

Get Out  
Get Active



# Get Out Get Active

All activities are low cost or FREE  
No need to book, just come along

[stoke.gov.uk](http://stoke.gov.uk)

# Venues



## Able Services

201 Duke Street, Stoke-on-Trent ST4 3BJ



## Badderly Green WMC

Leek New Road, Stoke-on-Trent ST2 7HG



## Bentilee NC

Dawlish Drive, Stoke-on-Trent ST2



## Bradeley Village

Brammer Street, Stoke-on-Trent ST6 7QY



## Bucknall Park

Stoke-on-Trent ST2 8AB



## Chatterley Centre

121 Wilding Road, Stoke-on-Trent ST6 8BQ



## Dimensions Leisure

Centre Scotia Road, Stoke-on-Trent ST6 4ET



## Fenton Park

Fenton Park, Stoke-on-Trent ST4 2NR



## Maple West Court

Stoke-on-Trent ST6 6SB



## Meir Health Centre

Weston Road, Stoke-on-Trent ST3 6AB



## Middleport GP surgery

Newport Lane, Stoke-on-Trent ST6 3NP



## Northwood Park

56-82 Eaton St, Stoke-on-Trent ST1 2DW



## Oak Priory

Castle Grove, Stoke-on-Trent ST2





### Scout Hut

Churchill Ave, Stoke-on-Trent ST4 8PF



### Smallthorne Community Centre

Community Drive



### Staffordshire Uni

College Rd, Stoke-on-Trent ST4 2DE



### Wallace Centre

Abbots Road, Stoke-on-Trent ST2 8DU



### West end Village

London Road, Stoke-on-Trent ST4 5AB



### Westport Lake

ST6 4RZ



### YMCA North Staffordshire

Harding Rd, Stoke-on-Trent ST1 3AE



# Activities

## Boccia

Boccia is a disability sport that tests muscle control and accuracy. Players propel balls to land close to a target ball. Two sides compete as individuals, pairs or as a team of three over a set number of ends. Each side has six balls (red or blue) each end to try and score points. Points are accumulated over the course of a match to find a winner. Everyone is welcome, if this is something you would like to try please come along.

## Chair based exercise class



These chair-based classes are a great way of keeping physically active. There are many benefits including improving physical and mental health, and it enables people to stay independent for longer and do the things they value most. As well as being more physically active in general, we know that maintaining and improving muscle strength and balance can help people in later life continue to carry out activities of daily living and reduce their risk of falls. We are focusing on giving more people the opportunity to do more strength and balance activity. Come along please wear comfortable clothing.

## Circuit class

This circuit training is as fast-paced as you won't it to be. Each exercise lasts for 30 seconds to 5 minutes before moving on to another exercise. It's like a game of musical chairs! Everyone begins at a station (that is, a place where an exercise is done), and when the instructor yells "Time!" everyone moves to the next free station.

## Exercise to Music

This class will get you moving: Whether you want to lose weight, tone up, gain muscle or improve strength and endurance levels, this class is fun and highly motivating. Please wear comfortable clothes and don't forget a drink. If you have a yoga mat please feel free to bring it along.

## Gentle exercise class

If you haven't exercised in a while, don't worry. Our class is focus on gentle exercise to help you to regain your fitness at your own pace. If you're used to regular physical activity, exercises can be tailored to be more strenuous. Please wear comfortable clothing.

## Indoor bowls



Come along and enjoy a friendly game of indoor bowls. This is an opportunity to keep active with a friendly game and the opportunity to meet new people. The activity is suitable for all fitness levels and abilities, no equipment is needed.

## Nature Walk



Come and enjoy an hour long walk around Westport Lake, with a different nature theme each session. Led by a guide from Staffordshire Wildlife Trust and free for all ages and abilities. The maximum distance walked will be 0.7 miles. Please meet outside Westport Lake Visitor Centre.

Wear suitable clothing for the weather and bring a drink! The cafe will be open to purchase any hot refreshments. For more information please contact Kate on 07725 914016 or e-mail [kate.beer@stoke.gov.uk](mailto:kate.beer@stoke.gov.uk)

## Tai Chi



Tai chi is a non-competitive martial art known for both it's defence techniques and it's health benefits. As an exercise, it comprises gentle physical exercise and stretching with mindfulness. It has been shown to improve balance control, fitness, and flexibility, and to reduce the risk of falls. It is known to reduce pain and the symptoms of depression.

