



# Ageing Well Activity PROGRAMME



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# Social Event Activities

For social event activities please visit our website:

<http://www.babergh.gov.uk/communities/whats-on/>

Your local tourist information centres offer a wide selection of local walking information so why not pop in or check out: [www.heartofsuffolk.co.uk](http://www.heartofsuffolk.co.uk)

For other social event activities information in your area have a look at:

Suffolk's Fab 40 Adventures  
Fun for all outdoors whatever the season

[Fab40suffolk.co.uk](http://Fab40suffolk.co.uk)

South Suffolk Leisure  
Healthy Communities Flyer  
[www.ssleisure.co.uk](http://www.ssleisure.co.uk)

Suffolk Sport  
Active Wellbeing Programme  
[www.suffolksport.com/activity-menus](http://www.suffolksport.com/activity-menus)

Future East  
The regional voice for older people in the East of England  
[Www.futureeast.org.uk](http://Www.futureeast.org.uk)

Or for idea's on visiting Suffolk's countryside try

[www.discoversuffolk.org.uk](http://www.discoversuffolk.org.uk)

[www.ruralartssuffolk.org.uk](http://www.ruralartssuffolk.org.uk)

# Health Walks/Nordic Walking

Walking offers many health benefits and allows you access to green spaces and nature which can help reduce stress plus restore mental fatigue, as well as improving our general fitness

**Another bonus is its generally free!**

One Life Suffolk Babergh and Mid Suffolk District Councils in partnership, offer a range of health walks across both districts. To find out more about our current walks programmes visit our website. Or visit

[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

Or for further information one events In your area:

Nordic walking in Babergh

Contact Mary Baker on: 07730 421212

Nordic walking in Mid Suffolk

Contact Kevin Marshall on: 07955495016

or

Contact Debbie Maynard on: 01473 718193 - One Life Suffolk

Contact Sue Calver on: 07769881226 - Communities Officer  
Babergh and Mid Suffolk District Council



# Ageing Well Activity Programme

## MONDAYS

### Strength & Balance Class

Location: Lambs School East Bergholt

Times 2.15pm-3.15pm

Cost £5.00 per session

Provider Ginny Knox

Contact No 07768 638993

### Otago/Chair Based Exercise

Location: Kingfisher LC Sudbury

Times 2-3pm &  
1.45-2.45pm

Cost £2.45 per session or  
free to members

Provider South Suffolk Leisure

Contact No. 01787 375656

### Strength & Balance Class

Location: Hintlesham & Chattisham  
Community Centre

Times 10.30am-11.30am

Cost £5.00 per session

Provider Ginny Knox

Contact No. 07768 638993

### Living Well Classes

Location: Mid Suffolk Leisure Centre,  
Stowmarket

Times 2pm - 3pm

Cost £3.90 per class

Activity Provider Bob Halls

Contact No. 01449 614271

## TUESDAY EVERY OTHER WEEK

### Extend over 60's exercise session

Location: Field View Community Centre  
Thurston

Times 2.00pm-3.00pm

Cost £4.50 per session

Provider Polly Lavendar

Contact No. 01379 643212

## TUESDAYS

### Together Tuesday - supporting people to live well with dementia

Location: Hadleigh Pool & Leisure

Times 2.00pm-4.00pm

Cost £2.10 (carers, family & friends no charge)

Provider South Suffolk Leisure

Contact No. 01473 823470

### Otago/Chair Based Exercise

Location: Boxford Village Hall

Times 10.30am-11.30am

Cost £2.00 per session

Provider Samantha Cross

Contact No. 07939 579292

### Otago/Chair Based Exercise

Location: Steeds Meadow Long Melford

Times 2.00pm-3.00pm

Cost £3.00 per session

Provider Samantha Cross

Contact No. 07939 579292

### 50+ Keep Fit

Location: Hitcham Village Hall

Times 2.00pm-3.00pm

Cost

Provider Contact Becky Cruickshank

Contact No. 07734 414151

### Otago

Location: Hadleigh Pool & Leisure

Times 1.30pm-2.30pm

Cost £3.50 per session (free to members)

