

Get Active in Brighton & Hove

including **Active For Life & Healthwalks**
Autumn/Winter 2016 - 2017

Free



**ONE
YOU**

Sport & Physical Activity Programmes
more people, more active, more often...



Brighton & Hove
City Council

Your first step to a more active lifestyle

Welcome

to the **Get Active Guide** where you can find out details on a wide range of activities to help you become or stay active. Organised by the Active for Life Team of the Council's Healthy Lifestyles service it is for people of all ages, fitness levels and abilities.

All activities included in this guide are:

"Low cost or free"

"Based in Brighton & Hove"

"Suitable for beginners"

You will also find guidance on active living and information on wider support available for you or your family to lead healthy lifestyles in the city.

The Leisure Card gives up to 40% discount for residents on a low income to access the city's **Freedom Leisure Centres**. To find out more visit: www.brighton-hove.gov.uk/leisure-card

All children aged 16 and under in the city can **swim for free** in the council's swimming pools. Pop into your local pool to apply or visit: www.brighton-hove.gov.uk/free-swimming



The **Active for life** team look forward to welcoming you to one of our activities soon and please do not hesitate to contact us if you have any questions.



Contact us...

Active for Life Team: 01273 292724

email: sports.info@brighton-hove.gov.uk

www.brighton-hove.gov.uk/activecity

 SportActivityBH  [facebook.com/sportandactivity](https://www.facebook.com/sportandactivity)

Healthwalks: 01273 292564 or 292574

email: healthwalks@brighton-hove.gov.uk

www.brighton-hove.gov.uk/healthwalks

 healthwalksBH  [facebook.com/brightonhovehealthwalks](https://www.facebook.com/brightonhovehealthwalks)



How much is recommended?

It's surprisingly easy to get enough exercise to significantly benefit your health and wellbeing. The illustrations below show you what health experts recommend, but if you would find this difficult, remember:

- **Sit less, move more and make it fun**
- **Doing something is better than nothing**
- **Start small and build up gradually, just 10 minutes at a time provides benefit**
- **'Moderate' activity should leave you with a slightly faster heartbeat, feeling a bit warmer and breathing a bit faster but still able to talk comfortably**
- **It's never too late to become more active**

Contact the **Active for Life** team for help & advice 01273 292724 .

CHILDREN AND YOUNG PEOPLE



Of moderate to vigorous activity at least daily, and including exercise that strengthens bones and muscles.

ADULTS



5 or more days a week of moderate intensity activity, to include activities to improve muscle strength on at least two days a week.

OLDER PEOPLE



Same as adult recommendations but to include exercise that improves balance and co-ordination.

Benefits

- Healthy weight
- Flexibility
- Halve risk of heart attack & stroke
- Prevent diabetes & cancer
- Reduce stress
- Make new friends
- Improved energy
- Improves your sleep
- Improves learning and brain development

For more information about recommended activity levels visit :
www.nhs.uk/livewell/fitness
www.bhfactive.org.uk

Healthwalks



Healthwalks are a great way for people of all ages and abilities, including those who have health conditions, to get more active. The walks start at under a mile in length on the flat, to more challenging countryside walks of 3 miles plus. There are regular walks on every day of the week, and a calendar of special one-off walks on everything from a chance to meet the Martlets Snowdogs to historical walks in Hangleton.

The award-winning scheme has been providing walks all over the city for over 13 years and has helped thousands of local people to make new friends and improve their physical and mental health. All the walks are led by trained **Volunteer Healthwalk Leaders** who know the route and help everyone get the best out of their walk. Brighton & Hove **Healthwalks** is accredited by the national Walking for Health initiative (www.walkingforhealth.org.uk)

Volunteer Healthwalk Leader Team

If you've got some spare time and would like to get outdoors, get active and meet new people then why not become a Volunteer Healthwalk Leader? You'll be helping others improve their health and wellbeing, and you'll learn a lot about the fantastic places to walk in Brighton & Hove. Apply online by following the 'Volunteer Healthwalk Leader Training' link:

www.brighton-hove.gov.uk/healthwalks
or call 01273 292574.

Please note:

The average person will walk 1 mile in 20 minutes so you can work out average walk times for each walk according to the mileage shown.





The **Active for life** project has been supporting residents to get active for over ten years. We offer low cost and local sessions in targeted neighbourhoods and also work with a range of partners and organisations to deliver and support community events. Our activities are inclusive, friendly and participants can work at their own pace. We hope to see you at one of our sessions soon so that you can enjoy the benefits of leading an active lifestyle:

Active Families

An opportunity for families to exercise together

Holiday Sessions

Helping children to be active whilst school is out

Active for Life Clubs

Our popular Activity clubs for 7 – 11 year olds

Active Forever

A variety of sessions for the over 50's

Get Active Locally

Adult sessions in local neighbourhoods

In Shape for Life

Fitness sessions for all abilities including weight management and healthy living advice

Girls Get Active Activities

Activities for young women aged 13+

Streetgames

Multi sports for young people aged 14+

All sessions are inclusive, friendly and participants can work at their own level.



