

Autumn – Winter 2014/15



ACTIVE
for Life



more people, more active, more often..



Brighton & Hove
City Council

Active for Life

Being physically active is a really important part of health and well-being for all of us. The **Active For Life** project, a city Sports Development Team initiative, supports people to take part in sport and physical activity by offering a wide range of low cost, local sessions targeting specific neighbourhoods and groups. Our team can help residents to reap the many benefits of being more active, more often.

Our programmes

We deliver a wide range of programmes all year round.
No experience needed for those wishing to take part.

Active Families

These sessions are delivered so that families can exercise together; suitable for children and their parents/carers

School Holiday Sessions

A varied programme offering opportunities to stay active whilst school is out

Active For Life Clubs

Our popular Running Challenge and **Active For Life Clubs** encourage those aged **7 – 11** to get moving



Active Forever

Our initiatives aimed at the **over 50's** include Boccia, Social PING (table tennis), Gentle Exercise to Music and more

Get Active Locally

Adult classes in local neighbourhoods which include activities such as Zumba, Pilates and Yoga

In Shape for Life

A **weight-management** programme for all abilities including a weekly fitness circuit and healthy-living advice

Girls Get Active

Activities specifically for **young women aged 14 –16**

Streetgames

Informal Sports Hubs for **young people** which feature activities such as basketball, football and cricket



The good news about being physically active

Why is being active such a good idea? It is widely agreed that there is a definite feel-good factor experienced as a result of undertaking physical activity. Active people report feelings of **enhanced wellbeing**, a sense of achievement, relaxation and release from daily stress; all as a result of moving more.

In terms of **physical health**, being active prevents and helps to manage conditions such as **coronary heart disease, type 2 diabetes, stroke, musculoskeletal conditions and some cancers**.

Research has also shown that sitting down for hours – maybe at work, watching TV or playing computer games – can increase the risk of poor health.

Did you know?

Adults participating in physical activity have an approximately 20-30% lower risk of depression and dementia
Mental Health Foundation

There is a proven relationship between physical activity and a 20-35% reduction in cardiovascular disease, coronary heart disease and stroke
www.publichealthreviews.eu

How much is recommended?

Try to build activity sessions into your daily life. Adults are advised to do 150 minutes of moderate intensity activity over a week.

A simple way to approach this is to do **30 minutes a day on most days of the week**. Exercise to increase your strength is also recommended. **Children need to do an hour most days**; this can be an organised activity on some days and running around the park for an hour on others!

Minimising your time spent sitting is also a key part of being healthy so get up off the sofa as much as you can!

For more information about recommended activity levels the following websites are useful:

www.nhs.uk/livewell/fitness
www.bhfactive.org.uk
www.nhs.uk/change4life

40 young people take part in Active for Life Streetgames in Moulsecoomb each week

“I really appreciate Active for Life classes as it means I can access classes that I wouldn’t normally because it is so affordable. I love them!”
Zumba participant





Timetable

Take a look at our current timetable; our sessions can help you on your quest to being more active.

 Girls Get Active	 Active For Life Clubs
 School Holiday Sessions	 Get Active Locally
 Streetgames	 In Shape for Life
 Active Families	 Active Forever

Monday

Tai Chi	Holy Nativity Church BN2 4LG	10 – 11am	£1
Dancing for Health	Ebenezer Church BN2 9QD	10 – 11am	£2
Active for Life Club	Carden Primary School BN1 8LU	3.30 – 4.30pm	£1
In Shape for Life	Hangleton Community Centre BN3 8BW	10 – 11am	£1
Walking Basketball	King Alfred Leisure Centre BN3 2WW	11 – 12noon	£3
Lunch Club & Boccia	The Manor BN2 5EA	12 – 2pm	£1
Active Forever Club Short mat bowls	Portslade Village Centre BN41 2LL	2 – 3.30pm	Free
Women Get Active	Moulsecoomb Primary School BN2 4PA	9.30 – 10.30am	£1

Tuesday

Exercise Medley	Holy Nativity Church BN2 4LA	9.30 – 10.30am	£1
Boccia League Oct – May Booking required	Patching Lodge BN2 0AQ Contact team for details (see back page)	10 – 12noon	£5 per team
In Shape for Life	Manor Road Gym BN2 5EA	11 – 12noon	£1
Social Ping/Polybat	New Larchwood BN1 9EZ	11 – 12noon	Free
In Shape for Life	Moulsecoomb Hall BN2 4GA	11 – 12.30pm	£1
Tai Chi	One Church Brighton BN1 4AA	2 – 2.45pm	£1
Gentle Exercise to Music	Elwyn Jones Court BN1 8WU	2 – 3pm	£1
Active for Life Club	Manor Road Gym BN2 5EA	3.30 – 4.30pm	£1
Popdance Ages 5 – 11	Hollingdean Community Centre BN1 7BH	3.30 – 4.30pm	£1
Active Families Football sessions for under 7's with an appropriate adult	Moulsecoomb Leisure Centre BN2 4PB	4 – 5pm	Free
Girls Get Active Girls aged 14+	King Alfred Leisure Centre BN3 2WW	4.30 – 5.30pm	£1
Street Dance Girls Aged 12+	Bevendean Primary School BN2 4JP	5 – 6pm	Free
Pilates Course Booking required	Hollingdean Community Centre BN1 7BH Contact team for details (see back page)	7 – 8pm	Course (£2.00 per week)

