

## Walking Sports

Walking Tennis	Walking Tennis an adapted form of Tennis that is more inclusive, easier to learn, and great fun. <a href="mailto:goga@actioncentre.org.uk">goga@actioncentre.org.uk</a>	Retford Tennis Club Thursday 4PM-5PM £3 per session
Walking Football	Men Only Contact Colin Gwilym - 07443 581486	Valley Leisure Centre, Monday 6-7 PM £3 per session
Walking Football	Ladies Only Contact Colin Gwilym - 07443 581486	Valley Leisure Centre Monday 7-8 PM £2.50 per session
Walking Netball	A game of walking Netball is for all ages and abilities and every session contains a gentle warm-up. Contact - Judith 01302 746425	Bircotes Sports Ground, Monday 12-2 PM £1 per session
Walking Cricket	Walking Cricket is the perfect way to remain involved with the game and meet new people whilst staying active. <a href="mailto:tony.wright@bassetlaw.gov.uk">tony.wright@bassetlaw.gov.uk</a>	North Notts Community Arena, Tuesday 1-2.30 PM £2 per session
Walking Football	Available for all abilities. <a href="mailto:tony.wright@bassetlaw.gov.uk">tony.wright@bassetlaw.gov.uk</a>	Elizabethan Academy Retford, Thursday 7-8 PM £2.50 per session
Walking Football	Rehabilitation Session – for people with mobility /health issues only. Contact Colin Gwilym - 07443 581486	Outwood Academy Portland, Tuesday 6.30-7.30 PM £2.50 per session

## Walking Groups

Retford Step 2 it	Mick Redfearn 01777 719286 or 07768467548 Varying distances starting from 2 miles	Tuesday 10 Am Retford Cricket Club
Retford Step 2 it	Mick Redfern 01777 719286 or 07768467548 Varying distances starting from 2 miles	Babworth Road sports and Social Club, Wednesday 18.30 Summer Months
Step 2 it Dukeries	Malcolm Funnel 07853725262 Walks for all abilities	Kilton Forest Golf Club, Thursday 10 AM
Smiley Milers	Malcolm Funnel 07853725262 Walks for all abilities	Bircotes & Harwoth Pavilion Wednesday 10AM
Wednesday Wanderers	George McKinnell 07837165713 Walk for abilities Every 6 weeks there is an away walk. <a href="mailto:tony.wright@bassetlaw.gov.uk">tony.wright@bassetlaw.gov.uk</a>	Langold Lake Café Wednesday 09.45
Walkabouts, Cycle bouts, Push bouts	Currently all visitors must book to enter clumber park. <a href="mailto:tony.wright@bassetlaw.gov.uk">tony.wright@bassetlaw.gov.uk</a>	Clumber Park All organised activities at Clumber Park are cancelled at the moment.

## Seated Exercise/Yoga

Community Seated Exercise	Seated Exercise Class for the elderly Contact - Joan Sanger 01427 848636	Beckingham Village Hall Monday 2.30.3.15 Free
Women's Aid Yoga Sessions	<i>Domestic Abuse / Yoga sessions.</i> Nicola 01909 533610 <a href="mailto:tony.wright@bassetlaw.gov.uk">tony.wright@bassetlaw.gov.uk</a>	Women's Aid Worksop, Monday
Retford MS Support Group	Specifically for people who are connected to Retford MS support Group. Online Yoga via Zoom Barbara Ramsden 01777 860674	The Well Retford, Monday Afternoon
Boccia / Curling / Yoga.	Old Peoples Dementia Group <a href="mailto:tony.wright@bassetlaw.gov.uk">tony.wright@bassetlaw.gov.uk</a>	Hallcroft Community Hall Retford Dementia Group. Tuesday

# Your Health Your Way an integrated Wellbeing Service

Physical Activity (inc falls prevention)	Delivered via Zoom until face to face can commence 0115 772 2515	Delivered via zoom
Physical Activity Sessions	<a href="http://www.yourhealthnotts.co.uk">www.yourhealthnotts.co.uk</a> 0115 772 2515	The Canch, Worksop, Thursday 10am
Online weight management groups	<a href="http://www.yourhealthnotts.co.uk">www.yourhealthnotts.co.uk</a> 0115 772 2515	Mon-Fri Online Via Zoom