Is it time for a fitness MOT?



Would you like to know how your strength, balance, flexibility and endurance compares to peers of your age?

At our TAKEPART Active Forever Event in June we offered FREE functional fitness tests to the over 60's. In the half hour appointment, a questionnaire and a series of fitness tests were completed. We then chatted about the results and ways to enable active ageing:

"I really enjoyed completing the tests and it was so interesting to see how my results compared to others in my age group. I am inspired to go to Pilates classes now." Linda

The MOTs proved so popular that we are offering the following NEW DATES for appointments to those aged 60+: • **Thur 29 Sept** from 10am-1pm King Alfred Leisure Centre, BN3 2WW

• **Thur 6 Oct** from 10am-1pm the HOP 50+, Cornerstone Community Centre, Palmeira Square, BN3 2FL

Call 01273 292724 to book.

Please visit our website for more information and links to clubs in Brighton & Hove that offer sessions for disabled people: www.brighton-hove.gov.uk/disabilitysport

Opportunities for disabled people



The Active for life team currently deliver around 48 weekly sessions and walks through a wide range of programmes. Sessions are inclusive and friendly.

If you have an impairment or any specific requirements please contact us on **01273 292724** to discuss how we can accommodate and welcome you to our sessions. Whatever your age, ability or experience, we aim to offer something for everyone.



Getting active this winter

Active Forever Moves 2016

After a wonderfully successful year in 2015, when over 100 senior participants enjoyed our gentle exercise classes, the Active for Life team are pleased to be offering another series of courses across the city during this autumn/winter.



The classes are suitable for those in wheelchairs and those with mild physical and mental health conditions. Volunteers from Three Score Dance Company will be there to help ensure that the classes go with a swing. Props and music from a variety of eras help create an energetic but fun atmosphere. Only £2 per class. Any care/nursing home managers or those involved in senior housing are welcome to make enquiries by calling 01273 292724.



Boccia League Xmas party

Boccia is a form of seated bowls that everyone can play. Players are seated and the team that gets their coloured balls nearest the jack is the winner. The Brighton and Hove Boccia league are holding their annual Christmas Boccia party on 10am - 12.30pm, 6 December, Moulsecomb Leisure Centre. If you would like to pop along to try some Boccia and have a cup of tea please call Dan on 01273 292724 for more information.

“I love this class... We have a great laugh and get fit at the same time”



Brighton & Hove Dance Active 2016

It's back – and for the fifth year! Our truly inspiring community dance event is happening on **4 December at the Brighton Centre.**

We welcome 22 groups to the stage – dancers of all ages and abilities performing everything from Samba to Azonto to Contemporary Dance. As part of this event the East and West Young Dancers Collectives, led by Ceyda Tanc Dance and supported by Active for Life, will make their Dance Active debut!

Tickets £5/£3 on sale from 1 October.
Not to be missed!

“Good fun! Amazing results, very grateful.”



The Brighton & Hove Older People's Festival 26 - 27 October



The Active for Life team are proud to be part of this year's OPF! We will be providing low cost activities, Fitness MOTs, a meet-the-sea swimmers seafront walk and will be attending a number of the festival events. For a full festival programme visit: www.impact-initiatives.org.uk/opf/ or call us for more information 01273 292724.



Getting active this winter

Active for Life October Half Term

Soup and Stomp events

Whatever the weather join the Active for Life team and make some hearty soup with Brighton and Hove Food Partnership. Then stomp around the local area, return to enjoy the soup and make some spooky autumnal crafts.

Events happening: **Mon 24 Oct:** Hollingdean Children's Centre and **Fri 28 Oct:** Portslade Village Centre
11am – 2pm, £1 per person

Family events – children must be accompanied by a parent /carer.

Sportivate She Shredders course Girl's Skateboarding

For 11-16 year olds at BYCs new indoor skatepark. Skateboards, helmets and pads are provided along with experienced and friendly qualified staff.

Tues 5.30-6.30pm, 1 Nov to 6 December, cost: £12 for 6 sessions. To book contact sports.info@brighton-hove.gov.uk / 01273 292724



Running Challenge!

Have you been inspired by team GB at the 2016 Rio Olympics?

Are you looking for your own challenge for 2017?

Then why don't you sign up for the 11 week Active for Life Running Challenge for girls and boys in current school years 3, 4, 5, and 6.

Week starting 9 Jan -27 March 2017. (not including February half term)

Bookings and information contact Vanessa Lynham on 01273 292721

Price £30 /£20 concession.

Activity Finder

Discover a huge range of local sports and activities across the city by visiting the brand new online "Activity Finder" available on Brighton & Hove City Council's website.

