

# Active for Life Programme

## Summer 2019

Free or low cost activities to help you lead an active lifestyle in the city



**ONE  
YOU**

 MIX  
Paper from  
responsible sources  
FSC® C016177



**Your healthy lifestyle**

  
Brighton & Hove  
City Council

# Your first step to a more active lifestyle

## YourActive for Life programme

Includes hundreds of fun, social and accessible ways for you to enjoy becoming or staying active in the city and is valid until the end of October.

All the sessions in the programme are clearly graded, ranging from sessions that are suitable for all, to more moderate activities. Thousands of people of all ages and abilities enjoy our sessions every year, and our sessions are:

“Free or low cost”

“For all ages and abilities”

“Beginner friendly”

“Local and accessible”

All the sessions in The Active for Life programme are delivered or supported by the city’s Healthy Lifestyles Team.

**If you have any questions or would like some support towards living a healthy lifestyle get in touch!**

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## The Active for Life programme

is delivered by the city's Healthy Lifestyles Team. We can offer help and advice on all aspects of living a healthy lifestyle, including being active, eating well, stopping smoking, drinking less alcohol and improving your wellbeing.

Do get in touch with us if you have any questions or would like some support towards living a healthy lifestyle.

## Contact the Healthy Lifestyles Team on:

01273 294589

[healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk)

[brighton-hove.gov.uk/healthylifestyles](https://www.brighton-hove.gov.uk/healthylifestyles)

  @BHhealthylife

If you would like this programme in an accessible format please get in touch.



## Welcome sessions

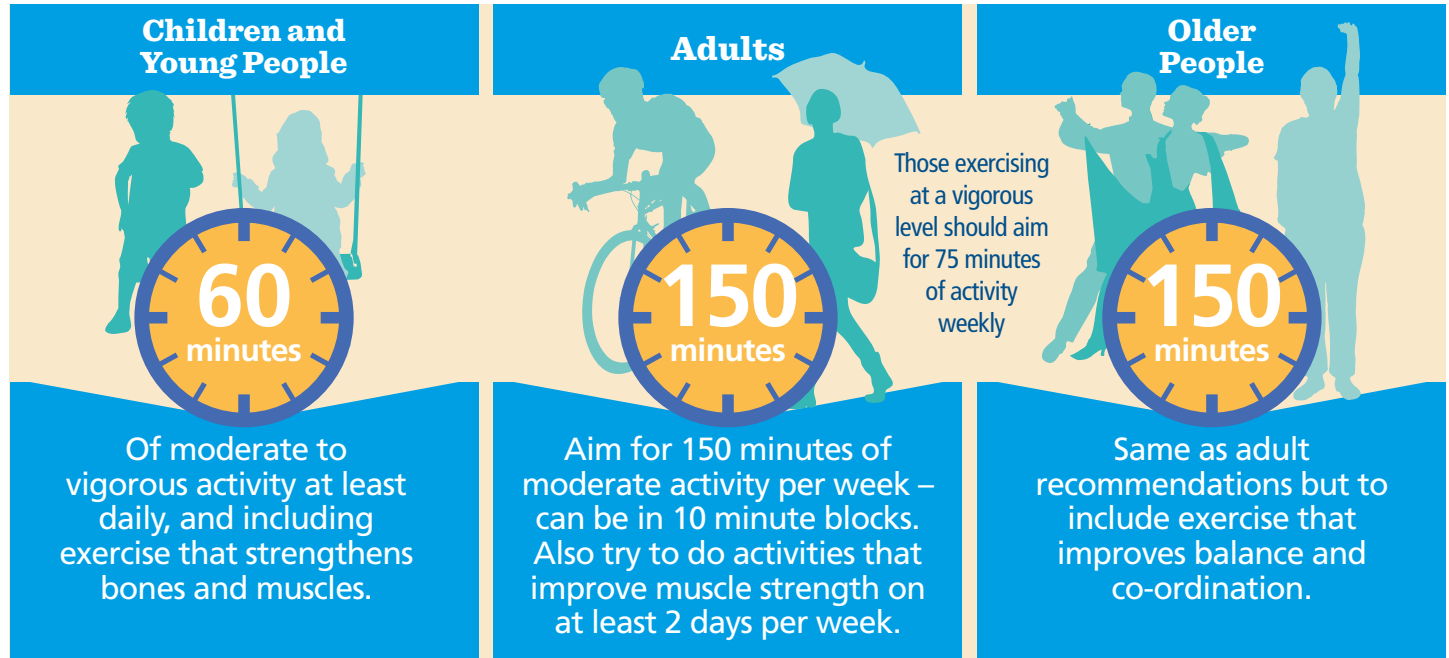
Are you interested in attending an Active for Life session or Healthwalk but would like more information?

If so we'd love to see you at one of our welcome sessions. See page 31 for more details.

# How much exercise is recommended?

It could be easier than you think to fit more physical activity into your life, and doing so can have a huge impact on your health and wellbeing.

The infographic below shows you how much exercise is recommended for all age groups.



Use our **activity finder** to explore 200 clubs and groups providing activities from dance to sport and fitness:  
[www.brighton-hove.gov.uk/activityfinder](http://www.brighton-hove.gov.uk/activityfinder)

## Top tips for being active

- **Walk for short journeys** rather than take the car (the council's Travel Planning team can help). The average person will walk a mile in 20 minutes.
- **Walk at a brisk pace** that makes you breathe a bit faster, feel a bit warmer and your heart beat a bit faster. You should still be able to talk comfortably.
- **Take the stairs rather than use lifts.** Walking up stairs counts as vigorous level activity, the same as running!
- **Get off the bus or train a stop earlier** and walk the rest of the way.
- **Try the 'One You' free Active 10 app**, it will help you plan short brisk walks into your day.
- **Take part** in one of the brilliant opportunities in this programme – there are activities for all ages and abilities, including absolute beginners!
- **Remember, it's never too late.**  
Whatever your age, being more active will bring huge benefits. Start small, and build up gradually.

You also can find out more at [www.bhfactive.org.uk](http://www.bhfactive.org.uk)  
and [www.nhs.uk/livewell/fitness](http://www.nhs.uk/livewell/fitness)

## Benefits

- Healthy weight
- Reduces social isolation
- Flexibility
- Halve risk of heart attack and stroke
- Prevent diabetes & cancer
- Reduce stress
- Make new friends
- Improved energy
- Improves your sleep
- Improves learning and brain development

Contact the  
Healthy Lifestyles Team  
for help & advice on  
01273 294589

# Healthy Lifestyles Team

## Regular sport and physical activity sessions

### Please note:

The average person will walk 1 mile in 20 minutes so you can work out average walk times for each walk according to the miles shown.

### Sessions key

- YS** Youth Sessions
- ALC** Active for Life Clubs
- GAL** Get Active Locally
- ISL** In Shape for Life
- A4E** Active Forever
- HW** Healthwalks
- PW** Progression walks
- SDP** Sessions for disabled people



Wheelchair friendly



Toilets



Buggy friendly



Walk includes some hills



Refreshments



Family friendly



### Fitness/ability level

- 1** Suitable for all
- 2** Easy/moderate
- 3** Moderate/challenging



# Monday

" Healthwalks should be on the doctor's prescription! "



|     | Type of session  | Venue and Postcode  | Time  | Level               | Cost        |
|-----|--|---|---|---------------------|-------------|
| GAL | <b>Couch to 5K Club</b> Suitable for beginners and buggies. Booking is advisable. Please contact Ellouise.hill@brighton-hove.gov.uk                                      | Meet at King Alfred Leisure Centre (by entrance), Kingsway, BN3 2WW.  | 9.30 - 10.30am<br>(From 13 May)                       | 1                   | £2/£3       |
| HW  | <b>Preston Park Healthwalk</b><br>A gentle and popular walk around the city's biggest public park.   | Meet at the Rotunda Café, Stanford Avenue end of the park.  | 10am  | 1.5 miles<br>1<br>3 | FREE        |
| PW  | <b>Progression Walks in partnership with Brighton &amp; Hove Ramblers</b> Six beautiful walks sharing Rambler routes for those who are ready for more challenging walks. | First Monday of every month : See calendar section for more details or <a href="http://www.bahr.org.uk">www.bahr.org.uk</a> | 10.30am<br>(July walk 10.05am - see calendar section) | All 4-5 miles<br>3  | FREE        |
| GAL | <b>Dancing for Health*</b> A fun fitness class with seated conditioning and active dance.  | Saint Luke's Church, BN2 9ZB. *Term Time only.  | 10 - 11am   | 1                   | £2/£3       |
| GAL | <b>Tai Chi</b> Delivered by the Taoist Tai Chi Society supported by Active for Life.   | The Level Community Rooms, BN1 4ZN.   | 12.30 - 1.30pm  | 1                   | £2 donation |
| YS  | <b>Youth Yoga</b> Suitable for all abilities and beginners to Yoga for ages 11+ (year 7 and above).  | King Alfred Leisure Centre BN3 2WW.   | 4.30 - 5.30pm   | 1                   | £2          |

