



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

Local Opportunities to be Active and Healthy

Opportunities in the Warwick district (including **sports and activity clubs**) –visit www.warwickdc.gov.uk/leisure or www.warwickdc.gov.uk/WDC/Leisure/Sports/Sports+clubs for sports clubs, phone 01926 456222, or refer to www.nhs.uk/letsgetmoving

Brunswick Healthy Living Centre, Leamington, including the Brunswick Gets Physical Project, Volunteer Co-ordinator, www.brunswickhlc.org.uk or 01926 422123

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 www.warwickshire.nhs.uk/yourhealth/weightmanagement/walkingforhealth.aspx or phone 0300 060 2287

Ramblers groups www.ramblers.co.uk/walksfinder or phone 020 7339 8500 and The Bears Walking group for 20s to 40s, www.bearwalkinggroup.co.uk

Walking planner/route sites such as www.walkit.com, www.mapmywalk.com, www.walking-routes.co.uk and www.walkinginwarwickshire.co.uk/warwick

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

Information on short walks, www.walk4life.info

Cycling

Cycling information, 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

Women's running group, Leamington, wrnleamingtonspa@googlemail.com or through facebook, or look at local running and athletics clubs online at www.warwickdc.gov.uk/WDC/Leisure/Sports/Sports+clubs

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

Warwick events, www.warwickdc.gov.uk/WDC/Leisure and go to 'What's on' on the right hand side, or, www.cswsport.org.uk/EventsintheSubRegion for events in Coventry, Solihull and Warwickshire

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

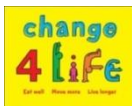
<http://muckin4life.direct.gov.uk> Muck in 4 life, fun, healthy and free environmental activities for all the family

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.

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

British Military Fitness, St Nicholas Park, Warwick, outdoor fitness sessions, www.britmilfit.com

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

Leisure Centres, Facilities and Parks

Leisure Centres and gyms, www.warwickdc.gov.uk/WDC/Leisure/Leisure+centres+and+gyms or phone the relevant centre (below) or Active Places, www.activeplaces.com

Parks and Open Spaces, www.warwickdc.gov.uk/WDC/Leisure/Parks or phone 01926 412464

St Nicholas Park Leisure Centre, Warwick, 01926 495353

John Atkinson Sports Centre at Myton School, Warwick, 01926 498363

Newbold Comyn Leisure Centre, Leamington, 01926 882083

Newbold Comyn Golf Course, Leamington, 01926 421157

Edmondscote Athletics Track, Leamington 01926 456220

Sydenham Leisure Centre, Leamington, 01926 330668

Abbey Fields Swimming Pool, Kenilworth, 01926 855478

Castle Farm Recreation Centre, Kenilworth, 01926 850550

Meadows Community Centre at Kenilworth School, Kenilworth 01926 857613

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

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