

# PHYSICAL ACTIVITY & WELLNESS GROUPS

## WHAT IS AVAILABLE?

### EXERCISE

Physical Activity and Movement can help improve our health and wellbeing. Many long term health conditions can be reversed or improved with daily movement. There are many local options and finding something that suits you is key. We have detailed below the range of options available in the Leamington Spa area.

Just 30 minutes of activity a day can improve your health and wellbeing in a positive way!



### RUN & WALK GROUPS



**Run Talk Run Leamington Spa:** This is our Run and/or walk group from Clarendon Lodge Medical Centre where the clinic takes place. Several groups are available depending on ability. We have a purely walking group, run and walk group and a purely run group- something for everyone. Our focus is on supporting each other's mental health and wellbeing and being a supportive community.

Come along Tuesday's 6:20pm Clarendon Lodge Medical Practice Car Park.

**Run Talk Run Warwick:** As the Leamington one above, this one takes place in Warwick at St Nicholas Park Leisure Centre. Wednesday's 6:30pm meet outside St Nicholas Leisure Centre. For more information contact Hussain, lifestyle clinic lead.

**Walking for Health (Clarendon Park Walkers) Leamington Spa:** A friendly and welcoming Walking Group set up by Clarendon Lodge Medical Practice. Takes place every Thursday 11:30am. Meet at Jephson Gardens by the Clock Tower/Avairy Café. All abilities welcome with a shorter and longer walk available.

**Run Like a Girl:** a friendly and supportive running community who welcomes and supports women of all shape, size and ability, without judgement. Sessions are held in Leamington Spa at The Pump Rooms & in Warwick at St Nics Park. Offer courses for complete beginners, based on the 'Couch to 5km' programme. Visit [www.runlikeagirl.co.uk](http://www.runlikeagirl.co.uk) for more information.

**Parkrun:** A weekly free 5km (3mile), Run, jog or walk. Every Saturday 9am at local parks across the UK. A great welcoming atmosphere for all to take part. For all abilities. Our closest ones are at: Newbold Comyn Park and Warwick Racecourse.

**Couch to 5k:** The Couch to 5k is a well known and widely established exercise programme helping people go from limited exercise to building up to running a 5km jog. Each week gently progresses and begins with walking, then walking and some short jogging. Often completed between 8-12 weeks. By the end, you'll be able to run a whole 5km or for 30 minutes without stopping.

# COMMUNITY CENTRES

## Brunswick Hub Community Centre

Shrubland Street, CV31 3BD, 01926 422123

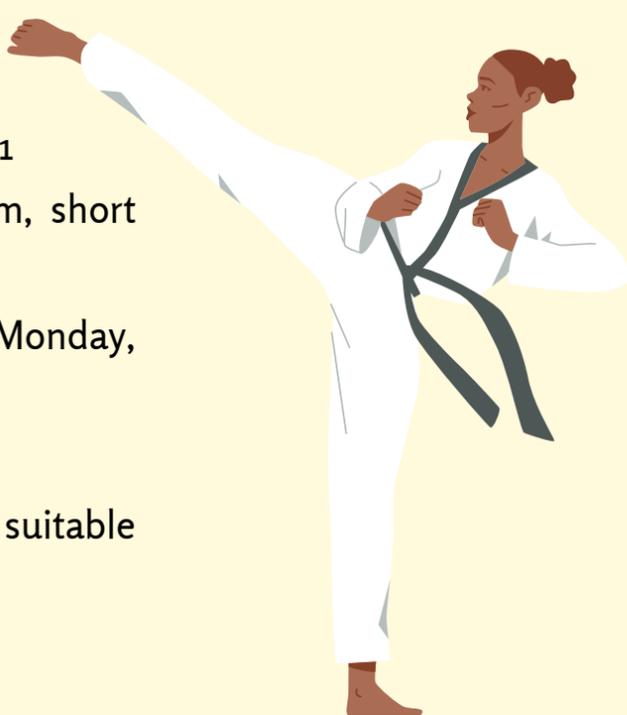


- Walking for Health Group: Mondays 10:30am (Short 30minute-45minute walk)
- Free boxing classes (10-16 yrs) Tuesdays 5-6pm
- Yoga Class £7, Thursdays 6pm-7pm: Contact Lauren: 07426875458
- Hula Hoop Class £7, Thursday, 7:15pm-8:15pm: Lauren 07426875458
- Havana Salsa Class: Tuesdays 7:15pm-8:15pm: [www.havans-salsa.co.uk](http://www.havans-salsa.co.uk) £8 per session or book a block for discount. Contact: 0116 332 4647.