Wednesday

Pilates	Manor Road Gym BN2 5EA	10 – 11am	£1
Gentle Exercise to Music	Ravensbourne Court BN2 6PR	10.30 – 11.30am	£1
Social Ping & Activity morning	King Alfred Leisure Centre BN3 2WW	10.30– 12noon	£2.50 for 1.5hrs £2.00 for 1hr
Gentle Exercise to Music	St Luke's Church BN2 9ZB	12 – 1pm	£1
Gentle Exercise to Music	Patching Lodge BN2 0AQ	2.30 – 3.30pm	£1
Active for Life Club	Hertford Juniors BN1 7GF	3 – 4pm	£1
Active Families Family Zumba	City Whitehawk Academy BN2 5FL	3.15 – 4.15pm	£2 per family
Active for Life Club	Portslade Village Centre BN41 2LL	Session 1 3.30 - 4.30pm Session 2 4.30 - 5.30pm	£1
Zumba	Phoenix Community Centre BN2 9ND	4.30 – 5.30pm	£2
Streetgames Sports Hub Ages 14 +	Portslade Sports Centre	4.30 – 6pm	£1
Women only Yoga	New Larchwood BN1 9EZ	11.30 – 12.30pm	£2
Women only Pilates	St Georges Hall BN1 9LJ	9.30 – 10.30am	£1

Thursday

Pilates	The Gathering Place Orchid View (Off Cuckmere Way)	9.30 – 10.30am	£2
Women Get Active	Manor Road Gym BN2 5EA	10.30 – 11.30am	£1
Gentle Exercise to Music	Muriel House BN3 5NS	11am – 12noon	£1
Active for Life Club	Moulsecoomb Primary School BN2 4PA	3.15 – 4.15pm	£1
Zumba	Ebenezer Church BN2 9QD	4.45 – 5.45pm	£2
Sports Hub Ages 12+	Portslade Village Centre BN41 2LL	4.30 – 6.00pm	£1
In Shape for Life	Brighthelm Centre BN1 1YD	6.30 – 7.30pm	£2



Friday

In Shape for Life	Portslade Sports Centre BN41 2WF	9.30 – 10.30am	£2
In Shape for Life	Hollingdean Community Centre BN1 7BH	9.30 – 11am	£1
Active for Life Club	West Blatchington School BN3 8BN	3.10 – 4.10pm	£1
Sports Hub ages 12+	Moulsecoomb Leisure Centre BN2 4PB	5 – 6pm	Free
Streetgames Sports Hub Ages 14+	Moulsecoomb Leisure Centre BN2 4PB	6 – 7pm	Free
Trans Swimming Session (One friend/family member welcome with each trans swimmer)	Call the Active For Life team for details (see back page)	8 – 9.30pm	£4.45/ £2.65

1st Saturday of every month

Saturday Active Club Multisports club for children aged 5 – 11 with special needs or disabilities	King Alfred Leisure Centre BN3 2WW	10 – 11.30am	£3 with a compass card
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Please note our timetable is subject to change. Before attending a session for the first time you are advised to call the Sports development team on 01273 292724 or email sports.info@brighton-hove.gov.uk

“We have a laugh with different company”
Social PING player

School holiday Programmes – October Half-term

This half-term **Active For Life** is offering a holiday programme which includes:

Soup and Stomps

October half-term is our **Soup and Stomp** week with a number of events happening across the city. Come along to enjoy some walking followed by a delicious bowl of soup that you make yourself! **This autumn's Soup and Stomps are in Hangleton, Portslade, Moulsecoomb and the Manor. All events are FREE.**

Dance Leadership Course 12+

Our popular **3 day course** introduces young people to skills in dance teaching and choreography and links to our fantastic **Dance Active** event in December. Only £10 for the course. **Booking is essential call 01273 293458.**

For detailed and up to date information about our October half-term offer go to: **www.brighton-hove.gov.uk/activeforlife** or call **01273 292724**



Becoming more active – Active For Life Top Tips

Increasing your levels of activity can be a gradual process. Set **short term and long term goals** for yourself so that over a period of time being active will become part of your everyday life.

- Start small – take the stairs instead of the lift, walk to the shops and cycle or walk to work
- Use a pedometer and set yourself daily step targets
- Exercise with a friend or family member
- Try to put more energy into your cleaning and gardening
- Take part in an **Active For Life** activity
- Discover what type of exercise you really enjoy and stick to it Have fun!