# Tuesday

" Healthwalks have improved my physical health "



|     | Type of session   | Venue and Postcode   | Time  | Level              | Cost  |
|-----|---|--|---|--------------------|-------|
| HW  | <b>Seafront Healthwalk</b><br>Enjoy a seafront stroll. Choose to walk east to Brighton Marina or west to Hove Lawns.                          | Meet on the main promenade in front of Brighton Palace Pier.                                   | 10am  | 1 mile<br>         | FREE  |
|     | <b>Castle Hill Healthwalk</b> Explore this stunning National Nature Reserve. Last Tuesday of the month, walk the ridge above the reserve.     | Meet at the car park by the junction of Falmer Rd and Bexhill Rd, Woodingdean.                 | 10.30am   | 2-3 miles<br>      | FREE  |
| GAL | <b>Dancing for Health*</b><br>A fun fitness class with seated conditioning and active dance. *Term time only.                                 | Bishop Hannington Youth and Community Centre, BN3 7LD.   | 11.15am - 12.15pm                                 | 1<br>              | £2/£3 |
| PW  | <b>Falmer &amp; Beyond Progression Walk, 1st Tuesday of the month.</b><br>Explore beautiful Falmer then finish at the university for a cuppa. | Meet at The Swan Inn, Middle St, Falmer, BN1 9PD.  | 1pm<br>7/5, 4/6,<br>2/7, 6/8,<br>3/9, 1/10        | 4.5 miles<br>      | FREE  |
| HW  | <b>Cemeteries Healthwalk, 2nd Tuesday of the month.</b><br>Explore Brighton's beautiful Extra Mural and Woodvale Cemeteries.                  | Meet at the Gladstone Pub, 123 Lewes Road.<br>*NB: Dogs are not allowed at the cemetery site.* | 12.30pm<br>14/5, 11/6,<br>9/7, 13/8<br>10/9, 8/10 | 1.5 or 2 miles<br> | FREE  |



|     |   |                              |                   |  |                                  |
|-----|---|------------------------------|-------------------|--|----------------------------------|
| A4E | <b>Boccia League (Oct-May)</b><br>We are looking for new teams to join our league! Call 01273 294589 for details. | Patching Lodge,<br>BN2 0AQ.  | 10am - 12<br>noon | 1   <br>   | £10<br>per<br>team               |
| GAL | <b>Pilates-based fitness</b><br>A session supported by Active for Life.   | The Manor,<br>BN2 5EA.       | 11am - 12<br>noon | 1   <br> | £4.50                            |
| ISL | <b>In Shape for Life Moulsecomb</b><br>A circuit based exercise session suitable for all abilities.               | Moulsecomb Hall,<br>BN2 4GA. | 11am -<br>12.30pm | 1   <br> | £2/£3                            |
| ALC | <b>Active for Life Club*</b> Multi-sports for ages 7 – 11. *Term Time only.                                       | The Manor,<br>BN2 5EA.       | 3.30 -<br>4.30pm  | 1    | £2<br>per session<br>paid termly |






















# Wednesday



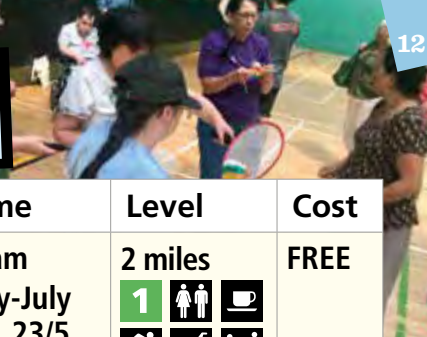
" A great opportunity to have a cup of tea with your friends after the walk "

|     | Type of session   | Venue and Postcode  | Time              | Level              | Cost         |
|-----|---|---|-------------------|--------------------|--------------|
| GAL | <b>Pilates (supported by Active for Life)</b><br>Great for posture, core/back strength & mental wellbeing. Suitable for all levels.                             | The Manor, BN2 5EA.   | 10 - 11am         | 1                  | £2/£3        |
|     | <b>Post Natal Pilates</b> All 6-8 wks post birth women welcome and pre mobile babies.   | The Manor, BN2 5EA.   | 11.15am - 12.15pm | 1                  | £2/£3        |
| HW  | <b>Roedean Healthwalk</b> Panoramic views and a wealth of wildlife on the downland between Sheepcote Valley and Ovingdean.                                      | Meet at Roedean Café, A259 above the Marina.  | 10.15am           | 3 miles<br>3<br>   | FREE         |
|     | <b>Hollingbury Hillfort Healthwalk</b><br>Explore some of the most historic and beautiful countryside that borders the city.                                    | Meet at the Hollingdean Sure Start Children's Centre, Brentwood Road.   | 11am              | 2.5 miles<br>3<br> | FREE         |
|     | <b>Brighton Women's Walk &amp; Talk</b><br>Meet and chat with women from around the city, finishing with a cuppa at the drop-in run by Brighton Women's Centre. | Meet at St Mary's Church, 61 St James's Street, Kemptown.<br><a href="http://www.womenscentre.org.uk">www.womenscentre.org.uk</a> | 1.15pm            | 2 miles<br>2<br>   | FREE         |
| A4E | <b>Social Ping and Short Tennis</b><br>All levels welcome at this fun session.  | King Alfred Leisure Centre, BN3 2WW.  | 10.30am - 12 noon | 1<br>              | £2/<br>£2.50 |






|     |  |   |                |  |                                  |
|-----|--|---|----------------|--|----------------------------------|
| ISL | <b>In Shape for Life Brighthelm</b> A circuit based exercise session suitable for all abilities.                                       | Activities Hall, Brighthelm Community Centre, BN1 1YD.                | 12 noon - 1pm  | 1    | £2/£3                            |
| GAL | <b>Women Only Swimming</b><br>A public session with female life-guard.   | St Lukes Swimming Pool, BN2 9ZE.                                      | 12.30 - 1.30pm | 1    | £4.75/<br>£2.85                  |
| PW  | <b>Nordic Progression Walks</b> Develop your Nordic Walking skills. You will need to do the Nordic Walking Course before taking part.* | 1st & 3rd Wednesdays of the month. *See page 47 for more information. | 1.30pm         | 4+ miles<br>3    | FREE<br>but cost<br>for training |
| ALC | <b>Active for Life Club*</b><br>Multi-sports for ages 7 – 11.  | Hertford Junior School, BN1 7FP. *Term Time only.                     | 3 - 4pm        | 1   | £2<br>per session<br>paid termly |
| SPD | <b>Badminton for Adults with a Learning Disability</b> Fun shuttlecock & racket session.   | King Alfred Leisure Centre, BN3 2WW.                                  | 3.30 - 4.30pm  | 1  <br> | £3                               |
| ISL | <b>In Shape for Life Zumba</b> Improve your strength, balance, flexibility and have fun.   | Manor Gym, Manor Rd, BN2 5EA.   | 5.30 - 6.15pm  | 1    | £2/£3                            |
| YS  | <b>Girls Get Active*</b> Multi – fitness session for girls aged 11+ (year 7 and above). Come and try Spin, circuits, gym and HITT.     | Prince Regent, Brighton, BN1 1YA. *Term Time only. Starts 13/05/2019. | 4.15 - 5.15pm  | 1    | £2                               |
|     | <b>Young Dancers Collective (YDC)*</b> Dance session for ages 11+. For boys and girls.   | The Studio, 39 Whippingham Road, BN2 3PF. *Term Time only.            | 5 - 6pm        | 1   | Paid<br>termly                   |
|     | <b>Street Games*</b> Informal football session for ages 11+.   | Portslade Sport Centre, BN41 2WS. *Term Time only.                    | 4.30 - 6pm     | 1    | £2                               |
| GAL | <b>Trans-friendly Swimming</b> Just turn up or email Shanni.collins@brighton-hove.gov.uk   | St Lukes Swimming Pool, BN2 9ZE.                                      | 8.30 - 9.20pm  | 1    | £4.95/<br>£2.85                  |

# Thursday

"I felt really welcomed into this very supportive group when my husband was very ill and the group is so friendly and kind...everyone feels included."