## Sydni Centre

Cottage Square Sydenham, CV31 1PT, 01926 422071

- Walking for Health Group; Tuesdays 10:15am, short walk (25-40minutes walk, depending on levels)
- Boxing: First week free, then £7 session. Monday, Wednesday and Friday's 5pm-6pm
- Zumba Gold: 9:30am-10:30am £5 per session.
- Chair Exercises: 9:15am-10:15 £4 per session, suitable for all.
- Taekwondo: Thursdays 6pm-7pm.



## The Gap Community Centre

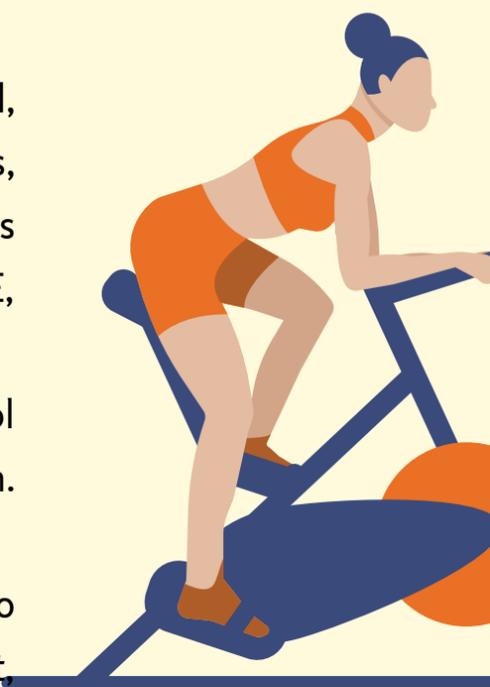
Oakwood Grove, Warwick, CV34 5TD, 01926 494200

- Tai Chi with Debbie, gentle movement for all ages. Booking essential, contact Debbie for more information on 07773318830
- Zumba exercise class: Contact Miranda, on 07595696506 for more info and too book a place

# LOCAL GYMS

**List of Leamington Spa Gym's:** Gyms are a great way to be part of community. A range of classes, swimming pool access and other facilities means there is something for everyone. They also may be more suitable to you if you'd rather not be part of a big group.

- Newbold Comyn Leisure Centre: Gym, swimming pool, Sauna and a range classes from swim aerobics, Pilates, yoga, spin, badminton and more. Membership prices vary, concessions available. Newbold Terrace E, Leamington Spa CV32 4EW.
- St Nicholas Park Leisure Centre: Gym, swimming pool and a range of classes similar to Newbold Comyn. Banbury Rd, Warwick CV34 4QY
- Core Gym: Swimming pool, classes and access to personal trainers. Central Leamington: 58 Bedford St, Leamington Spa CV32 5DT. 01926 883679
- Pure Gym: Unit 1, Queensway Trading Estate, Leamington Spa CV31 3RW. (No swimming pool)



# ALTERNATIVE OPTIONS



## **Men Talk:** St Nicholas Park Leisure Centre

Men Talk combines mental health support with physical activity. Personal trainers and mental health advisers are on hand to support you. Combining activities to improve health as well as sessions on managing stress, anxiety and low mood. Usually a 6 weekly programme and can join at any time. You can be referred by a member of the Lifestyle Clinic team or contact Robert Chandler on 07845812639.

## **Women Talk:** St Nicholas Park Leisure Centre

WOMENTalk is a weekly group session, designed to bring women together to provide support and improve their mental health and well-being. Delivered by Sky Blues in the community mental health team and professional sports coaches. You can be referred by a member of the Lifestyle Clinic or contact Jack Clemons on 07494734264.



**Good Gym:** Combining physical activity with volunteering and helping your local community. Run, walk or cycle to help out at community projects and older people in Warwick & Leamington Spa. To find out more [click here](#). Email: Katherinemills@goodgym.org)

**Springfield Mind Get Set to Go:** A range of taster sessions on various activities from archery, Nordic walking, climbing and more.