Common barriers and solutions

- **Not enough time?**
Make it part of how you travel
- **Too expensive?**
Active For Life is low cost. Walking is free!
- **Never been the sporty type?**
Physical activity can be anything including cleaning, gardening and walking – as long as your heart beats faster!
- **Worried about health problems?**
Get advice from your GP then start slowly and build up gradually

Did you know Brighton & Hove City Council now provides reduced rate activities for residents on a low income?

Those claiming benefits can apply for a Leisure Card which entitles them to a wide range of low cost activities at Freedom Leisure sites across the city.

In addition all children under 16 can register for **FREE** swimming

For information visit www.freedom-leisure.co.uk or call 0845 803 5519

Did you know?
Active for Life delivered
2086 sessions in 2013/14

**“It’s a very supportive
group & great teacher;
a great community class”**
Dance For Health participant



Active For Life 10 year Anniversary Celebrations

2015 marks the 10 year anniversary of the **Active For Life** project. Plans are underway for celebratory activities and events. Watch this space for news about how you can get involved early next year.

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ACTIVE
for Life

Healthwalks

Our colleagues in the **Healthwalks** team co-ordinate a scheme of FREE volunteer-led walks across the city. **See back page for Sports Development Team contact details.**



Did you know?

There are 70 active members in the Wednesday Social PING group

Events

The **Active for Life** team deliver and attend events and initiatives all year round. Dates for your diary include:

Try It – Disability Day
Sat 1 November
King Alfred Leisure Centre
10 – 12noon

A FREE morning for children over the age of 7 with a disability to try the **Active For Life Saturday Active Club** and other Compass Card activities.

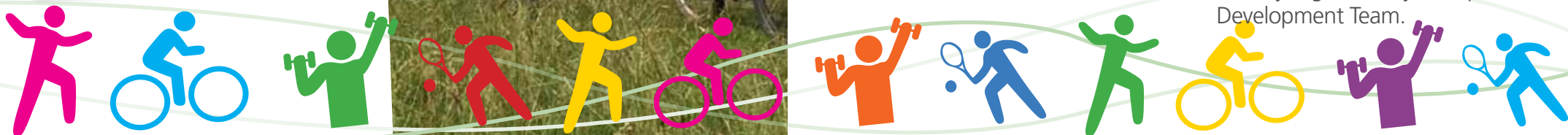
Dance Active 2014
Sun 7 December, 5.30pm
Hove Town Hall

Community Dance groups from across Brighton and Hove come together for a spectacular evening of dance performance and celebration. Featuring performers of all ages dancing styles including Hip Hop, Contemporary, Belly dancing and Azonto. Tickets on sale from 10th November.

Call 01273 293458 for details.

Save the date – TAKEPART 2015
June 20 – July 4

A Festival of Sport and Physical Activity organised by the Sports Development Team.





Active For Life is a Brighton and Hove City Council Sports Development project

The Sports Development Team can help people find local opportunities to be physically active in the city. The team also offers support to local sport and activity providers and those looking to volunteer in community sport.

For information on all activities listed within this brochure and other sports development programmes in Brighton & Hove please visit:

www.brighton-hove.gov.uk/sportsdevelopment

Call us on **01273 292724** or email sports.info@brighton-hove.gov.uk

Translation? Tick this box and take to any council office

ترجمة؟ ضع علامة في المربع وخذها إلى مكتب البلدية.	Arabic <input type="checkbox"/>
অনুবাদ? বক্সে টিক চিহ্ন দিয়ে কাউন্সিল অফিসে নিয়ে যান।	Bengali <input type="checkbox"/>
需要翻譯? 請在這方格內加剔, 並送回任何市議會的辦事處。	Cantonese <input type="checkbox"/>
ترجمه؟ لطفاً این مربع را علامتگذاری نموده و آن را به هر یک از دفاتر شهرداری ارائه نمایید.	Farsi <input type="checkbox"/>
Traduction? Veuillez cocher la case et apporter au council.	French <input type="checkbox"/>
需要翻譯? 請在這方格內划勾, 并送回任何市议会的办事处。	Mandarin <input type="checkbox"/>
Źłumaczenie? Zaznacz to okienko i zwróć do któregoś z biura samorządu lokalnego (council office).	Polish <input type="checkbox"/>
Tradução? Coloque um visto na quadrícula e leve a uma qualquer repartição de poder local (council office).	Portuguese <input type="checkbox"/>
Tercümesi için kareyi işaretleyiniz ve bir semt belediye bürosuna veriniz	Turkish <input type="checkbox"/>
	other (please state) <input type="checkbox"/>

This can also be made available in alternative formats, eg large print, Braille, audio or BSL. Please contact us to discuss options.

5282 Brighton & Hove City Council Communications Team

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