



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

Local Opportunities to be Active and Healthy

All Opportunities in the Stratford district area (including **sports and activity clubs**) – either visit the sports and leisure database at www.stratford.gov.uk/leisure/leisure-267.cfm, The Leisure Directory, www.stratford.gov.uk/leisure/leisure-905.cfm, contact 01789 260606 or refer to www.nhs.uk/letsgetmoving

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 www.wfh.naturalengland.org.uk/walkfinder or phone 01789 260606

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

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

Information on short walks, www.walk4life.info

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

Cycling

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

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

Events

Stratford District events www.stratford.gov.uk/leisure/whatson.cfm and www.cswsport.org.uk/EventsintheSubRegion for events in Coventry, Solihull and Warwickshire

Opportunities with the focus on people who are 45 and above

Get-Set-Go activities including activity classes, walks and green exercise/gardening and healthy eating, www.stratford.gov.uk/leisure/leisure-2399.cfm or contact sports@stratford-dc.gov.uk or phone 01789 260606

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

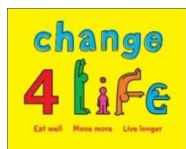
<http://muckin4life.direct.gov.uk> Muck in 4 life, fun, healthy and free environmental activities for all the family

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.

Leisure Centres, Facilities and Parks

Parks and Open Spaces, www.stratford.gov.uk/community/parks.cfm or phone 01789 260616

Stratford District Leisure Centres, www.stratford.gov.uk/leisure/leisure-546.cfm and Active Places, www.activeplaces.com

Stratford Leisure and Visitor Centre, 01789 268826

Studley Leisure Centre, 01527 857161

Southam Leisure Centre, 01926 817788

Shipston Leisure Centre, 01608 662354

Activities at a glance at the Leisure Centres, www.stratford.gov.uk/leisure/leisure-850.cfm

Warwickshire College, Henley-in-Arden, 01564 797819, www.warwickshire.ac.uk/our_locations/henley-in-arden.aspx

The Greig Centre, Alcester, 01789 400073, www.thegreig.co.uk

Please note there are other gym and leisure providers across the Stratford district 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 Stratford district area then you can visit www.cswsport.org.uk/BeActiveInYourLocalArea

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.