



## Activity Timetable for T3 AWM service users

Peterborough –

<https://www.vivacity.org/search>

Activity	Description	Where	When	Cost	More information
<b>Strength &amp; Balance</b>	<b>Designed to help improve strength &amp; balance in over 60s to reduce Falls-static exercises based around a chair, seated or standing</b>	<b>Hampton Library &amp; Leisure Centre</b>	<b>Monday 10am-11am</b>	<b>Free</b>	<b>Kate</b>
<b>Let's Get Moving 8-week programme</b>	<b>Designed for Dementia patients to improve strength &amp; balance</b>	<b>Dementia Resource Centre, York Road, Peterborough</b>	<b>Monday – starts 13<sup>th</sup> Sept 10am – 11am</b>	<b>Free</b>	<b>Amy/ Kate</b>
<b>Wellbeing Walk</b>	<b>A gentle walk-through Central Park of Peterborough, surrounded by beautiful tall trees and landscaped gardens</b>	<b>Central Park Peterborough</b>	<b>Monday 10am-11am</b>	<b>Free</b>	<b>Fozia</b>

Stroke Rehabilitation	Exercise sessions to improve mobility, strength and balance after a stroke	Hampton Library & Leisure Centre	Monday 11am to 12noon	£3.00	Instructor Matt
Obesity / Diabetes and Hypertension	Low impact Exercises to encourage weight loss for anyone with a BMI over 25kg/m2 and to improve anxiety and hypertension through exercise	Hampton Library & Leisure Centre	Monday 11:45 to 12:45	£3.00	Kate
Chair Based Pilates	Gentle exercise sessions to improve Posture and Core-exercises completed seated or standing	Hampton Library & Leisure Centre	Monday 13:15 to 14:15	£3.00	Kate
<b>Couch to 5K</b>	<b>Walk / Jog or Run-on Athletic Track to improve your fitness and ability by completing Couch to 5K activities as guided by Public Health England app</b>	<b>Athletic Track, Peterborough PE1 5BW</b>	<b>Tuesday 11am to 12noon</b>	<b>Free</b>	<b>Abid</b>
Mobility	Exercise sessions designed to improve mobility after injury or surgery	Hampton Library & Leisure Centre	Tuesday 11am to 12noon	£3.00	Kate
Cardiac Rehabilitation	Designed to help improve cardiovascular and pulmonary health after a cardiac or pulmonary condition	Hampton Library & Leisure Centre	Tuesday 12:15 to 13:15	£3.00	Kate/Amy
Let's Get Moving 8-week exercise programme	<b>Gentle and light paced exercise sessions for patients with long term conditions and weight issues (Thistlemoor/ Central &amp; Octagon patients)</b>	<b>Regional Fitness and Swimming Centre, PE1 5BW</b>	<b>Wednesday 10am to 11am</b>	<b>Free</b>	<b>Amy</b>
Strength& balance	Designed to improve strength and balance in over 60s to reduce risk of Falls – exercises can be completed either seated or standing	Hampton Library & Leisure Centre	Wednesdays 10:45 to 11:45	£3.00	Kate

Cardiac Rehab	Designed to improve cardiac and Pulmonary conditions after treatment	Hampton Library & Leisure Centre	Wednesday 12noon to 1pm	£3.00	Kate
Cardiac Rehab	Designed to improve cardiac and Pulmonary conditions after treatment	Hampton Library & Leisure Centre	Wednesday 1:30pm to 2:30pm	£3.00	Kate
<b>Let's Get Moving 8-week exercise programme</b>	<b>Designed to improve exercise ability and physical movement through structured exercises during 8 weeks – Thorney &amp; Eye residents / patients</b>	<b>Eye Community Asspciation, High St, Eye Peterborough</b>	<b>Thursday 10am to 11am</b>	<b>Free</b>	<b>Kate/Dani</b>
Muscular Skeletal	Designed to improve mobility and strength	Hampton Library & Leisure Centre	Thursday 11am to 12noon	£3.00	Lou
Strength & Balance	Designed to improve strength and balance in over 60s to reduce the risk of Falls	Hampton Library & leisure Centre	Thursday	£3.00	Kate
Cardiac Rehab	Designed to improve cardiac and Pulmonary conditions after treatment	Werrington Sports Centre	Thursday 5:15pm to 6:15pm	£3.00	Amy
<b>Yoga 4 Mental Health</b>	<b>Gentle Yoga to help the mind-reduces stress and anxiety and improves wellbeing</b>	<b>Hampton Library &amp; leisure Centre</b>	<b>Friday 10:45 to 11:45</b>	<b>Free</b>	<b>Kate</b>
Cancer Rehab	Sessions to aid recovery after cancer treatment to help return to pre cancer fitness as much as possible in a safest possible way	Regional Fitness & Swimming Pool	Friday 11:30 to 12:30	£3.00	Amy