**Green Minds Allotment Group:** Green Minds offers sessions of gardening and growing produce at their allotments, encouraging people with personal experiences of mental health difficulties to become involved in outdoor gardening activities, learn new skills and meet others. Gentle exercise and time outdoors.

Men's Group held every Tuesday, 10am-12pm

Mixed Group held every Wednesday 10am-12pm.

The Leamington Allotment is at Northumberland Road Allotments, Leamington Spa, CV32 6HB.



**Ecotherapy:** Ecotherapy takes place at Foundry Woods in Leamington Spa (Princes Drive): Sessions continue weekly on Tuesdays at Foundry Wood: 10 till 11.45am and 12 till 1.45pm. Join for mindfulness, light exercise, crafting and socialising. Welcoming new participants every week. If you are interested in finding out more or coming along to a session then contact Kath on [kath@arccic.co.uk](mailto:kath@arccic.co.uk) / 07814 605245 or [Treegardentree@hotmail.co.uk](mailto:Treegardentree@hotmail.co.uk) / 07305 799247.

# PERSONAL TRAINERS

We do have a close connection with a local personal trainer for over 50s. Mick Hurrell provides 1-1 and group support for those over 50 looking to get healthier and more active. His CIC Primemovers provides a personalised programme for you and helps build up from where you currently are. He is trained in a wide range of activities.

Contact Details for initial free consultation: Mick Hurrell, 07775 818682.  
<https://www.active-u.co.uk/>

# STRUCTURED GYM PROGRAMMES

**Fitter Futures:** Exercise on referral scheme. A GP or healthcare professional can refer you to this 12 week tailored to you physical activity programme. They are trained in a variety of health conditions including, Diabetes; Obesity, Cancer, Arthritis, Respiratory difficulties and much more. Guided personal trainer for the 12 weeks. Discounted gym membership for the 12 weeks.



Self-refer:

<https://www.warwickshire.gov.uk/fitterfutureswightref>

**Everyone Health:** Combines both the physical activity and nutrition element. Everyone Health fitness groups run once a week for 12 weeks and each session lasts for 90 minutes. You can join at any time as groups run on a rolling basis. Each group consists of about 10-15 people who are also looking to lose weight and feel healthier.

Each group session has two parts; the first part focuses on healthy eating, topics include portion sizes, eating out and food labelling. The second part is an activity-based session, this will allow you to improve your health and fitness in a safe and encouraging environment.

The sessions are delivered by a team of nutritionists and physical activity specialists who will help you lose weight by making small but significant changes to their lifestyle, avoiding unrealistic and gimmicky diets. [Everyonehealth website](#)

**Battle Bootcamp:** Weekly classes at Newbold Comyn Park or St Nicholas Park. Outdoor exercises for all abilities. [Click to find out more.](#)

## LOCAL CLUBS

**Royal Leamington Spa Bowls Club:** All ages and abilities, free taster session available. Easy and accessible way to incorporate physical activity and fun! Contacts: Membership Secretary Caroline Edwards on 07816074387 or our Club Chairman David Wigman on 01926 744916 or 07787228545 - they can answer any queries that you may have. Victoria Park, Archery Road, Leamington Spa.

**Ramblers:** Like walking and want to go further? The ramblers hold frequent walks starting from Leamington spa from 5miles upwards to 10miles and sometimes further. Visiting the great countryside in and around Warwickshire. Transport provided in some instances, For further information contact Bill Burton on 07917517319.

## COMMUNITY & VOLUNTEERING

There are a huge range of volunteering opportunities and being part of your local community. We know this is a great way to benefit our mental and physical health. For the full up to date list of volunteering opportunities in Leamington [click here](#)

If you would like a chat about opportunities over the phone or in person please contact the Volunteering Co-ordinator Suzanne Collinson, T: 019226 477512 M: 07935 003025 E: [suzanne@wcava.org.uk](mailto:suzanne@wcava.org.uk)

The other useful directory is Warwickshire County Council Directory. Go to <https://directory.warwickshire.gov.uk> (click on 'Leisure, Activities and Culture' and then Volunteering')

