



### Activity Links

Please find below examples of activities and links to useful websites.

Please also see the listings above in the relevant local area on the Be Active in your Local area page.

Please be advised that CSW Sport does not manage the websites that are listed and therefore does not take responsibility for their contents.

#### Active Travel (e.g. cycling and walking to work)

ACT Travelwise, networking organisation that promotes sustainable travel,  
<http://www.acttravelwise.org/home>

Sustrans, the sustainable transport charity, <http://www.sustrans.org.uk/>

Travel Actively, a consortium of the leading walking, cycling and health organisations,  
<http://www.travelactively.org.uk/>

Sustainable Travel section of Department of Health, <http://www.dft.gov.uk/topics/sustainable/>

Direct.gov, Cycling and Walking pages,  
<http://www.direct.gov.uk/en/TravelAndTransport/CyclingAndWalking/index.htm>

#### Children and Young People specifically

Walk to School, information and resources on travelling to schools, <http://www.walktoschool.org.uk/>

School Travelwise, information and tools on travelling to schools, <http://www.schooltravelwise.org.uk/>

Bikeability, Information and resources on the Bikeability scheme, aimed at young people gaining skills and confidence on their bikes to be able to ride on roads, <http://www.bikeability.org.uk/index.php>

Youth Sport Trust, the organisation for children and younger people that aims to build a brighter future for young people by enhancing the quality of their physical education (PE) and sporting opportunities,  
<http://www.youthsporttrust.org/page/our-programmes/index.html>

Bike Club, offering cycling opportunities and resources for children and young people,  
<http://bikeclub.org.uk/>

Play England, the national body that provides advice and support to promote good practice, and works to ensure that the importance of play is recognised by policy makers, planners and the public.  
<http://www.playengland.org.uk/Page.asp>

Learning through Landscapes, The UK School Grounds Charity that helps schools and early years settings make the most of their outdoor spaces for play and learning. <http://www.ltl.org.uk/>

Playday, is a national campaign coordinated by Play England where, each year, thousands of children and young people get out and play at locally organised events, <http://playday.org.uk/>



Natural England, information and resources on getting children active in the outdoors, <http://www.naturalengland.org.uk/gettinginvolved/default.aspx>

Going Wild, opportunities in the outdoors for children and young people, <http://www.goingwild.net/>

### Cycling

Warwickshire County Council Cycling page (including routes) <http://www.warwickshire.gov.uk/cycling>

Sustrans, the sustainable transport charity, <http://www.sustrans.org.uk>, Sustrans Warwickshire, <http://www.sustrans.org.uk/sustrans-near-you/midlands/470>, Sustrans West Midlands, <http://www.sustrans.org.uk/sustrans-near-you/midlands/471> and Bike it, Sustrans, <http://www.sustrans.org.uk/what-we-do/bike-it>

Bike for All, cycling information and resource site, <http://www.bikeforall.net/index.php>

Bikeability, Information and resources on the Bikeability scheme, aimed at young people gaining skills and confidence on their bikes to be able to ride on roads, <http://www.bikeability.org.uk/index.php>

British Cycling, the national governing body for cycle sport in the UK, <http://new.britishcycling.org.uk/>

CTC, The National Cyclist's Union, <http://www.ctc.org.uk/>

Map My Ride Cycling, cycling map route planner, <http://www.mapmyride.com/>

Life Cycle UK, helping people to participate in cycling, <http://www.lifecycleuk.org.uk/> and Resource Centre, resources for cycling, <http://resources.lifecycleuk.org.uk/>

Bike Club, offering cycling opportunities and resources for children and young people, <http://bikeclub.org.uk/>

Action21 Transport Group, (Warwick area specific), sustainable transport projects in Warwick, <http://www.action21.co.uk/transport.html>

### Dancing

Dancescape, the Dance development programme for Coventry, Solihull and Warwickshire, <http://www.dancescapedance.blogspot.com/>

Let's Dance with Change4life, <http://www.nhs.uk/Change4Life/Pages/lets-dance-change4life.aspx>

West Midlands Dance, aims to discover, write about and link to the dance community in the West Midlands, <http://westmidlandsdance.com/>

Dance Web UK, Dance classes, news and other information, <http://www.danceweb.co.uk/>