## Young People

SAND Disability Sports Club	For young people with a disability <a href="mailto:sian.kirk@bassetlaw.gov.uk">sian.kirk@bassetlaw.gov.uk</a>	Worksop College Sports Hall Monday Evening 6-7
Special Needs Swimming Lessons	For young people with a disability <a href="mailto:sian.kirk@bassetlaw.gov.uk">sian.kirk@bassetlaw.gov.uk</a>	Bircotes Leisure Centre Pool
Junior Netball Sessions	For people 9 – 13 years of age <a href="mailto:sian.kirk@bassetlaw.gov.uk">sian.kirk@bassetlaw.gov.uk</a>	Valley Leisure Centre Worksop
Junior Tennis Sessions	For people 5-16 years of age <a href="mailto:retfordtennisclub@gmail.com">retfordtennisclub@gmail.com</a>	Retford Tennis Club, Monday Evenings

## Aurora Centre

Pilates	Benefits mental and physical wellbeing for M&W. Increases flexibility, balance & core muscle strength. Can be seated. Online via zoom Contact Carol Lonsdale – 07806702942	Wednesday 9.25-10.25, 10.30-11.30 Thursday 9.15-10.15, 10.30-11.30
Tai-Chi	Outside on the Canch. Contact an Aurora WBP on - 01909 470985 Improves mobility, positive approach See website <a href="http://www.aurorawellbeing.org.uk">www.aurorawellbeing.org.uk</a>	Thursday 10.30-11.30
Yoga Rest & Restore	Builds capacity and resilience, supports sleep, anxiety & flexibility See website <a href="http://www.aurorawellbeing.org.uk">www.aurorawellbeing.org.uk</a> Contact an Aurora WBP on - 01909 470985	Next 4 week programme 27 <sup>th</sup> Aug, 3 <sup>rd</sup> , 7 <sup>th</sup> , and 24 <sup>th</sup> Sept
Personalised prescribed Yoga Therapy	Individualised programme. Supports mental & physical wellbeing See website <a href="http://www.aurorawellbeing.org.uk">www.aurorawellbeing.org.uk</a> Online via Zoom. Contact an Aurora WBP on - 01909 470985	By Appointment
Prescribed Personal Training	Personal training sessions delivered by Cancer Exercise Specialists Person centered activity, 4 sessions per person. Online via zoom, 1:1 face to face	Contact an Aurora WBP on - 01909 470985
Aurora Gym Fitness and Social Wellbeing CIC	Gentle exercise for all, supports mental & physical wellbeing. Induction required, face to face. Contact Helen or Janice on – 07936551308	Not restarted yet

**BPL-There are 3 leisure centres Worksop, Bircotes and Retford, for days and times of activities see BPL website [www.bpl.org.uk](http://www.bpl.org.uk)**

The Long Term Exercise Programme	The programme offers a free 30 minute consultation and the first agreed class of choice. Included within our Long Term Exercise is a tailored Exercise programme designed around the needs of you the individual by our highly qualified Level 3-4 coordinators. The programme covers many conditions -COPD, Hypertension, Diabetes Type 2, CHD,
Cardiac Phase IV Rehabilitation	The Phase IV Cardiac Rehabilitation coordinators are based at all of our BPL sites within Bassetlaw. –If you have experienced or have a family member with a Cardiac health problem -e.g.: Angina, MI, had stents fitted (to name a few) more than 6 months ago with no returning problems - please call our Cardiac Phase IV coordinator –it’s simple - select your chosen leisure site (Retford, Worksop, Bircotes), place the call, we will ask a couple of short questions possibly invite you to visit the centre for a quick consultation or advise you on your next steps.

**For more information please go to [www.bpl.org.uk](http://www.bpl.org.uk)**

