone can do it. Walking 30 minutes a day, 5 days a week can bring substantial health benefits. An ideal way to achieve this is to take a walk in your local park or green space.

| Venue | Day | Time | Information | Contact |
|-------------------------------------|-------|-------------------|--|---|
| Herringthorpe Walking for Health | Tue | 1pm to 1.30pm | Free. Meet at Herringthorpe Stadium | Katie Mapplebeck 01709 363355 Please contact prior to turning up. |
| Roche Abbey Walking for Health | Thurs | 12noon to 12.30pm | Free. Meet at Roche Abbey first car park | Julie Windle 01709 559 805 Please contact prior to turning up. |
| Kimberworth Park Walking for Health | Tue | 10am to 11am | Free. Various around Kimberworth and surrounding areas | 01709 797 100 |
| Maltby Leisure Centre | Mon | 10am to 11am | Reception. Cost £1.50 (for refreshment) | 01709 870 120 |
| Wath Leisure Centre | Mon | 10am to 11am | Reception. Cost £1.50 (for refreshment) | |