|     | Type of session   | Venue and Postcode  | Time   | Level                                    | Cost  |
|-----|---|---|--|--|-------|
| HW  | <b>Hangleton &amp; Knoll Women's Walk &amp; Talk</b> Meet and chat with other women at this friendly walk hosted by Hangleton & Knoll Multi-Cultural Women's Group.<br><b>May to July only.</b> | Meet at St Richards Community Centre.   | <b>10am</b><br><b>May-July</b><br><b>9/5, 23/5,</b><br><b>13/6, 27/6,</b><br><b>11/7, 25/7</b> | <b>2 miles</b><br><b>1</b><br><br><br>   | FREE  |
|     | <b>Thomas Kemp Amble, 3rd Thursday of the month</b> A gentle and historic walk around Kemptown and the beautiful Sussex Square gardens.   | Meet Badgers Tennis Club, Church Place, Kemptown, BN2 5JN.  | <b>10am</b><br><b>16/5, 20/6,</b><br><b>18/7, 15/8,</b><br><b>19/9, 17/10</b>                  | <b>1 mile</b><br><b>1</b><br><br><br>    | FREE  |
|     | <b>Hove Park Healthwalk</b><br>Enjoy a gentle walk around this pretty park in the heart of Hove.  | Meet at Hove Park Café.   | <b>10.15am</b>   | <b>1.5 miles</b><br><b>1</b><br><br><br> | FREE  |
| ISL | <b>Women-only In Shape for Life*</b><br>With a female instructor. A circuit based exercise session suitable for all abilities.  | All Saints Church Hall,<br>BN3 3QE.<br>*Term Time only.   | <b>10.30 - 11.30am</b>   | <b>1</b>                                 | £2/£3 |
| SDP | <b>Healthwalk for Adults with a Learning Disability</b><br>Come and enjoy a healthy walk and make new friends. Bring your friends and family, too.  | Meet at Dyke Road Park Café,<br><b>1st &amp; 3rd</b> Thursday of the month. Meet at St. Ann's Well Gardens Café, <b>2nd, 4th &amp; 5th</b> Thursday of the month. | <b>10:45am - 12 noon</b>   | <b>1 mile</b><br><b>1</b><br><br>        | FREE  |

|     |  |  |                      |   |                                   |
|-----|--|--|----------------------|---|-----------------------------------|
| HW  | <p><b>Stanmer Park Healthwalk</b> A lovely countryside walk through Millbank wood, finishing at the village tea rooms. Choose between the regular 3-mile walk or a longer version.</p> | <p>Meet at the Lodge park gates, Stoney Mere Way off Lewes Road.</p>     | <p>11am</p>          | <p>3 or 5 miles<br/>   <br/> </p> | <p>FREE</p>                       |
| ALC | <p><b>Active for Life Club*</b> Multi-sports for ages 7 – 11.</p>  | <p>Portslade Village Centre, BN41 2LL. *Term Time only.</p>              | <p>3.30 - 4.30pm</p> | <p>1  </p>  | <p>£2 per session paid termly</p> |
| GAL | <p><b>FUNKFIT</b><br/>Great fun drop in session for adults, dancing to funk &amp; soul music with an instructor. Non-choreographed – just dance!</p>                                   | <p>Brighton Youth Centre, BN2 0JR.</p>                                   | <p>4.45 - 5.45pm</p> | <p>1 </p>  | <p>£2/£3</p>                      |
| YS  | <p><b>Young Dancers Collective (YDC)*</b><br/>Contemporary dance session for ages 11+. Both Boys and girls are welcome.</p>  | <p>Dance Station, North Street, Portslade BN41 1DH. *Term Time only.</p> | <p>5.15 - 6.30pm</p> | <p>1 </p>  | <p>Paid termly</p>                |



# Friday

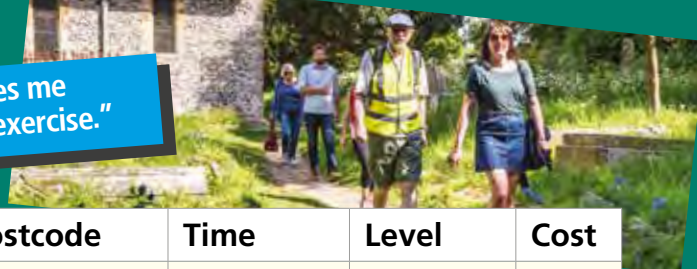


"The Healthwalk Leaders are caring and look after us brilliantly."

|     | Type of session   | Venue and Postcode  | Time           | Level              | Cost                       |
|-----|---|---|----------------|--------------------|----------------------------|
| ISL | <b>In Shape for Life Portslade</b> A circuit based exercise session suitable for all abilities.   | Portslade Sports Centre, BN41 2WS.  | 9.30 - 10.30am | 1                  | £2/£3                      |
| HW  | <b>Portslade Library Walk &amp; Read</b> Explore Easthill Park, Emmaus Community Garden and Portslade old village, finishing at the library for a browse and a cuppa. | Meet at Portslade Library.  | 10.15am        | 1.5 miles<br>1<br> | FREE                       |
|     | <b>Saltdean/Undercliff Healthwalk</b> Walk the historic Undercliff to Ovingdean Gap, returning to Saltdean.   | Meet outside Saltdean Library. Last Friday of the month ending at the Marina. | 11am           | 3 miles<br>2<br>   | FREE                       |
| AFL | <b>Active for Life Club*</b> Multi-sports for ages 7 – 11. *Term Time only.   | West Blatchington Primary, BN3 8BN.   | 3.10 - 4.10pm  | 1                  | £2 per session paid termly |
| YS  | <b>Street Games*</b> Informal sports session for ages 11+ and football with the occasional taster session. Re-starting September 2019 *Term Time only.                | The main hall at Moulsecoomb Leisure Centre BN2 4PB.                          | 6 - 7pm        | 1                  | £2 per session paid termly |

# Weekend

"Healthwalks encourages me to get out for fresh air and exercise."



|    | Type of session   | Venue and Postcode   | Time   | Level                  | Cost |
|----|---|--|--|------------------------|------|
| HW | <b>Benfield Valley Saturday Healthwalk</b><br>A beautiful walk taking in Benfield Valley and the Dyke Railway trail.                            | Sainsbury's West Hove entrance, by the cash machines.                              | 11am   | 3 - 3.5 miles<br>3<br> | FREE |
|    | <b>Sheepcote Valley Progression Walk, 1st Saturday of the month</b><br>A scenic walk taking in Sheepcote Valley, Ovingdean and the Undercliff.  | Meet at East Brighton Park Café building, off Wilson Avenue.                       | 11am<br>4/5, 1/6, 6/7, 3/8, 7/9, 5/10          | 4.5 miles<br>3<br>     | FREE |
| PW | <b>Balsdean Progression Walk, 2nd Saturday of the month</b> A lovely linear walk from Castle Hill, finishing near Kipling Gardens, Rottingdean. | Meet at the car park by the junction of Falmer Road and Bexhill Road, Woodingdean. | 1pm<br>11/5, 8/6, 13/7, 10/8, 14/9, 12/10      | 4.5 miles<br>3<br>     | FREE |
|    | <b>The Downs On Your Doorstep Progression Walk, 3rd Saturday of the month</b> A stunning walk around Whitehawk Hill and Sheepcote Valley.       | Meet at Badgers Tennis Club, Church Place, Kemptown, BN2 5JN.                      | 10am<br>18/5, 15/6, 20/7, 17/8, 21/9, 19/10    | 4.5 miles<br>3<br>     | FREE |
| HW | <b>Stanmer Park Healthwalk, 4th Sunday of the month</b> A variety of lovely woodland walks, finishing at the Village Tea Rooms.                 | Meet outside the Village Tea Rooms. Bus 78 to Stanmer Church.                      | 10.45am<br>26/5, 23/6, 28/7, 25/8, 22/9, 27/10 | 3 - 3.5 miles<br>3<br> | FREE |

## Regular sessions venue list

| Venue name and address   | Bus links                 |
|--|---------------------------|
| <b>ACT Studios</b><br>Church Road, Hove, BN3 2DJ   | 1, 2, 5, 6, 24, 49        |
| <b>All Saints Church</b><br>The Drive, Hove, BN3 3QE   | 2, 5, 5A, 5B, 21, 21A, 46 |
| <b>Badgers Tennis Club</b><br>Church Place, Kempdown, BN2 5JN  | 1, 1A, 7, 14C, 23, 52, 57 |
| <b>Bishop Hannington Youth and Community Centre</b><br>38 Holmes Avenue, BN3 7LD                                   | 5, 5A, 5B, 56             |
| <b>Brighthelm Community Centre</b><br>North Rd, BN1 1YD  | Any city centre route     |
| <b>Brighton Palce Pier</b><br>Madeira Drive, BN2 1TW   | Any Bus to Old Steine     |
| <b>Brighton Youth Centre</b><br>64 Edward St, BN2 0JR  | 1, 1A, 2, 7, 14B, 14C, 18 |
| <b>Carden Primary School County</b><br>Oak Ave, BN1 8LU  | 5B, 56                    |
| <b>Castle Hill Nature Reserve</b> Car park off B2123 Falmer Rd at junction with Bexhill Rd grid reference TQ356063 | 2, 22, 52                 |
| <b>Church of the Good Shepherd</b><br>272 Dyke Rd, BN1 5AE   | 27, 77                    |
| <b>Dyke Road Park Café</b><br>Dyke Rd, Hove, BN3 6EH   | 27                        |

| Venue name and address  | Bus links                                   |
|---|---|
| <b>New Larchwood</b><br>Waldron Ave, Coldean, BN1 9EZ                         | 24  |
| <b>Palmeira Square, HOP50</b> Brighton, BN3 2JN South side of square bus-stop | 1, 1A, 2, 5, 5A, 5B, 6, 21, 25, 46, 49, 700 |
| <b>Patching Lodge</b><br>Park St, Kemp Town, BN2 0AQ                          | 1, 1A, 2, 7, 14C, 14B, 23, 52               |
| <b>Portslade Library</b><br>Old Shoreham Rd, BN41 1XR                         | 2, 6, 46                                    |
| <b>Portslade Sports Centre</b><br>Chalky Rd, BN41 2WS                         | 1, 1A                                       |
| <b>Portslade Village Centre</b><br>43 Windlesham Close, BN41 2LL              | 1, 1A                                       |
| <b>Preston Park: Rotunda Café</b><br>(Stanford Ave end), BN1 6HL              | 5, 5A, 5B, 17, 270, 271, 272, 273           |
| <b>Roedean Café</b><br>A259 above Brighton Marina, BN2 5RL                    | 12, 12A, 14, 14C, 27                        |
| <b>Sainsbury's West Hove</b> Hangleton Link Rd, BN3 7GD                       | 6, 46, 66                                   |
| <b>Saltdean Library</b> Saltdean Park Rd, BN2 8SP                             | 12, 12A, 14, 14C, 27, 47                    |
| <b>Shoreham Centre</b><br>Pond Road, Shoreham, BN43 5WU                       | 2, 700                                      |
| <b>St Ann's Well Gardens Café</b><br>Somerville Rd, BN3 1RP                   | 7, 21A                                      |