<b>Let's Get Moving maintenance class</b>	<b>A stepping stone into mainstream activities for those not very confident in accessing fitness facilities due to long term health conditions</b>	<b>Hampton Library &amp; leisure Centre</b>	<b>Friday 12:30 to 1:30</b>	<b>Free</b>	<b>Kate</b>
Strength & balance	Designed to improve strength and balance in over 60s to reduce the risk of Falls	Hampton Library & Leisure Centre	Friday 2pm to 3pm	£3.00	kate
<b>Let's Get Moving 8-week Exercise programme</b>	<b>Designed for Boroughbury patients to help improve fitness and mobility through 8-week structured programme</b>	<b>Boroughbury Medical Centre</b>	<b>Saturday 10am to 11am</b>	<b>Free</b>	<b>Danielle</b>
<b>Let's Get Moving – 8-week Gym based programme</b>	<b>Designed to introduce gym facilities to those wanting to improve and maintain their health through gym facilities and increase their confidence in using gym equipment</b>	<b>Hampton Library &amp; Leisure Centre</b>	<b>Saturday 1pm to 2pm</b>	<b>Free</b>	<b>Jinny</b>

## Huntingdon

Activity	Description	Where	When	Cost	More information
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RightStart 5	Light to moderate exercise based around circuit stations to help improve flexibility, strength and stamina. Exercises are all standing	Parish Centre, Warboys	Mon 10-11am	£3.80 pay as you go or block of 10 for £33	<a href="https://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/rightstart/">https://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/rightstart/</a>
RightStart 5	Same as above	One Leisure Ramsey	Tues 10:15-11:15am	£3.80 pay as you go or block of 10 for £33	As above
RightStart 5	Same as above	Brampton Memorial Centre	Tues 10:30-11:30am	£3.80 pay as you go or block of 10 for £33	As above
RightStart 5	Same as above	One Leisure St Ives	Weds 2-3pm	£3.80 pay as you go or block of 10 for £33	As above
RightStart 5	Same as above	One Leisure St Neots	Weds 3-4pm	£3.80 pay as you go or block of 10 for £33	As above
RightStart 5	Same as above	One Leisure Huntingdon	Thurs 2-3pm	£3.80 pay as you go or block of 10 for £33	As above
RightStart 3	Strength and balance class (partly seated, partly standing. The chair is used for support when standing).	One Leisure St Ives	Mon 2-3pm	£3.80 pay as you go or block of 10 for £33	As above
RightStart 3	Same as above	One Leisure Ramsey	Tues 11:30-12:30	£3.80 pay as you go or block of 10 for £33	As above
RightStart 3	Same as above	Hemingford Abbots Village Hall	Tues 10:45-11:45	£3.80 pay as you go or block of 10 for £33	As above
RightStart 3	Same as above	Trinity Church, Huntingdon	Weds 09:30-10:30	£3.80 pay as you go or block of 10 for £33	As above
RightStart 3	Same as above	One Leisure St Neots	Weds 1-2pm	£3.80 pay as you go or block of 10 for £33	As above
RightStart 3	Same as above	Brampton Memorial Centre	Thurs 2-3pm	£3.80 pay as you go or block of 10 for £33	As above
RightStart 3	Same as above	Hemingford Grey Pavilion	Fri 3-4pm	FREE until 9 <sup>th</sup> July, then £3.80 pay as you go or block of 10 for £33	As above
	If there is a need in Hunts for a fully seated class, this is something we would consider putting on				As above

