

Summary Sheet of Examples of Local and National Opportunities to be Active and Healthy – North Warwickshire Borough

(Version up to date as at 01.12.11)

Local Opportunities to be Active and Healthy

Opportunities in North Warwickshire (including **sports and activity clubs**) –

www.northwarks.gov.uk/leisure or
www.warwickshire.gov.uk/cid , phone 01827 719270 or 719271 or refer to
www.nhs.uk/letsgetmoving

Wellness Matters, provides information and advice on ways to maintain a healthy lifestyle,
www.northwarks.gov.uk/wellnessmatters or
phone 01827 719346

Change4life Adviser Service in the Council Leisure Centres; a 6 week programme to help you improve your health. Ask in your local leisure centre for further information

Warwickshire Healthline – not sure who to call? For access to local health services or a query that isn't an emergency; phone 03000 247 111 (local rate number) or
www.warwickshire.nhs.uk/healthline

NHS Choices, your health, your choices,
www.nhs.uk and www.nhs.uk/livewell/fitness

NHS Warwickshire, local health services
www.warwickshire.nhs.uk

Walking

Walking for Health group walks contact StephanieLawrence@NorthWarks.gov.uk or phone 01827 719271 or visit
www.wfh.naturalengland.org.uk/walkfinder or
www.northwarks.gov.uk/leisure and go to 'walking' on the tab to the left hand side

Ramblers groups
www.ramblers.co.uk/walksfinder or phone 020 7339 8500

Walking routes as part of the North Arden Heritage Trail www.northardenheritagetrail.co.uk

Walking planner / route sites such as www.walkit.com and www.walking-routes.co.uk and walking maps can be found at
www.walkinginwarwickshire.co.uk/nuneaton

Walking in Warwickshire ,
www.warwickshire.gov.uk/walking

Information on short walks,
www.walk4life.info

Cycling

Visit the main leisure pages at www.northwarks.gov.uk/leisure and then click on the cycling link or visit
www.warwickshire.gov.uk/cycling

Jogging/Running

Route planning sites such as www.mapmyrun.com and Walk, Jog, Run, www.walkjogrun.net and running advice sites such as www.runningforfun.co.uk, Running for Women, www.running4women.com

Swimming

Atherstone Leisure Complex,
atherstoneleisurecentre@northwarks.gov.uk or phone 01827 722198 or through
www.northwarks.gov.uk/leisure

www.swimming.org for information and advice on swimming and www.swimfit.com to visit a free to use website which provides you with a gym-style programme for the pool

Dance

Dance Champions Directory, find a class near you, www.dancechampions.org

Opportunities with the focus on people who are 50 and above

Age UK Warwickshire, Fit as a Fiddle programme, www.ageuk.org.uk/health-wellbeing/fit-as-a-fiddle, Keeping Fit page, www.ageuk.org.uk/health-wellbeing/keeping-fit www.ageukwarwickshire.org.uk and go to Community Development and Events section for the Ageing Well, and other programmes, or phone 01926 458117

Green exercise, Active Conservation and Places to visit

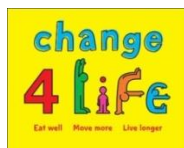
<http://muckin4life.direct.gov.uk> Muck in 4 life, fun, healthy and free environmental activities for all the family

BTCV Green Gym, get active through conservation work, www2.btcv.org.uk/display/greengym or phone the Warwickshire volunteer coordinator on 01926 650 372

Places to visit and enjoy, www.naturalengland.org.uk/ourwork/enjoying/places/default.aspx

National Trust volunteering opportunities, www.nationaltrust.org.uk/main/w-trust/w-volunteering.htm

Warwickshire Wildlife Trust volunteering at www.warwickshire-wildlife-trust.org.uk or phone 024 7630 2912



The partners of this scheme support the Change4life initiative, which aims to get people to eat well, move more and live longer.

Please note that the links that are listed are external sites and not managed by the partners involved in this scheme and so take no responsibility for their contents.

Events

North Warwickshire events, www.northwarks.gov.uk/events and www.cswsport.org.uk/EventsintheSubRegion for events in Coventry, Solihull and Warwickshire

Leisure Centres, Facilities and Parks

Leisure Centre information, www.northwarks.gov.uk/leisure or Active Places, www.activeplaces.com

Parks and Countryside links, www.warwickshire.gov.uk/parks or www.warwickshire.gov.uk/countryside

Atherstone Leisure Complex, 01827 722198

Arley Sports Centre, 01676 541867

Coleshill Leisure Centre, 01675 466022

Polesworth Sports Centre, 01827 894091

Please note there are other gym and leisure providers in the area too

Other Useful Websites

CSW Sport Physical Activity pages, www.cswsport.org.uk/physicalactivity

Change4life, getting people to eat well, move more and live longer, www.nhs.uk/change4life

If you want to find out about opportunities to be active outside of the North Warwickshire borough area then you can visit www.cswsport.org.uk/BeActiveInYourLocalArea