## Trampolining

We are a fun, recreational trampolining club. Anyone is welcome to join us - from complete beginners to advanced bouncers, and whether you want to learn trampolining itself or just how to land safely or somersault. The club is open to people of any age or ability, but please remember that trampolining is high-impact and can be quite intensive. If you're new to the sport, you can start with gentle bouncing and gradually build up to more complicated moves as your stamina and core strength improve. If you have any concerns about your health, call our head coach on 07783 580354 about your personal circumstances before booking. Bring sports clothes and socks!

## Walking Football



You're never too old to get involved and no matter what your age, we're giving you the chance to play football! This Walking Football session is specifically targeted at 55plus. There are some differences though: No running is allowed - anyone found running will concede a free-kick. (Running is defined as neither foot being planted. In order for someone to be 'walking' at least one foot must be planted at all times). Non-contact - you cannot tackle another player, but you can intercept and block.

# We need you!

Could you spare an hour or two and help out at one of our activities?

It's the little things that go along way.

For more information please contact  
Kate on 07725 914016 or e-mail  
kate.beer@stoke.gov.uk



## Monday

**Bowls - FREE**  
Able Services  
11:30am-12:30pm

**Chair Activity - FREE**  
Middleport GP  
2-3pm



## Tuesday

**Chair Based Exercise - FREE**  
Dimensions Leisure Centre  
9:30-10:30am



**Chair Based Exercise - FREE**  
Wallace Centre  
9:30-10:30am



**Mobility Session - £1.50**  
Woolridge Court, ST6 1QJ  
10:30-11:30am

Key



Disabled access



Parking



Safe place partnership



Disabled toilet



Cafe



# Tuesday

## Zumba - FREE

Bucknall Park  
11am-12pm

## Chair Based Class - FREE

Meir Health Centre  
11am-12pm



## Circuit Class - FREE

Able Services  
1-2pm

## Nature Walk - FREE

Westport Lake  
1-2pm

## Walking Football - FREE

Tunstall Park  
2-3pm

## Chair Based Class - £1.50

Hanford and Court Care Home  
2-3pm



# Wednesday

## Chair Based Exercise - FREE

Dimensions Leisure Centre  
10-11am

## Nordic Walking - FREE

Tunstall Park  
11am-12pm

## Tai Chi for Health - FREE

West End Village  
11:30am-12:15pm

## Exercise Class - FREE

Badderly Green WMC  
11:45am-12:45pm back in September

## Chair Based Exercise - FREE

Bentilee NC  
1:30-2:30pm

## Tai Chi - FREE

Fenton Manor  
1-2pm





# Thursday

**Zumba - FREE**  
Wallace Centre  
9:30-10:15am

**Gentle Exercise Class - £2**  
Scout Hut  
11am-1pm



**Zumba - FREE**  
Northwood Park  
11.15am-12.15pm

**Indoor Bowls - £1.50**  
Chatterley Centre  
1:30-3:30pm

**Football for 50+ - FREE**  
YMCA  
6-7pm



# Friday

**Zumba - FREE**  
Fenton Park  
10-11am

**Nordic Walking - FREE**  
Central Forest Park  
10-11.30am

**Chair Based Exercise - FREE**  
The Cedards Care Home  
10-10:45am

**Exercise to Music - FREE**  
Longton Community Hall  
11:30am-12:30pm

**Tai Chi - FREE**  
Wallace Centre Sports Centre  
1-2pm

**Pulmonary Class - FREE**  
West End Village  
2-3pm



# Sunday

## Flag football Women and Girls 14+

First 3 sessions free

Staffordshire Uni

10am-12pm

## Trampolining - First 5 sessions free

YMCA North Staffordshire

3-4pm



We're Staffordshire Saxons and we play flag American Football  
Training sessions are held every week open to anyone and great for beginners. Just bring a drink.

The logo for the Y Weight? programme. It features a white stick figure with its arms raised in a 'Y' shape. A yellow heart rate monitor cord is wrapped around the figure's waist. To the right of the figure, the word "Weight?" is written in a large, white, sans-serif font. A small white heart with a red pulse line is positioned above the letter 'i' in "Weight?".

**Y Weight is a FREE 6 week, group based programme for adults looking for support to lose weight.**

The programme helps you to understand the importance of eating well and being more active through making small lifestyle changes that work for you.

For more information or to find out if you meet the criteria please speak to a member of the Health Care Team at your GP Practice, who can refer you to the Y Weight programme.