RightStart Aqua	Improve strength, endurance and flexibility – all without putting excess pressure through the joints.	One Leisure Ramsey	Mon 10:30-11:30	£3.80 pay as you go or block of 10 for £33	As above
RightStart Aqua	Same as above	One Leisure Huntingdon	Weds 11:35-12:25	£3.80 pay as you go or block of 10 for £33	As above
RightStart Aqua	Same as above	One Leisure St Ives	12:05-12:45	£3.80 pay as you go or block of 10 for £33	As above
RightStart Aqua	Same as above	One Leisure St Neots	09:00-10:00	£3.80 pay as you go or block of 10 for £33	As above
RightStart Stretch and Tone	A low impact, low intensity workout that will tone your muscles, increase your range of motion and flexibility, and help you to relieve stress	One Leisure St Neots	Tues 2-3pm	£3.80 pay as you go or block of 10 for £33	As above
RightStart 4 (PSI)	A progressive falls-prevention class that includes strength, balance and postural stability work.	One Leisure Huntingdon	Tues 2-3pm		As above
RightStart 4 (PSI)	Same as above	One Leisure St Ives	Thurs 12-1pm		As above
RightStart 4 (PSI)	Same as above	One Leisure St Neots	Fri 2-3pm		As above
Exercise Referral Scheme	Helps referred patient to become more active and to manage their health condition through supported self-care.	One Leisure Centres; Huntingdon, St Neots, Ramsey, St Ives			<a href="https://www.huntingdonshire.gov.uk/leisure/exercise-referral-scheme/">https://www.huntingdonshire.gov.uk/leisure/exercise-referral-scheme/</a>
Health Walks	Enjoy the walk at your own pace, but with the added benefit of being in the company of other walkers and trained walk leaders	All around the district	Mon-Fri	FREE	<a href="https://www.huntingdonshire.gov.uk/leisure/health-walks/">https://www.huntingdonshire.gov.uk/leisure/health-walks/</a>

Activity	Description	Where	When	Cost	More information
Health Walks	Enjoy the walk at your own pace, but with the added benefit of being in the company of other walkers and trained walk leaders	All around the district	Mon-Fri	FREE	Find a walk near you <a href="#">Find your nearest health walk   Walking for Health</a>
Return to fitness through Netball ( BMI26+)	Start your fitness journey with sessions that ease you into moving again focused around Netball	Cambourne	Tue 12:15pm – 1om	£12	6 weeks starting 14 <sup>th</sup> September Visit SCDC website for registration
Introduction to functional fitness at Crossfit stags and Does – 50years + with BMI over 26	Introduction to functional fitness that will help improve every day life	Milton Crossfit Stags and Does	Tue and Thursday 7:45-8am	£30	Sessions starting 14 <sup>th</sup> September 2x sessions a week Contact leah.collis@scamb.gov.uk

Activity	Description	Where	When	Cost	More information
Wellbeing walks	Walks of varying pace and length in different locations across the district.	<a href="https://www.walkingforhealth.org.uk/walkfinder">https://www.walkingforhealth.org.uk/walkfinder</a>	See website for details	Free	
C25K	Couch to 5k style running groups led by trained run leaders	Littleport Soham Ely	Various days and times across the week. Email for detail	free	For more information contact: sophie.edwards@eastcambs.gov.uk
Body Balance	A combination of standing and seated exercise using resistance bands	Fresh. Ely	Tuesday 11am	Free	<b>Email</b> <a href="mailto:goodvibes@freshandwell.co.uk">goodvibes@freshandwell.co.uk</a> <b>Phone</b> <b>07762 322 448</b>
Seated Exercise	Chair based exercise suitable for all abilities	Online	Various classes across the week		Contact Bob Bragger for more details: <a href="mailto:bob.bragger@groups.mssociety.org.uk">bob.bragger@groups.mssociety.org.uk</a>
Seated Exercise	Chair based exercise suitable for all abilities	Ellesmere Centre Stetchworth	TBC		Contact: 01638 508212
Walking Netball	A slower paced, gentler version of the game	Littleport Leisure	Wednesday 7-8pm	First session free then	Sophie.edwards@eastcambs.gov.uk



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East Cambs

Activity	Description	Where	When	Cost
Walk before you run 4-week online course <u>Walk Before You Run programme</u>	Designed to support you to improve your walking fitness before starting a beginners' running programme	Complete the sessions at a place to suit you	Complete the sessions at a time to suit you	Free
Swimming There will be a swimming instructor on poolside to share tips and guidance on the first Friday of the month	<b>Ladies night at the Abbey</b> Female lifeguard where possible	Abbey Leisure Complex, Whitehill Road, CB5 8NT	Fridays 7.30 - 8.30pm	£4.70 per person for non-members £3.40 with a Better card £2.35 with a concessionary Better card

