

Summary Sheet of Examples of Local and National Opportunities to be Active and Healthy – Nuneaton and Bedworth Borough (Version up to date as at 01.12.11)

Local Opportunities to be Active and Healthy

Opportunities in the Nuneaton and Bedworth area (including **sports and activity clubs**) –

www.nbleisuretrust.org.uk

or phone 02476 400586 or search for activities at

www.nhs.uk/letsgetmoving or

www.warwickshire.gov.uk/cid

You can get advice from your Sport and Recreation team by phoning 02476 400586,

Or receive 1:1 support from the Physical Activity Consultant on 02476 400547 for advice on becoming active or

www.nbleisuretrust.org.uk/page171.asp

Health Trainer service, free and confidential 1:1 support for local people who want to make a lifestyle change to improve their health, healthtrainers@geh.nhs.uk and 02476 390008

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

Cycling

Visit www.warwickshire.gov.uk/cycling for information on cycling

Walking

Walking for Health group walks, www.nbleisuretrust.org.uk/page29.asp or www.wfh.naturalengland.org.uk/walkfinder or phone 02476 400585

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

For 'Your Green Track' walking maps in the Nuneaton and Bedworth area, please contact Jo Robinson, Events and Promotions Officer. Leaflets are available for Marston and Weston, Weddington, Caldecote, Chilvers Coton and Keresley. These are also available through

www.nuneatonandbedworth.gov.uk/leisure-culture in the Parks and Open Spaces section, under General Parks Information,

under Green Track Walks to the left hand side. You can also be part of the Step Challenge and other events and promotions. 02476 376042 or email

joanne.robinson@nuneatonandbedworth.gov.uk

Walking maps,

www.walkinginwarwickshire.co.uk/nuneaton

and walking planner/route sites such as

www.walkit.com and www.mapmywalk.com

Information on short walks, www.walk4life.info

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

Visit www.nbleisuretrust.org.uk/page467.asp or phone 02476 400586 for more information

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

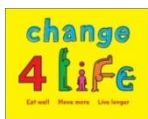
<http://muckin4life.direct.gov.uk> Muck in 4 life, fun, healthy and free environmental activities for all the family

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

Nuneaton and Bedworth events, www.nuneatonandbedworth.gov.uk/leisure-culture/whats-on and www.cswsport.org.uk/EventsintheSubRegion for events in Coventry, Solihull and Warwickshire

Leisure Centres, Facilities and Parks

Visit www.nbleisuretrust.org.uk/page470.asp to find information on the local leisure centres

Parks and Open Spaces, www.nuneatonandbedworth.gov.uk/parks or phone 024 7637 6739 and Active Places, www.activeplaces.com

Pingles Leisure Centre, 024 7640 0500

Etone Sports Centre, 024 7640 0501

Bedworth Leisure Centre, 024 7640 0502

Jubilee Leisure Centre, 024 7640 0503

Academy Sports Centre, 024 7640 0507

Alec Wilson Sports Centre, 024 7640 0502

Activity Pass, 024 7640 0504

Please note there are other gym and leisure providers in the borough 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 Nuneaton and Bedworth borough area then you can visit www.cswsport.org.uk/BeActiveInYourLocalArea