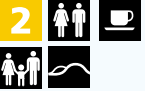
|  |  |  |                                      |
|--|--|--|--------------------------------------|
| <b>East Brighton Park Café building</b><br>Off Wilson Ave, BN2 5PB     | 1, 1A, 7, 21,<br>21A, 23, 47, 52         | <b>St. Luke's Church</b><br>Queen's Park Road, BN2 9ZB                   | 18, 21, 21A, 23,<br>37B              |
| <b>Fairlight Primary School</b><br>St Leonard's Road, Brighton, BN2 3A | 23, 24, 25, 37,<br>37B, 48, 49           | <b>St. Luke's Swimming Pool</b><br>St Luke's Terrace, BN2 9ZE            | 18, 21, 21A                          |
| <b>Falmer Church</b> East Street, BN1 9PB                              | 25/28/29                                 | <b>St Mary's Church</b><br>61 St James's St, Brighton BN2 1PR            | 1, 2, 7, 14C, 18,<br>37, 37B, 47, 57 |
| <b>Falmer Village: Swan Pub</b><br>Middle St, North Falmer, BN1 9PD    | 25, 23 (to Mill St)<br>28, 29 (Falmer V) | <b>St Richards Community Centre</b><br>Egmont Rd, Hove, BN3 7FP          | 16, 56                               |
| <b>Gathering Place</b> 1 Orchid View, BN1 8GP                          | 46, 56                                   | <b>Stanley Deason Leisure Centre</b><br>Wilson Ave, BN2 5PB              | 21, 21A                              |
| <b>Hangleton Community Centre</b><br>Harmsworth Crescent, BN3 8BW      | 5, 5A, 5B, 16, 66                        | <b>Stanmer Park Lodge / Park Gates</b><br>Stoney Mere Way off Lewes Road | 23, 25, 50U, 78                      |
| <b>Hertford Junior School</b><br>Lynchet Close, Hollingdean, BN1 7FP   | 50, 50U                                  | <b>Tomato Dolce E Salato Café</b><br>The Level, BN2 9SY                  | Any city centre<br>bus               |
| <b>Hollingdean Community Centre</b><br>Thompson Rd, BN1 7BH            | 50, 50U                                  | <b>The Dance Station</b><br>Unit 4, 57 North Street, BN41 1DH            | 1, 1A                                |
| <b>Hollingdean Sure Start Centre</b><br>Brentwood Rd, BN1 7DY          | 50, 50U                                  | <b>The Gladstone Pub</b><br>123 Lewes Rd, BN2 3QB                        | 23, 24, 25, 48,<br>49                |
| <b>Hove Park Café</b><br>Old Shoreham Rd, Hove, BN3 7AP                | 5, 5A, 5B, 21,<br>21A                    | <b>The Level</b><br>Union Rd, BN2 9SY                                    | Any city centre<br>route             |
| <b>Jubilee Library</b> Jubilee St, BN11GE                              | Any city centre route                    | <b>The Manor</b> Manor Rd, BN2 5EA                                       | 37, 37B                              |
| <b>King Alfred Leisure Centre</b><br>Kingsway, Hove, BN3 2WW           | 700                                      | <b>The Studio</b><br>Whippingham Road, BN2 3PF                           | 21, 21A, 22, 23                      |
| <b>Mile Oak Community Centre</b><br>Chalky Rd, BN41 2WF                | 1, 1A                                    | <b>West Blatchington School</b><br>Hangleton Way, Hove, BN3 8BN          | 5, 5A, 16, 66,                       |
| <b>Moulsecoomb Hall</b><br>Moulsecoomb Place, Lewes Rd, BN2 4GA        | 23, 24, 25, 28,<br>29, 50U               | <b>West Pier</b><br>Kings Rd, Hove, BN1 2LN                              | Any Western Rd<br>bus, nr Preston St |
| <b>Moulsecoomb Leisure Centre</b><br>Moulsecoomb Way, BN2 4PB          | 23, 24, 25, 28,<br>29, 50U               |  |                                      |

# Special walks each month



#WALKTHISMAY

NATIONAL  
WALKING  
MONTH

| MAY (National walking month)   | Venue and Postcode  | Time                                 | Level   | Cost        |
|--|---|--------------------------------------|---|-------------|
| <p><b>Wednesday 1 May</b><br/> <b>Hollingbury Hillfort Art Walk.</b> Sketch or photograph the fabulous views and hopefully find some early purple orchids.</p>   | <p>Meet at Woodbourne Garage, jct of Woodbourne Ave and Cuckmere Way.<br/>           Buses 26 &amp; 46.</p> | <p>1-3pm</p>                         | <p>1.5 miles<br/> </p> | <p>FREE</p> |
| <p><b>Friday 3 May</b><br/> <b>Wellbeing Sketch Walk Stanmer Park.</b> Join botanical artist, Deborah, to sketch the beautiful views and plants in the park. No experience needed - just bring pencil &amp; paper.</p> | <p>Meet on the green by Stanmer Church, BN1 9QA.<br/>           Buses 23, 25, 25X &amp; 50U.</p>            | <p>11.45am<br/>           -12.45</p> | <p>2 miles<br/> </p>   | <p>FREE</p> |
| <p><b>Monday 6 May</b><br/> <b>Progression walk with Brighton &amp; Hove Ramblers</b> A beautiful circular walk to the Chattri and back for those ready for more challenging walks.</p>                                | <p>Meet opposite the Co-op, Patcham, BN1 8XR.</p>   | <p>10.30am</p>                       | <p>4.5 miles<br/> </p> | <p>FREE</p> |
| <p><b>Tuesday 7 May</b><br/> <b>Hedgehog Awareness Week walk</b> Join community group HK Hedgehogs to learn about hedgehogs and how to help them.</p>  | <p>Meet Hangleton Manor, Hangleton Valley Drive, BN3 8AN.<br/>           Bus 5B to Towns Corner.</p>        | <p>3.30pm</p>                        | <p>2 miles<br/> </p>  | <p>FREE</p> |






|   |   |   |  |   |
|---|---|---|--|---|
| <p><b>Friday 10 May</b><br/> <b>Grown in Brighton Walk (Brighton Unemployed Centre Families Project)</b><br/> See BUCFP's community allotment, finishing at the Centre for a special photo exhibition celebrating how the allotment promotes organic gardening and wellbeing.</p> | <p>Meet corner of Whitehawk Hill Road and Donald Hall Road. Buses 37 &amp; 37B. Finish BUCFP, Tilbury Place, BN2 OGY. Buses 1, 1A, 2, 7, 14C, 18 from 'Law Courts'.</p> | <p><b>10.30am</b></p>   | <p><b>2 miles</b><br/> </p>   |   |
| <p><b>Friday 10 May</b><br/> <b>Wellbeing Sketch Walk, Hove Lagoon</b><br/> Join botanical artist, Deborah, to sketch the stunning coastal views on this relaxing walk along Hove Promenade. No experience needed - just bring pencil &amp; paper.</p>                            | <p>Meet south of Hove Lagoon at the Beacon on the Promenade.<br/><br/> Buses 1, 1A, 6, 700.</p>   | <p><b>12-1pm</b></p>  | <p><b>2 miles</b><br/> </p>   | <p><b>FREE</b></p>  |
| <p><b>Saturday 18 May</b><br/> <b>The trees of Hove Park and Hove Recreation Ground</b> Learn about tree identification and the challenges facing our urban treescape, with experts Alister Peters and Peter Bourne.</p>  | <p>Meet at Hove Park Café.</p>  | <p><b>10am</b></p>  | <p><b>2 miles</b><br/> </p>   | <p><b>FREE</b></p>  |
| <p><b>Tuesday 21 May</b><br/> <b>Discover Foredown Tower</b> Enjoy a walk across the Downs to Foredown Tower, and see the famous camera obscura (weather permitting).</p>   | <p>Meet at Sainsbury's West Hove entrance. Buses 6 &amp; 46. Finish Foredown Tower. Bus 6 from 'Foredown Rd' stop.</p>  | <p><b>10.45am</b><br/> <b>Limited places</b><br/> <b>Book by email:</b><br/> healthwalks@brighton-hove.gov.uk</p> | <p><b>2.5 miles</b><br/> </p> | <p><b>FREE</b><br/> (charge for camera obscura<br/> Cash only<br/> £2.50 adults,<br/> £1.50 children)</p> |