Dance Champions, database for dance classes (at the top of the page) <http://www.dancechampions.org/>



Dance Xchange, webpage with information on dance classes and workshops in the West Midlands region. You can register your class or workshop on this site, <http://www.danceexchange.org.uk/classes>

Dance UK, advocates and lobbies to promote the importance and needs of dance, <http://www.danceuk.org/metadot/index.pl>

Youth Dance England, the national organisation that champions dance for children and young people, [www.yde.org.uk](http://www.yde.org.uk)

Foundation for Community Dance, the UK organisation for community dance, working to support the development of community dance in the UK and internationally, [www.communitydance.org.uk](http://www.communitydance.org.uk)

Exercise, Movement and Dance Partnership (EMDP), the national governing body for exercise, movement and dance, <http://www.emdp.info/>

#### General physical activity

Refer to your local leisure centres for facilities such as gyms and exercise classes

Activities for people aged 50 and over through Age Concern, <http://www.ageuk.org.uk/health-wellbeing/fit-as-a-fiddle/> - refer to the Age UK Warwickshire, <http://www.ageuk.org.uk/warwickshire/>, Age UK Solihull, <http://www.ageuk.org.uk/solihull/> and Age UK Coventry, <http://www.ageuk.org.uk/coventry/> web pages for localised opportunities.

British Military Fitness, outdoor fitness sessions for all, Coventry, Solihull and Warwick areas <http://www.britmilfit.com/index.aspx>

Park Run, timed free 5km informal running/jogging races organised in parks across the country on Saturday mornings for all. People are welcome to establish their own Park Run in a local area. There is one organised at War Memorial Park in Coventry and in the Solihull area there is one at Brueton Park. Both of these run on Saturdays at 9am. <http://parkrun.com>

Exercise, Movement and Dance Partnership, is the lead National Governing Body for exercise, movement and dance, <http://www.emdp.info/>

Naturally Active, An interactive web based resource to inspire recreation opportunities, <http://www.naturallyactive.org/>

Advice and resources on healthy and active living, <http://www.realbuzz.com/home/>

Take life on, information on being active, <http://www.takelifeon.co.uk/get-active/>

NHS Choice, Live Well, information and advice on being active, <http://www.nhs.uk/LiveWell/Fitness>

Teenweightwise.com, the information website on healthy living and being active for young people, [http://www.teenweightwise.com/being\\_active.html](http://www.teenweightwise.com/being_active.html)

Natural England, places to enjoy across the country, <http://www.naturalengland.org.uk/ourwork/enjoying/places/default.aspx>



Green exercise including active conservation, getting active and helping the environment

Warwickshire Wildlife Trust, <http://www.warwickshire-wildlife-trust.org.uk/home.aspx>

British Trust for Conservation Volunteers (BTCV), <http://www2.btcv.org.uk/display/volunteer> ,  
[http://www.btcv.org.uk/cgi-bin/office\\_opps\\_ind.cgi?ref=10009&region=wm](http://www.btcv.org.uk/cgi-bin/office_opps_ind.cgi?ref=10009&region=wm) and BTCV Green Gym,  
<http://www2.btcv.org.uk/display/greengym>

Woodland Trust, <http://www.woodlandtrust.org.uk/en/Pages/default.aspx>

Visit Woods, an interactive project run by the Woodland Trust, <http://visitwoods.org.uk/en/visit-woods/Pages/get-involved.aspx>

The National Trust, volunteering opportunities <http://www.nationaltrust.org.uk/main/w-trust/w-volunteering.htm>

The National Trust, The Great Outdoors, Outdoor Gym, Walking Trails and Cycling Routes,  
<http://www.nationaltrust.org.uk/main/w-vh/w-visits/w-visits-feelfree.htm>

Naturally Active, An interactive web based resource to inspire recreation opportunities,  
<http://www.naturallyactive.org/>

Muck in 4 life, the Change4life sub brand involving environmental activities,  
<http://muckin4life.direct.gov.uk/>

Walking for Health, Green Exercise resources and information,  
<http://www.wfh.naturalengland.org.uk/details.asp?key=2133|0|33B8275939023|p|827|0&parentkey=2133|0|33B8275939023|p|827|0>