<p>EXERCISE REFERRAL PROGRAMME</p>	<p>Tailor made 12-week programme of exercise designed for clients' individual needs with a Level 4 specialist instructor</p>	<ul style="list-style-type: none"> <li>• Abbey Leisure Complex</li> <li>• Cherry Hinton Village Leisure centre</li> <li>• Chesterton Sports Centre</li> <li>• Hills Road Sports Centre –for men’s cancer rehabilitation &amp; circuit classes for long term conditions only</li> <li>• Meadows Community centre-for long term conditions only</li> <li>• Netherhall Sports Centre</li> <li>• Parkside pool &amp; gym</li> </ul>	<p> <a href="#">Exercise referral guidance [PDF, 2MB]</a>  <a href="#">How to join the exercise referral service: A patients’ guide [video]</a> </p> <p>Times vary, clients should book this with the Exercise referral instructor.</p>	<p><b>Cost</b> £3 per session plus an initial assessment fee of £7.50 If you are registered at any of these surgeries you can currently access the service for free: Arbury Road East Barnwell Nuffield Road.</p>
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WELLBEING WALKS	Enjoy the walk at your own pace, but with the added benefit of being in the company of other walkers and trained walk leaders	Find a walk near you <a href="#">Find your nearest health walk   Walking for Health</a>	Leaves from Christ's Pieces 10am on the fourth <b>Wednesday</b> of every month Nightingale Recreation Ground 9.30am every other <b>Friday</b> in Eddington	£ Free
SPORT & FITNESS FOR PEOPLE OVER 50	<a href="#">Forever Active website</a>	Throughout the city	Please refer to the Forever Active website to choose a session.	
WALKING FOOTBALL (beginners)	<a href="https://www.custrust.co.uk/wellbeing/walking-football">https://www.custrust.co.uk/wellbeing/walking-football</a>	Indoors at Cherry Hinton Village Leisure Centre	Thursdays: 9.00-10.00am	£3
MAN V FAT	<a href="#">Man v Fat Football   Cambridge United Community Trust (custrust.co.uk)</a>	Outdoors-On the AstroTurf at the Abbey Leisure Complex	8pm: Wednesdays	Monthly subscription of £27.50

Cambridge City

## Fenland

Activity	Description	Where	When	Cost	More information
Strength and Balance	Chair-based exercises aimed at improving mobility, strength, stability and balance	St. Augustine's Church Hall, Wisbech	Thursdays, 2-3pm	£2.50 session paid in full (12 weeks, £30) or half (6 week, £15) block	Email <a href="mailto:activefenlandbookings@fenland.gov.uk">activefenlandbookings@fenland.gov.uk</a> to book
Gentle Yoga	Slow yoga aimed at improving flexibility, strength, mobility and stamina. Beginner level.	The Oasis Centre, Wisbech	Tuesdays, 2.15-3.15pm	£2.50 session paid in full (12 weeks, £30) or half (6 week, £15) block	Same as above
General Yoga	Basic yoga aimed at improving muscular strength, muscular endurance, stability and mobility.	The Oasis Centre, Wisbech	Tuesdays, 1-2pm	£2.50 session paid in full (12 weeks, £30) or half (6 week, £15) block	Same as above
Beginner Yoga	Begin your journey into yoga mastery with this class which will help you develop your functional movements and improve your muscular strength and endurance, as well as your mobility and stability.	The Braza Club, March	Thursdays, 5-5.50pm	£2.50 session paid in full (12 weeks, £30) or half (6 week, £15) block	Same as above
Intermediate Yoga	Aimed at those who have grasped the basics of yoga, this	The Braza Club, March	Thursdays, 5-5.50pm	£2.50 session paid in full (12 weeks,	Same as above

	class aims to further develop functional movement by improving strength, mobility, stability and muscular endurance.			£30) or half (6 week, £15) block	
Walking Netball	A low-impact, low-intensity version of the sport, particularly suited to very inactive individuals.	Whittlesey Indoor Bowls Club	Wednesdays, 9:30-10:30am	£3, paid on arrival	
Walking Netball	Same as above	Hudson Leisure Centre, Wisbech	Thursdays, 9:30-10:30am	£2, paid on arrival	
Walking Football	Same as above	Hudson Leisure Centre	Tuesdays, 9:30-11am	£2, paid on arrival	
Walking Football	Same as above	Hudson Leisure Centre, Wisbech	Fridays, 8-9pm	£2, paid on arrival	