# Special walks each month

"I get both health and social benefits from the Healthwalk, and enjoy the ever-changing landscape through the seasons."

| JUNE  | Venue and Postcode   | Time              | Level   | Cost |
|---|--|-------------------|---|------|
| <p><b>Monday 3 June Progression walk with Brighton &amp; Hove Ramblers</b><br/>A beautiful circular route for those ready for more challenging walks.</p>   | Meet in front of Shoreham Community Centre, Pond Road, Shoreham, BN43 5WU. | 10.30am           | <p>4.5 miles</p> <p></p> | FREE |
| <p><b>Wednesday 5 June Preston Manor Gardens Art Walk</b><br/>Sketch or photograph summer flowers or the 13th Century St Peters Church.</p>   | Meet at the Rotunda Café, Preston Park.                                    | 1-3pm             | <p>1.5 miles</p> <p></p> | FREE |
| <p><b>Friday 7 June Wellbeing Sketch Walk Stanmer Park</b> Join botanical artist, Deborah, to sketch the beautiful views and plants in the park. No experience needed - just bring pencil &amp; paper.</p>                    | Meet on the green by Stanmer Church, BN1 9QA.<br>Buses 23, 25, 25X & 50U.  | 11.45am<br>-12.45 | <p>2 miles</p> <p></p>   | FREE |
| <p><b>Friday 14 June South Downs Wellbeing Art Walk</b> Join botanical artist, Deborah, to sketch the beautiful views and plants on this relaxing South Downs walk. No experience needed - just bring pencil &amp; paper.</p> | Meet at Mile Oak Farm, BN41 2RF.<br><br>Buses 1 & 1A.                      | 12-1pm            | <p>2 miles</p> <p></p>   | FREE |

| JUNE  | Venue and Postcode   | Time  | Level  | Cost  |
|---|--|---|--|---|
| <p><b>Tuesday 18, Thursday 20 &amp; Tuesday 25 June</b><br/> <b>Evening Midsummer Bus Walks</b> Get on the bus with us and enjoy a magical midsummer walk. All walks finish near a bus stop so you can get the bus home.<br/> <b>Meet Churchill Square Eastbound bus stops.</b></p> | <p><b>Tues 18 June</b> – Patcham circular (Meet Bus Stop E).<br/> <b>Thurs 20 June</b> – East Brighton to Rottingdean (Meet Bus Stop H).<br/> <b>Tues 25 June</b> – Stanmer Park circular (Meet Bus Stop G).</p> | <p><b>6.30pm</b></p>  | <p><b>5+ miles</b><br/> </p>      | <p><b>FREE</b><br/>           (but bus ticket not provided)</p> |
| <p><b>Tuesday 25 June</b><br/> <b>Museum Walk, Wildlife Photographer of the Year exhibition</b> Join our regular seafront walk then on to Brighton Museum for an introduction to the Wildlife Photographer of the Year exhibition.</p>  | <p>Meet on the main promenade in front of Brighton Palace Pier.</p>  | <p><b>10am</b><br/><br/> <b>Limited places</b><br/> <b>Book by email:</b><br/>           healthwalks@brighton-hove.gov.uk</p> | <p><b>1 mile</b><br/> </p>        | <p><b>FREE</b></p>  |
| <p><b>Wednesday 26 June Swift Awareness Week Evening Walk</b> Join the RSPB to spot some of the city's visiting swifts and learn about the challenges they face.</p>  | <p>Meet The Stoneham pub, Portland Road, BN3 5QJ.<br/><br/>           Buses 2, 46 &amp; 49.</p>  | <p><b>7.15pm</b></p>  | <p><b>2.5 - 3 miles</b><br/> </p> | <p><b>FREE</b></p>  |
| <p><b>Thursday 27 June Swift Awareness Week Evening Walk</b> Join the RSPB to spot some of the city's visiting swifts and learn about the challenges they face.</p>   | <p>Meet Brighton General Hospital main entrance, Elm Grove, BN2 3EW.<br/>           Finish Fox On The Downs, BN2 3EA. Buses 2 &amp; 22.</p>  | <p><b>7pm</b></p>   | <p><b>2.5 miles</b><br/> </p>    | <p><b>FREE</b></p>  |

# Special walks each month



| JULY  | Venue and Postcode  | Time                   | Level   | Cost        |
|---|---|------------------------|---|-------------|
| <p><b>Monday 1 July</b><br/> <b>Progression walk with Brighton &amp; Hove Ramblers</b><br/>           A beautiful linear walk from Woodmancote to Mile Oak for those ready for more challenging walks.</p>                          | <p>Meet 'Blackstone Lane' bus stop, Woodmancote, BN5 9RX. Bus 17 (9.30am from Churchill Square). Finish Mile Oak Rd, BN41 2RD. Buses 1 &amp; 1A from 'Chrisdory Road' stop.</p> | <p>10.05am</p>         | <p>5 miles<br/> </p>   | <p>FREE</p> |
| <p><b>Wednesday 3 July</b><br/> <b>The Old Dovecote &amp; Patcham Village Art Walk</b> Enjoy a gentle walk and sketch or photograph the historical garden and buildings like the old dovecote.</p>                                  | <p>Meet at Patcham Clock Tower opposite Ladies Mile Pub.<br/><br/>           Buses 5 &amp; 5A.</p>  | <p>1-3pm</p>           | <p>1.5 miles<br/> </p> | <p>FREE</p> |
| <p><b>Friday 5 July</b><br/> <b>Wellbeing Sketch Walk Stanmer Park</b><br/>           Join botanical artist, Deborah, to sketch the beautiful views and plants in the park. No experience needed - just bring pencil and paper.</p> | <p>Meet on the green by Stanmer Church, BN1 9QA.<br/><br/>           Buses 23, 25, 25X &amp; 50U.</p>   | <p>11.45 - 12.45pm</p> | <p>2 miles<br/> </p>   | <p>FREE</p> |

| JULY   | Venue and Postcode  | Time    | Level   | Cost |
|--|---|---------|---|------|
| <p><b>Monday 8 July Summer in the Living Coast</b> Learn about scented plants, ornamental trees and urban wildlife at one of the city's prettiest green spaces.</p>                                  | Meet St Ann's Well Gardens Café.  | 2pm     | <b>1</b>                       | FREE |
| <p><b>Friday 12 July Wellbeing Sketch Walk Community Gardens</b> Sketch the plants growing in some of Hove and Portslade's beautiful community gardens.</p>  | Meet in the Garden for Wellbeing at South Portslade Community Centre, BN41 1LB. Buses 1 & 1A. | 12-1pm  | <b>2 miles</b><br><b>2</b>     | FREE |
| <p><b>Monday 15 July Castle Hill and Balsdean histories</b> Explore the fascinating history of our eastern downs, from prehistoric remains and WW2 to tales of sheep, fish and murder most foul!</p> | Meet at the car park by the junction of Falmer Rd and Bexhill Rd, Woodingdean.                | 10am    | <b>5 miles</b><br><b>3</b>     | FREE |
| AUGUST   | Venue and Postcode  | Time    | Level   | Cost |
| <p><b>Monday 5 August Progression walk with Brighton &amp; Hove Ramblers</b><br/>A circular walk to Ovingdean church and back.</p>   | Meet at Roedean Café, A259 above Brighton Marina. Park at far end of car park.                | 10.30am | <b>4.5 miles</b><br><b>3</b>   | FREE |
| <p><b>Wednesday 7 August Patcham Windmill Art Walk</b> Sketch or photograph the downland landscape and iconic mill.</p>  | Meet at the Hill Top Café, Dyke Road Ave, BN1 5JX. Buses 27 & 77.                             | 1-3pm   | <b>1.5 miles</b><br><b>1</b>  | FREE |

| SEPTEMBER  | Venue and Postcode  | Time    | Level   | Cost |
|--|---|---------|---|------|
| <p><b>Monday 2 September Progression walk with Brighton &amp; Hove Ramblers</b><br/>A beautiful circular route for those ready for more challenging walks.</p>   | Meet at Wild Park Pavilion Café, Moulsecoomb, BN2 3HZ.                | 10.30am | 4.5 miles<br>  <br>   | FREE |
| <p><b>Wednesday 4 September Stanmer Park Art Walk.</b> A slightly longer walk to sketch or take photos, observing the shape and colour of trees.</p>   | Meet at the Lodge park gates, Stoney Mere Way off Lewes Road.         | 1pm     | 2 miles<br>  <br>   | FREE |
| <p><b>Thursday 5 September Friston Circular</b><br/>Discover the coast and countryside around Friston, including the site of the old Crowlink coastguard cottages – once a favourite spot for smugglers!</p> | Meet 'Friston Pond' bus stop. Bus 12X (10am from Churchill Square).   | 11am    | 4.5 miles<br>   | FREE |
| OCTOBER  | Venue and Postcode  | Time    | Level   | Cost |
| <p><b>Monday 7 October Progression walk with Brighton &amp; Hove Ramblers</b> A beautiful circular walk around Waterhall for those ready for more challenging walks.</p>                                     | Meet opposite the Co-op, Patcham, BN1 8XR.                            | 10.30am | 4.5 miles<br>  <br>   | FREE |
| <p><b>Wednesday 9 October Autumn in the Living Coast</b> Enjoy the Autumn sights and sounds, from the changing colours of trees and hedgerows to foraging insects and birds.</p>                             | Meet at the Hollingdean Sure Start Children's Centre, Brentwood Road. | 11am    | 4.5 miles<br>  <br>  | FREE |