### Jogging/Running

Run in England, an organisation that aims to get people running in local communities,  
<http://www.runinengland.co.uk/page.asp?section=27&sectionTitle>About+Run+in+England>

Route Planner sites, Mapmyrun, [www.mapmyrun.com](http://www.mapmyrun.com) and Walk, Jog, Run, <http://www.walkjogrun.net/>

Event sites such as <http://www.runnersworld.co.uk/> and <http://www.runningdiary.co.uk/>

Running advice and resources sites, RealBuzz, <http://www.realbuzz.com/home/>, Running for Fitness,  
<http://www.runningforfitness.org/>, Running for Fun, <http://www.runningforfun.co.uk/> , Running for Women, <http://www.running4women.com/>

<http://www.joggingbuddy.com> , free social networking site designed specifically for runners and joggers all over the world.



## Swimming

British Swimming, ASA, The national governing body for swimming, <http://www.britishswimming.org/>

Swimming.org, everything you need to know about swimming, <http://www.swimming.org/>

Swim UK, information on swimming, <http://www.ukswim.co.uk/index.html>

SwimFit, is a free to use website which provides you with a gym-style programme for the pool.  
<http://www.swimfit.com/>

## Walking

Please also see the walking listings in the relevant local area in the Be Active in your Local Area page

Walking4Health walks, walks finder, see National Initiatives page for more information on the initiative,  
<http://www.wfh.naturalengland.org.uk/walkfinder-map/West%20Midlands> and  
<http://www.wfh.naturalengland.org.uk/walkfinder>

Ramblers, walks finder, <http://www.ramblers.co.uk/walksfinder/search.php> and The Ramblers homepage, <http://www.ramblers.org.uk/gwkw/>

Walking in Warwickshire,  
<http://www.warwickshire.gov.uk/Web/corporate/pages.nsf/Links/0309E8753D7C351680256FDA00535B28>

MapmyWalk.com, walking route planner and recorder, <http://www.mapmywalk.com/>

Walkit.com, the urban walking route planner, <http://www.walkit.com>

Walking Routes.com, links to walking routes across the UK, <http://www.walking-routes.co.uk/>

Walking-UK, walking advice and links, <http://www.walking-uk.com/>

Walking Works, part of the Living Streets' set of campaigns, is a campaign to get us all walking more in our daily lives, <http://www.walkingworks.org.uk/>

Walk to school, run by Living Streets and funded by the Department of Transport, it offers information and tools to help support children walking to school, <http://www.walktoschool.org.uk/index.php>

Walk England, social enterprise that works in partnership with health, transport and environmental professionals with the aim to create local opportunities for people to choose to walk, to walk more often, to walk to more places, and to feel safe while doing so, <http://www.walkengland.org.uk/>

## Other useful sites

Facilities and provision in your area, visit Sport England's Active places, [www.activeplaces.com](http://www.activeplaces.com) and the



Promoting activity toolkit.com Activity search tool for Providers,  
<http://www.promotingactivitytoolkit.com/Activitysearchtool/tabid/153/Default.aspx>

Countryside Recreation Network, the UK and Republic of Ireland organisation that exchanges and shares information to develop best policy and practice in countryside recreation.  
<http://www.countrysiderecreation.org.uk/>

Groundwork, West Midlands, is a group of charities helping people and organisations make changes in order to create better neighbourhoods, to build skills and job prospects, and to live and work in a greener way. <http://www.westmidlands.groundwork.org.uk/default.aspx> . Some of the projects are physical activity and health related. These include Active Neighbourhoods, Sports 4 Change, Sporting Chances, Learning Cafe and Urban Explorers.

Blue Gym, an information hub and a resource website to encourage activities and usage of the coastline and inland waters for everyone, [www.bluegym.org.uk](http://www.bluegym.org.uk)  
Tennis for Free, find places where tennis courts, sessions and lessons are free in local areas  
<http://www.tennisforfree.com/>

Football Replay, fun football for over 35s across the country one venue in Coventry and the potential for many others to be established, <http://www.footballreplay.net/> and Mars Just Play, for anyone of any age wanting to join in a game of football,  
<https://justplay.thefa.com/?gclid=CKKegLSC6awCFQUhtAod6S3JNg>