

One Leisure Active Lifestyles Newsletter

September 2024



Children's Parish Summer Sports Sessions

The Sports Development team have enjoyed a fantastic summer holidays delivering their children's sports sessions across 14 Parish Council's. Over the 6-week holidays, the team delivered all 59 planned sessions (thankfully the weather stayed kind) and achieved 900 attendances. Next up is October half-term, so keep an eye out for upcoming sessions.

Active for Health Xtra & Staying Active



Active for Health Xtra is a 12-week activity programme for adults (50 years and over) who have at least two of the additional risk factors of Cardiovascular Disease. www.huntingdonshire.gov.uk/activeforhealth

Staying Active is a 9-week activity programme to help people become more active and remain independent. The programme will include a range of activities to help those maintain mobility, socialise and ultimately improve overall wellbeing. www.huntingdonshire.gov.uk/stayingactive



Venue	Days	Start Date	Time	Course
Old School Hall, Sawtry	Mondays	16th September 2024	4pm - 5pm	AFH Xtra
Coneygear Centre, Huntingdon	Tuesdays	17th September 2024	2pm - 3pm	Staying Active
One Leisure St Ives Indoors	Tuesdays	17th September 2024	4pm - 5pm	AFH Xtra
Community Hall, Ramsey	Wednesdays	18th September 2024	11am - 12pm	Staying Active
One Leisure Huntingdon	Wednesdays	18th September 2024	2pm - 3pm	AFH Xtra
Austin Hall, Yaxley (fully booked)	Thursdays	19th September 2024	2pm - 3pm	Staying Active

Active for Health - Fenland



www.huntingdonshire.gov.uk/activeforhealth

Our successful Active for Health programme is heading to Fenland. Our 12-week activity programme for adults (18 and over) aims to help you become active and move more. To check out the eligibility criteria and apply, head to our website.

Hudson Leisure Centre, Wisbech - Mondays 11:30am - 12:25pm (Starting 16th Sept 2024)

Hudson Leisure Centre, Wisbech - Mondays 2pm - 2:55pm (Starting 16th Sept 2024)

Hudson Leisure Centre, Wisbech - Mondays 4:45pm - 5:40pm (Starting 16th Sept 2024)

George Campbell Centre, March - Tuesdays 2pm - 2:55pm (Starting 17th Sept 2024)

George Campbell Centre, March - Tuesdays 4pm - 4:55pm (Starting 17th Sept 2024)

George Campbell Centre, March - Tuesdays 5pm - 5:55pm (Starting 17th Sept 2024)

FREE Over 60s Club  www.huntingdonshire.gov.uk/over60sclub

We have launched a new Over 60s Club in partnership with Hunts Community Group. Join us for a combination of free play, fun and competitive games such as tri-golf, boccia and more!

Mondays 2:00pm - 3:00pm Hartford Village Hall

FREE Healthy You  www.huntingdonshire.gov.uk/healthyyou

Beginners Weights A 6-week taster course giving an introduction to using weights.

One Leisure Ramsey - Thursdays 4pm - 5pm (Starting 12th September 2024)

Beginners Spin A 6-week taster course giving an introduction to indoor bike sessions.

One Leisure St Neots - Mondays 2pm - 3pm (Starting 7th October 2024)

FREE ESCAPE Pain - Oxmoor  www.huntingdonshire.gov.uk/escapepain

Following a successful first cohort, our second FREE 6-week osteoarthritis hip and knee course in collaboration with Hunts Primary Care Network for eligible patients has begun. The programme includes structured exercise and education about pain management strategies.



Coneygear Centre - Mondays & Thursdays 9:30am - 10:30am



Care Home Project  **FREE**

We currently visit 16 care settings weekly across the district with two more due to come on board in October. We still have availability to visit more. We can offer: chair based exercise, strength & balance, Love to Move, Golden Games, boccia & many more activities...

We're currently able to offer a 12-week FREE trial - so get booked in now!!

Yaxley Activities   

Thanks to funding from Groundwork East and support from Yaxley Parish Council, we are able to offer FREE activities for those aged 16-24 at Middletons Road Recreation Ground.

Multisports - Tuesdays 5pm - 6pm (meet at 3G pitch)

This Girl Can - Tuesdays 5pm - 6pm (meet at Muga)

Buggy Fitness - Monday 9:15am - 10:15am (meet in Amenity Centre car park)



Walking Sports

We are launching FREE 8-week trial sessions in September for Walking Hockey and Walking Football at One Leisure St Ives Outdoor, so contact us for more info.

- **Walking Football - Mondays 12pm - 1pm (starting 30th September 2024)**
- **Walking Hockey - Fridays 10am - 11am (starting 27th September 2024)**



For our Walking Sports programme, each session is specifically modified for players to walk instead of run and all are suitable for adults aged 35+. We welcome players of any ability or fitness and it's a great way to keep active. **£3.30 per session or 10 session pass for £31, unless specified. Alternatively, included in the Platinum Membership.**