# Get active with freedom*leisure*

Fun, friendly and accessible sessions for all at your leisure centres in Brighton and Hove

| day                      | activity  | time                     | venue  |
|--------------------------|---|--------------------------|--|
| Monday (1st & 3rd weeks) | Singing for Health  | 11am - 1pm               | Moulsecoomb Community Leisure Centre<br>01273 622266 |
| Monday (starting 13 May) | Walk Tall Football (Albion in the Community)                                | 12pm - 1pm               | King Alfred Leisure Centre<br>01273 290290           |
| Tuesday                  | Get To Know Water - relaxed, inclusive swimming for confidence              | 12.30pm - 1.30pm         | King Alfred Leisure Centre<br>01273 290290           |
| Wednesday                | 50 + session including racket sports and exercise class                     | 9.30am - 12.30pm         | Portslade Sports Centre<br>01273 411100              |
| Wednesday                | Community Badminton including beginners                                     | 9am - 11am or 11am - 1pm | Moulsecoomb Community Leisure Centre<br>01273 622266 |
| Thursday                 | 50 + session including racket sports, gym, exercise class & walking netball | 10am - 12pm              | King Alfred Leisure Centre<br>01273 290290           |
| Thursday                 | Walking Football  | 12pm - 1pm               | Portslade Sports Centre<br>01273 411100              |
| Thursday                 | Get To Know Water - relaxed, inclusive swimming for confidence              | 12pm - 1pm               | King Alfred Leisure Centre<br>01273 290290           |
| Friday                   | Community Badminton   | 9am - 11am               | Moulsecoomb Community Leisure Centre<br>01273 622266 |
| Friday                   | Walking Football  | 3pm - 5pm                | Moulsecoomb Community Leisure Centre<br>01273 622266 |
| Sunday                   | Walking Football  | 9am - 10am               | Portslade Sports Centre<br>01273 411100              |



For more information please contact the centre hosting the activity.

[www.freedom-leisure.co.uk/b&hactivecommunities](http://www.freedom-leisure.co.uk/b&hactivecommunities)



# Healthwalks



**Healthwalks are a great way for everyone to be more active, get outdoors and make new friends, whatever their age or ability.**

There are 21 regular walks across the city, starting at under a mile on the flat to longer progression walks. There's also a calendar of exciting one-off Healthwalks that have something extra to offer, from art and sketch walks to walks exploring the history of our downland landscape. All walks are led by our fantastic team of Volunteer Healthwalk Leaders who know the route and help everyone get the best out of their walk. The scheme is accredited by the national Walking for Health initiative ([www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)) and holds The Queen's Award for Voluntary Service.

\* Please arrive ten minutes early to your first walk so you can complete our simple registration.



\* You can also print our starter form from the website, and bring it with you, completed, on your first walk.

## Would you like to volunteer?

If you've got some spare time and would like to get outdoors, get active and meet new people then why not become a Volunteer Healthwalk Leader? You'll be helping others improve their health and wellbeing, and you'll learn a lot about the fantastic places to walk in Brighton & Hove. Apply online by following the 'Volunteer Healthwalk Leader Training' link: [www.brighton-hove.gov.uk/healthwalks](http://www.brighton-hove.gov.uk/healthwalks) or call 01273 294589.

**Healthwalks: 01273 294589**

email: [healthwalks@brighton-hove.gov.uk](mailto:healthwalks@brighton-hove.gov.uk)

[www.brighton-hove.gov.uk/healthwalks](http://www.brighton-hove.gov.uk/healthwalks)

 [facebook.com/brightonhovehealthwalks](https://facebook.com/brightonhovehealthwalks)

 [healthwalksBH](https://twitter.com/healthwalksBH)

# Thinking about getting more active?



## Health Trainers

- can provide you with free and confidential support
- will work with you to set realistic and achievable goals and can help you to stay motivated to keep going
- can also support you to quit smoking, eat well, drink less alcohol and improve your general wellbeing

Your  
healthy  
lifestyle

Need support  
to get started  
and keep  
going?



"What a fantastic  
service –  
extremely  
helpful and  
enabling"



If you are aged 18 or over and live in Brighton & Hove please call **01273 294589**  
email: [healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk)  
or visit: [brighton-hove.gov.uk/healthylifestyles](http://brighton-hove.gov.uk/healthylifestyles)

# Active for Life

**The Active for life project** has been supporting residents to get active for over ten years. We offer low cost and local sessions in targeted neighbourhoods and also work with a range of partners and organisations to deliver and support community events.

Our activities are inclusive, friendly and participants can work at their own pace. Our groups and sessions attract people from all walks of life and of all shapes and sizes. Those with little or no experience participate alongside those who have attended regularly; we welcome all. Our coaches are well-qualified and experienced so can support participants of all abilities.

Please do not hesitate to call the team if you would like to talk further about what to expect. We hope to see you at one of our sessions soon so that you can enjoy the benefits of leading an active lifestyle.



When **coming along to an Active For Life session** for the first time we recommend that you:

- Wear something comfortable so that you can move with ease
- Wear supportive footwear
- Bring water so that you can keep hydrated throughout the session
- Turn up ten minutes early to register

# Active for Life Programmes

## HP Holiday Programmes

Active for Life offer a range of activities during the holidays to keep children and young people moving. Each school break provides something different ranging from our popular soup and stomp events to youth festivals and multi sports offers. Sessions are usually drop in but some require booking. Contact the team for details for which events are running during these weeks.

## ALC Active for Life clubs

Our after school clubs cater for those aged 7 -11. Operating in a selection of the city's schools AFL clubs are fun and suitable for all levels of ability. Children learn to develop their strength, stamina and co-ordination whilst learning sports-based skills.

## GAL Get Active Locally

Catering for adults, these sessions take place in a range of locations across the city. They currently include Pilates, Tai Chi, FunkFit and Dancing for Health. Everyone is welcome at our get Active locally classes and the emphasis is on health and wellbeing whilst enjoying something in a friendly group setting.

## ISL In Shape for Life

Activity sessions are designed to welcome all abilities; class members can work at their own pace. The circuit format means individuals can opt for beginner's level upwards so those new to exercise are fully catered for. Some sessions can also include advice about healthy living.

## YS Youth Sessions

These sessions are provided to offer a space for young People from ages 11+. They currently include Girls Get Active, Street Games (ages 11 – 15 and 16 – 20), Youth Yoga, and Young Dancers Collective. Everyone is welcome to these sessions having the opportunity to improve their fitness and wellbeing and have fun together.

## A4E Active Forever

Sessions and events are aimed at promoting active ageing so cater for those aged 50+. Keeping active in older age can be really beneficial to health and wellbeing.

# Getting active this summer

## Active for Life Couch to 5K Club

Would you like to jog or run but don't know how to start?! If you answered yes then our Couch to 5K Club is an ideal way to start out on your journey. Our nine week course will consist weekly sessions with an Active for Life coach with the option of completing a local Parkrun at the end of the course. We will also provide you with a training plan (so you can practice in your own time if you wish), a goody bag and, more importantly, the support that you need to succeed.

Our course starts on Monday May 13 at King Alfred Leisure Centre and will alternate between this location and Hove Park. It is ideal for beginners and we welcome babies/toddlers in buggies that are suitable for running.  
**Cost £3/£2 concessions.**

**For more information and to book your place for both sessions please contact Elly on 01273 294589 or email [Ellouise.Hill@brighton-hove.gov.uk](mailto:Ellouise.Hill@brighton-hove.gov.uk)**



## New for 2019! In Shape for Life Zumba

In Shape for Life sessions are suitable for all, whether you are a beginner to physical activity, a seasoned exerciser or someone who just wants to move more and meet new people everyone is welcome. Our new In Shape for Life Zumba takes place every Wednesday at The Manor from 5.30-6.15pm. You will enjoy 45 minutes of Zumba Style fitness to help improve your stamina, strength, balance, co-ordination and flexibility. Hopefully you will have fun too! **Cost £3/£2 concessions.**



## Postnatal Pilates

Are you a new mum who would like to access pilates? As long as you are post the six week check up and your baby is not mobile you are welcome to join our weekly Wednesday sessions. These take place at 11.15 at The Manor and cost £3/£2 concessions.

### Welcome Sessions – book your place now!

The Healthy Lifestyles Team are keen to encourage new participants into Active for Life sessions. Please do drop in to any of our adult sessions or Healthwalks and you will be warmly welcomed. For those who would prefer to find out a bit more beforehand we are offering Welcome Sessions in a number of venues across the city. You can hear more about what is on offer, observe a session and sign up to Active for Life.