Provider South Suffolk Leisure

Contact No. 01473 823470

### New Age Kurling

Location: Town Hall, Broad Street, Eye

Times 10.30am-12.30pm

Cost £4.00 per session

Provider Active Lives - Kim

Contact No. 01473 345350

# Ageing Well Activity Programme

## WEDNESDAYS

### Fit Steps with Mary

Location:	Debenham LC
Times	9.45am-10.45am 7.00pm-8.00pm
Cost	£4.00 members or £5.00 Non members
Provider	Debenham Leisure Centre
Contact No.	01728 981101

### New Age Kurling

Location:	John Peel Centre, Stowmarket
Times	10.30am-12.30pm
Cost	£4.00 per session
Provider	Activ Lives - Kim
Contact No.	01473 345350

### Strength & Balance Class

Location:	Lawshall Village Hall
Times	10.00am-11.00am
Cost	£5.00 per session
Provider	Ginny Knox
Contact No.	07768 638993

### Strength & Balance Class

Location:	Lavenham Village Hall
Times	1.00pm-2.00pm
Cost	£5.00 per session
Provider	Ginny Knox
Contact No.	07768 638993

### Living Well Classes

Location:	Mid Suffolk Leisure Centre, Stowmarket
Times	2pm - 3pm
Cost	£3.90 per class
Activity Provider	Bob Halls
Contact No.	01449 614271

### Otago/Chair Based Exercise

Location:	Western Court Stowmarket
Times	3pm - 4pm
Cost	£2.00 per person
Activity Provider	Julie Paul
Contact No.	01449 672703

## THURSDAYS

### Tai Chi

Location:	Mendham & Withersdale Street Village Hall
Times	10.30am-11.30am
Cost	£6.00 per session
Provider	Nigel Brett
Contact No.	07777 695656

### Tai Chi

Location:	Hoxne Village Hall
Times	2.00pm-2.45pm & 3.00pm-3.45pm
Cost	£6.00 per session
Provider	Nigel Brett
Contact No.	07777 695656

### Otago/Chair Based Exercise

Location:	Rattlesden & Woolpit
Times	Rattlesden - 10.00am Woolpit - 11.30am
Cost	£5
Activity Provider	Ginny Knox
Contact No.	077680638993

### Back to Fitness Session

Location:	Mid Suffolk Leisure Centre Stowmarket
Times	1pm - 2pm
Cost	Contact for further information
Activity Provider	Becky Cruickshank
Contact No.	01449 742818 or 742 822

## FRIDAY

### Leading Lives Older Peoples Wellbeing Service

Provider	Louise Clark
Contact No.	01473 406777 Infoeleadinglives.org.uk

## VARIOUS

### Over 60's activities including Pilates/ Gym/Badminton/Tennis

Location:	Gt Cornard LC Head Lane
Times	Various
Cost	Casual sessions and memberships
Activity Provider	Gt Cornard Leisure Centre
Contact No.	01787 378416 <a href="http://www.gcsportscentre.co.uk">www.gcsportscentre.co.uk</a>

### Various 50+ swimming – Young at Heart and Aqua and group exercise programme

Location:	Stradbroke Swimming Pool
Times	Various
Cost	Call 01379 384376 or website: <a href="http://www.everyoneactive.com">www.everyoneactive.com</a> for timetable
Activity Provider	Stradbroke Swimming Pool
Contact No.	01379 384376

### Various 50+ activities

Location:	Mid Suffolk Leisure Centre Stowmarket
Times	Various
Cost	Call 01449 674980 or website: <a href="http://www.everyoneactive.com">www.everyoneactive.com</a>
Activity Provider	Mid Suffolk Leisure Centre
Contact No.	01449 674980