These will take place on June 5 and September 25 and October 15. For more information and to book a place call 01273 294589 or email [healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk)

“ I enjoy participating in most exercises and feel much better in myself ”

## Active Forever 2019

Our popular activity morning, as part of the Ageing Well Festival, is this year happening on Wednesday October 2 at King Alfred Leisure Centre. Expect over 15 have-a-go activities, information in our Market Place, refreshments and entertainment. Free and no need to book – just turn up! Delivered in partnership with Freedom Leisure.



For more information call Elly on 01273 294589.

# Getting active this summer

## Walking cricket launches in Brighton & Hove!

Three Walking Cricket programmes will be launching in May at a venue near you!

A slower-paced, indoor format of the game ideal for men and women aged 50 plus, Walking Cricket is the perfect way to remain involved with the game and meet new people whilst staying active. The sessions will be run by Sussex Cricket Foundation Coaches at the following venues King Alfred Leisure Centre, Moulsecoombe Leisure Centre and Portslade Leisure Centre.

For further information please contact Gary Wallis-Taylor on 01273 827114 or [gary.wallis-taylor@sussexcricket.co.uk](mailto:gary.wallis-taylor@sussexcricket.co.uk)

## Staying Strong & Steady on Your Feet

Being active and doing simple exercises designed to improve strength and balance can really help keep you steady on your feet. Falls are not an inevitable part of ageing, and we can all take preventative steps to help us to stay strong and steady and retain our independence.

- Try to build activity into the day - use the stairs not the lift, get off the bus a stop early
- Try weight-bearing exercise for bone strength and exercises to improve your balance



As well as staying active follow a healthy diet that includes enough calcium and vitamin D, have your eyesight checked regularly and, at home avoid rugs, worn carpet, clutter and sloppy footwear, all of which can cause trips.

Most Active for Life sessions already include strength and balance exercises and the council is currently working with instructors in the city to develop classes which focus on improving strength and balance in order to prevent falls.

For more information about the classes, email [fallsprevention@brighton-hove.gov.uk](mailto:fallsprevention@brighton-hove.gov.uk) or call 01273 296557.





## Talks & Training

The Active for Life team are on a mission to spread the word about the benefits of being physically active. Just small changes in activity levels can really make a difference to health and wellbeing and the team visit groups and clubs to talk about ways of making those changes. Top tips include being active in 10 minute blocks, travelling on foot where possible and, most importantly, choosing something you enjoy!



If you are interested in finding out more about our Talks & Training Programme contact Julie on 01273 294589

## Skateboarding

The Healthy Lifestyles Team organises a number of skateboarding projects and activities in the city including beginner skateboarding tuition, A Go Skate mental health project for young people, a skate leader volunteer programme and a mobile skatepark which is available for hire with equipment and coaches.



For more information or to get involved please visit [www.brighton-hove.gov.uk/skateparks](http://www.brighton-hove.gov.uk/skateparks) or contact Shanni on 01273 294589

# Getting active this summer

## Girls Get Active will be moving to a **NEW VENUE!**

From 15 May the session will now take place at the Prince Regent Freedom Leisure facility on Church Street BN1 1YA.

GGA will take place on Wednesdays 4.15 - 5.15pm and still only costs **£2 per session!**

The classes will be taught by a Female instructor and all abilities welcome from age 11+!



## New fitness sessions coming to our Street Games programme.

A new fitness element will be added to the street games programme starting from September 2019.

The sessions will continue to offer multisport activities but will now include various fitness activities for all abilities!

**Wednesday 4.30 – 6pm**  
**Portslade sport centre**

**Friday from 6 - 7pm**  
**Moulsecoomb Leisure Centre**

Sessions are only £2 per session for ages 11+ for boys and girls



## 110 young people completed the Active for Life Running Challenge 2019!

Congratulations to everyone who took part in the 10 week training and for completing the mile races at the Brighton half in February and the Brighton Mini Mile in April.

Active for Life clubs will be delivered across the City for the rest of the year offering multisport activities term time only for ages 7 – 11 years. All details of these are in the timetable of activities or contact the Healthy Lifestyles team for more information.



## Active for Life holiday programmes

The Active for Life project deliver holiday programme events throughout the year working with various partners to provide physical activity and healthy living advice across the City.

### Summer holidays:

The team deliver an Active for Life summer club for the first week of the school holidays.

### Active Library Events:

You will also find the team in libraries across the City during the Summer Holidays running FREE activities along with our colleagues in the Active Travel team.

Head down to your local library to take part in our Active for Life summer challenge, meet Piers the meerkat, win prizes and find out more information about physical activity in your local area.

Suitable for all ages – parents / carers are responsible for their young people at all times.

### Mileoak Library

(located in PACA School)

**Weds 7 August**

**10.30am – 12.30pm**

### Coldean Library

**Weds 14 August**

**10.30am – 12.30pm**

### Whitehawk Library

**Weds 21 August**

**10.30am – 12.30pm**

### Jubilee Library

**Weds 28 August**

**10.30am – 12.30pm**

**Contact to the team for full details of holiday programme events and join us!**

## Sessions for people with Learning Disabilities

Healthwalk for adults with a learning disability **Free**

**Thursdays 10.45am – 12noon**

1st and 3rd Thursday of the month meet at Dyke Road Park Café, BN3 6EH and other Thursdays meet at St Ann's Well Gardens Café, BN3 1RP.



**Badminton for adults with a learning disability** **£3**

Come along to Badminton, it will help you be more healthy. Fun, friendly, shuttlecock and racket session.

**Wednesdays 3.30 – 4.30pm**

King Alfred Leisure Centre

Contact: **Shanni Collins on 01273 294589**

## Coming Soon! Visually Impaired Multi-Sports Sessions for adults with sight loss.



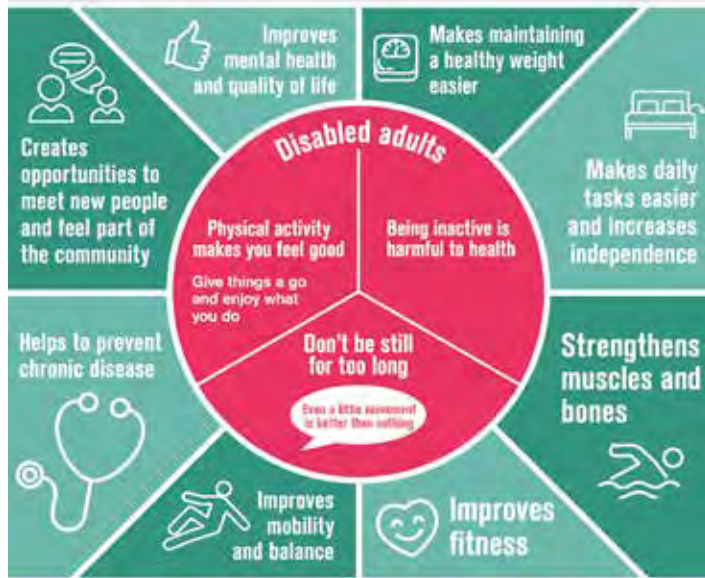
### Weekly sessions

in partnership with ESAB Viable Freedom Leisure, Sussex Community Cricket, Blatchington Court Trust and Sound Tennis Sussex.

Call **01273 294589** or email **healthylifestyles@brighton-hove.gov.uk** for more information.

# Physical Activity for Disabled Adults

Make it a daily habit



Do strength and balance activities on at least two days per week

For substantial health gains aim for at least 150 minutes each week of moderate intensity activity

Remember the talk test:



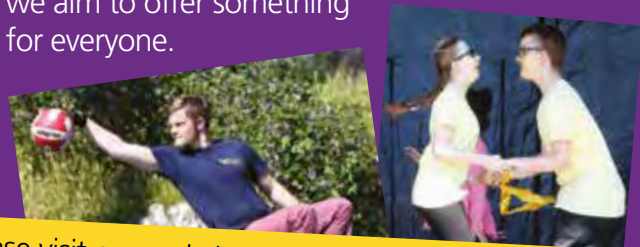
## Opportunities for disabled people



### The Active for life team

currently deliver around 48 weekly sessions and walks through a wide range of programmes. Sessions are inclusive and friendly.

If you have an impairment or any specific requirements please contact us on **01273 294589** to discuss how we can accommodate and welcome you to our sessions. Whatever your age, ability or experience, we aim to offer something for everyone.



Please visit our website for more information and links to clubs in Brighton & Hove that offer sessions for disabled people: [www.brighton-hove.gov.uk/disabilitysport](http://www.brighton-hove.gov.uk/disabilitysport)



# TAKEPART

Brighton & Hove

**FREE**

# TAKEPART @ the Level

## 22 June 2019

### Saturday 12noon - 5pm

 #takepartBH

 facebook.com/BHhealthylife

Visit: [www.brighton-hove.gov.uk/takepart](http://www.brighton-hove.gov.uk/takepart)

for info about activities & demonstrations  
taking place during the day

**01273 294589**

 Toilets

Food  
Stalls

**Workshop  
zone**

**Table  
Tennis zone**

**Dance  
zone**

Stage

**Freedom  
Leisure zone**

**Martial Arts  
zone**

Toilets

All activities and workshops are  
**FREE** and suitable for beginners.



Yoga

Circus zone

Sports zone

Active Travel zone

Healthy Lifestyles zone

Info 

Fitness zone

Activity Stalls

Skate zone

First Aid  Lost Child Point 

How will you take part?

Cafe

Disabled Toilet

Toilets



Your healthy lifestyle

  
Brighton & Hove  
City Council



**SAVE**  
up to  
**40%**

## Brighton & Hove Leisure Card

Freedom Leisure offer the Leisure Card which gives up to 40% discount for residents on low income\* on: membership and 'pay as you go' use of facilities throughout the city, including gym, swimming, squash, table tennis and badminton.

### \*You must be claiming one of the following:

- Jobseekers Allowance
- Pension Credit
- Income Support
- Attendance Allowance
- Employment & Support Allowance/ Incapacity Allowance
- Universal Credit
- Disability Living Allowance/ Personal Independence Payment
- Child Tax Credit (First Threshold Limit Only)
- Student (with valid NUS Extra Card)

Take identification and evidence of your benefit award to your local Freedom Leisure centre to apply for your Leisure Card.  
Terms & conditions apply.



[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)





# ‘What’s Out There?’

Free event

Event for people with learning disabilities and/or autism and those that support them.

Come along for information and advice on services and support in the city.



Try out fun activities too!

For more information contact:  
[WhatsOutThere@brighton-hove.gov.uk](mailto:WhatsOutThere@brighton-hove.gov.uk)  
01273 295550

# Thursday 18 July 2019

10am-3pm

**BHASVIC**

205 Dyke Road,  
Hove BN3 6EG



Brighton and Hove  
Clinical Commissioning Group



Brighton & Hove  
City Council

# FREE WEIGHT MANAGEMENT COURSES FOR EVERYBODY



**Bf**<sup>Hh</sup>

## BeeZee Families

Fun-filled, family-focussed sessions offering exciting activities and practical healthy lifestyle advice for 5-15 year olds and their families.



**Ba**<sup>Hh</sup>

## BeeZee For All

Lose weight and improve your fitness, health and wellbeing in a supportive and fun group environment where everyone's welcome.



**G**<sup>Hh</sup>

## Gutless

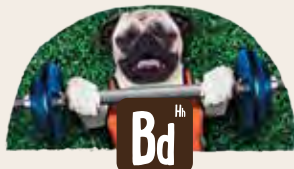
A no-nonsense way for men to increase fitness, improve health and lose weight.



**Bl**<sup>Hh</sup>

## BeeZee Ladies

A 12-week weight management course for women to create healthy habits to improve their health, fitness & wellbeing.



**Bd**<sup>Hh</sup>

## BeeZee Dogs

Losing weight is easier with the support of a friend. Particularly a furry, four legged one. Bring your dog along to this unique healthy lifestyles group.



**Bb**<sup>Hh</sup>

## BeeZee Bumps

An antenatal healthy lifestyle group to support mums-to-be make healthy habits throughout pregnancy.



**Bm**<sup>Hh</sup>

## BeeZee Mums

A postnatal healthy lifestyle group to help you lose the baby weight whilst creating the best start for you and your little one.



**Bc**<sup>Hh</sup>

## BeeZee Chat

Personalised 1-2-1 weight management support over the phone. Your nutritionist will arrange eight weekly catch-ups to help you make healthy changes.



TO FIND OUT MORE AND BOOK YOUR **FREE** SPACE  
Contact the Healthy Lifestyles Team on 01273 294589





# You can join the campaign!

- 1) **CHOOSE** a challenge:
- 2) **Get SUPPORT:**  
[www.brighton-hove.gov.uk/sugarsmart](http://www.brighton-hove.gov.uk/sugarsmart)

The council, Food Partnership and Jamie Oliver Food Foundation are working together to help Brighton & Hove become SUGAR SMART.



Avoid hidden sugars and **start from scratch**

**Make breakfast low sugar**, start the day well

Cut down by making **sweet snack swaps**

**Swap the pop**, ditch sugary drinks for water



Ever wondered how much sugar is in your favourite products? Download the foodscanner app and find out [www.nhs.uk/change4life/food-facts](http://www.nhs.uk/change4life/food-facts).





## Live healthier

Breathe easier and have more energy

## Live better

On average save up to £3000 a year

## Live happier

Stop smoking and reduce your stress levels

## Live longer

Half of all long-term smokers die early from smoking related diseases

To get advice on how to quit or to find your local e-cig friendly stop smoking services visit

**[Brighton-hove.gov.uk/stop-smoking](https://www.brighton-hove.gov.uk/stop-smoking)**

You can also call the Healthy lifestyles team on 01273 **294589**, speak to your local pharmacy or GP for information and options available locally to help you quit'



**Stop  
Smoking**



**Start  
Living**



# Free Swimming

For 16 year olds and under

Prince Regent Swimming Complex  
King Alfred Leisure Centre  
St Luke's Swimming Pool

Tel **0845 803 5519**

Registration is required. Application form available at reception or from our website - please bring the completed form and proof of child's age to register. Child's photo will be taken for ID purposes.




[www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)



# BRIGHTER OUTLOOK

## Activity through and after cancer





Staying active through and after cancer treatment can help reduce many side effects, boost your mood and find new strengths.

When you are ready, we are here to support you.

For more information please call: **01273 668591**,  
email: [brighteroutlook@albioninthecommunity.org.uk](mailto:brighteroutlook@albioninthecommunity.org.uk)  
or visit: [www.brighteroutlook.org.uk](http://www.brighteroutlook.org.uk)

**FUN... FRIENDLY... FREE...**

Brought to you by  **Albion in the Community**

Funded by  **Brighton and Hove Clinical Commissioning Group**

Supported by **WE ARE MACMILLAN. CANCER SUPPORT**

Albion in the Community, American Express Community Stadium, Village Way, Brighton BN1 9BL. Tel: 01273 878265. Company limited by guarantee in England and Wales (No. 5122343). Registered charity in England and Wales (No. 1110978).

# Explore the world on your doorstep!



Brighton & Lewes Downs  
UNESCO World Biosphere Region

Join us for special 'TLC' walks to explore St Ann's Well Gardens (8th July) and Hollingbury Hillfort (9th October). See the calendar in this programme for more details.



Explore with our interactive map  
[www.thelivingcoast.org.uk/explore](http://www.thelivingcoast.org.uk/explore)

# Nordic walking

Walk tall naturally with purpose



## Nordic Walking Course –

**4 sessions, each 2-3 miles**

**Sessions 1 to 3 take part at Hove Park and Session 4 Stanmer Park**

Nordic walking is now recognised as beneficial to health and wellbeing throughout the lifespan as it effectively combines aerobic (heart & lung) exercise with muscle strengthening and balance activity (Public Health England 2018).

To book a place contact **peter@nordicwalkingforhealth.co.uk**

**Cost: £36** per person i.e. £9 a session

**www.nordicwalkingforhealth.co.uk**

**June** • 5, 12 & 19 **July** • 3  
Wednesdays **1.30 to 3pm**

**July** • 4, 11, 18 & 25  
Thursdays **10 to 11.30am**

**August** • 4, 11, 18 & 25  
Sundays **10am to 11.30pm**  
(all in Stanmer Park)

**September** • 7, 14, 21 & 28  
Saturdays **1.30 to 3pm**

**October** • 4, 11, 18 & 25  
Fridays **11am to 12.30pm**

Find out about befriending in Brighton & Hove

# Befriending Contact Point



**01273 229005**

[contact@bhbefriending.org](mailto:contact@bhbefriending.org)

[www.bhbefriending.org](http://www.bhbefriending.org)

**Call us or send us an email:**

- to find out about local befriending organisations
- to find a volunteer for yourself or someone else
- to find out about becoming a volunteer befriender



***“I love visiting her, it has given me a great sense of purpose; I love to hear her stories.”***





**Brighton & Hove Green Spaces Forum lists more than 70 green space community groups in the city looking for volunteers. Find one near you and join them for a green form of exercise.**

Volunteering in a local community garden or park enables you to work outdoors with other people and provides physical, wellbeing and social benefits.

[www.bhgreenspaceforum.org.uk](http://www.bhgreenspaceforum.org.uk)



<https://www.facebook.com/bhgsforum/>



[@bhgsforum](https://twitter.com/bhgsforum)



Trans Can Sport facilitates free and low cost fitness sessions and sport workshops to trans people in Brighton & Hove. The project supports people who feel their transgender identity creates barriers for them to access fitness by providing group sessions and workshops for participants at all levels of experience and fitness.

e: [transcansport@gmail.com](mailto:transcansport@gmail.com)

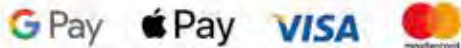
fb: [facebook.com/transcansport/](https://www.facebook.com/transcansport/)

w: [transcansport.wordpress.com](http://transcansport.wordpress.com)



# Tap to pay and you're on your way

Contactless is now available  
on all of our buses.



Contactless payment is available for customers paying with Visa, Mastercard, Apple and Google. American Express cards are not accepted.

**Brighton & Hove Bus**

Find out more at [buses.co.uk](https://www.buses.co.uk)