## Other Activity Providers

Age UK Suffolk  
officeageuksuffolk.org  
Tel: 01473 351234

Sue Ryder Dementia Together  
Tel: 08081688000

FIT Villages Projects  
Across Babergh & Mid Suffolk  
Suffolk Sport  
[www.suffolksport.com](http://www.suffolksport.com)  
Tel: 01394 444605

Fun Dance with Janet Drake  
[www.fundancing.co.uk](http://www.fundancing.co.uk)  
Tel: 07506 350455



## Leisure Centres in Babergh and Mid Suffolk

Our leisure centres offer a variety of activities for older people.

### Babergh

#### Kingfisher Leisure Centre

Address: Station Rd, Sudbury, CO10 2SU

Phone: 01787 375656

Website: [www.ssleisure.co.uk/kingfisher-leisure-centre/](http://www.ssleisure.co.uk/kingfisher-leisure-centre/)

#### Haleigh Pool and Leisure

Address: Stonehouse Rd, Hadleigh, Ipswich, Suffolk, IP7 5BH

Phone: 01473 823470

Website: [www.ssleisure.co.uk/hadleigh-pool-leisure/](http://www.ssleisure.co.uk/hadleigh-pool-leisure/)

#### Hadleigh High School

Address: Highlands Rd, Hadleigh, Ipswich, IP7 5HU

Phone: 01473 823470

Website: [www.ssleisure.co.uk/hadleigh-high-leisure-centre/](http://www.ssleisure.co.uk/hadleigh-high-leisure-centre/)

#### East Bergholt Sports Centre

Address: East Bergholt Sports Centre, Heath Road, East Bergholt,  
CO7 6RJ

Phone: 01206 299340

Website: [www.eastbergholtsportscentre.co.uk/](http://www.eastbergholtsportscentre.co.uk/)

#### Peninsula Holbrook

Address: Ipswich Road, Holbrook, Ipswich, Suffolk, IP9 2QX

Phone: 01473 328015

Website: [www.peninsulasportscentre.co.uk](http://www.peninsulasportscentre.co.uk)

#### Sudbury Sports Centre

Address: Tudor Road, Sudbury, Suffolk, CO10 1NW

Phone: 01787 373132

Website: [www.ssleisure.co.uk/sudbury-sports/](http://www.ssleisure.co.uk/sudbury-sports/)

## Great Cornard Sports Centre

Address: Head Lane, Great Cornard, Sudbury, Suffolk, CO10 0JU  
Phone: 01787 374861  
Website: [www.gcsportscentre.co.uk/confindus.html](http://www.gcsportscentre.co.uk/confindus.html)

## Mid Suffolk

### Everyone Active Mid Suffolk Leisure Centre

Address: Gainsborough Road, Stowmarket, IP14 1LH  
Phone: 01449 674980  
Website: [www.everyoneactive.com/centre/mid-suffolk-leisure-centre/](http://www.everyoneactive.com/centre/mid-suffolk-leisure-centre/)

### Stradbroke Pool

Address: Wilby Road, Stradbroke, IP21 5JN  
Phone: 01379 384376  
Website: [www.everyoneactive.com/centre/stradbroke-swimming-pool-and-fitness-centre/](http://www.everyoneactive.com/centre/stradbroke-swimming-pool-and-fitness-centre/)

### Debenham Leisure Centre

Address: Gracechurch Street, IP14 6BL  
Phone: 01728 861101  
Website: [www.debenhamsportsandleisure.co.uk/](http://www.debenhamsportsandleisure.co.uk/)

There are a wide variety of opportunities for older people to not only be **ACTIVE** but to be **SOCIAL** as well, so why not try something **NEW** and meet new **PEOPLE**?

For contacts of local clubs and organisations in Babergh and Mid Suffolk please check out the link below and contact the relevant club/session you are interested in.

<http://www.babergh.gov.uk/communities/whats-on/activities-for-older-people>