Looking for a particular sport, dance or fitness activity?

Or simply want to see what's on, when you have some free time?

With over 200 organisations adding their activities and events to the diary, it's the perfect place to find great opportunities in the city helping people of all ages lead active lifestyles.

Simply go to:

www.brighton-hove.gov.uk/activityfinder



Do you organise a sports club or activity group in the city?

We can help you to:

- Promote your activities to local residents
- Access funding and information to develop your club
- Discover local training programmes for coaches and club officials

For more details please visit:

www.brighton-hove.gov.uk/sportsdevelopment



Regular Sport and Physical Activity Sessions

Sessions Key

- Girls Get Active
- Street Games
- Active Families
- Active for Life Clubs
- Get Active Locally
- In Shape for Life
- Active Forever
- Healthwalks
- Progression walks

Fitness/Ability Level

- easy/beginners
- easy/moderate
- moderate/challenging



Wheelchair friendly



Toilets



Buggy friendly



Walk includes some hills



Refreshments



Family friendly



I enjoy participating in most exercises and feel much better in myself. My fitness has improved a lot.



Monday

First Monday every month: Progression Walks with Brighton & Hove Ramblers: Six walks, sharing Ramblers routes, exploring some lesser known parts of our city. For more details: www.bahr.org.uk / See page 24.

Type of session	Venue and Postcode	Time	Level	Cost
Dancing for Health A fun fitness class using dance based moves. Suitable for all	Saint Luke's Church, BN2 9ZB	10 - 11am		£2/£3
Tai Chi Delivered by the Taoist Tai Chi Society supported by Active For Life. Everyone welcome	The Level Community Rooms, BN1 4ZN	12.30 - 1.30pm		£2 donation
Preston Park Healthwalk: A friendly and popular 1.5 mile walk around the city's biggest public park	Meet at Rotunda Café, Stanford Avenue end of the park.	10am	 	FREE
St Ann's Well Gardens Healthwalk: Explore this lovely city centre park with this perfect beginners walk. Includes a pick up from Wavertree House at 1.30pm	Meet by the Garden Café.	2pm	 	FREE
In Shape for Life A circuit based exercise session suitable for all.	Hangleton Community Centre, BN3 8BW	9.30- 10.30am		£2/£3

Type of session	Venue and Postcode	Time	Level	Cost
Seafront Healthwalk Enjoy a seafront stroll eastward to Brighton Marina or westward to Hove Lawns.	Meet at the entrance to Brighton Pier	10am	1 mile 	FREE
Boccia League (Season Oct – May) We are looking for new teams to join our league! Call us for details.	Patching Lodge, BN2 0AQ	10am - 12noon		£10 per team
Castle Hill/Woodingdean Explore this stunning chalk grassland National Nature Reserve in Woodingdean.	Meet at the small car park on Falmer Rd at the junction with Bexhill Road	10.30am	2 miles 	FREE
In Shape for Life Manor Road A circuit based exercise session suitable for all. Pre-school children welcome.*	The Manor Gym, BN2 5EA	11 - 11.45am		£2/£3
In Shape for Life Moulsecoomb A circuit based exercise session suitable for all abilities.	Moulsecoomb Hall, BN2 4GA	11am - 12.30pm		£2/£3
In Shape for Life A fun low intensity exercise session for older people.	The Manor Gym, BN2 5EA	12noon - 12.30pm		£2

*to attend with you under your supervision.

Cemeteries Monthly Healthwalk: Explore Brighton's beautiful extra-mural cemeteries. *NB dogs are not allowed at the cemetery sites**	Meet at The Gladstone Pub, 123 Lewes Rd	12.30pm 11/10, 8/11, 13/12, 10/1, 14/2, 14/3	1.5 or 2 miles 	FREE
Falmer & Beyond Progression Walk First Tuesday of the month Explore beautiful Falmer then finish at the university for a cuppa.	Meet at Swan Pub, North Falmer	1pm First Tues of the month	5 miles 	FREE
Active for Life Club Multi sports for children ages 7 – 11.	The Manor Gym, BN2 5EA	3.30 - 4.30pm		£2 per session paid termly
Active Families Multi sports session for under 7s with an appropriate adult.	Moulsecoomb Leisure Centre, BN2 4PB	4 - 5pm		£3
Girls Get Active Multi-fitness session for girls aged 13+ (Year 9 and above).	King Alfred Leisure Centre, BN3 2WW	4.30 - 5.30pm		£2
Young Dancers Collective Contemporary dance session for ages 12+. Boys and girls welcomed.	The Studio, Whippingham road, Brighton BN2 3PF	5.30 - 7pm		Paid termly

“I find that exercising in a formal group I work harder than if I were exercising by myself in the gym. Hard but enjoyable class!”

“Active for life has helped me control my weight. I am more flexible than before, and also have lots of information about healthy living”

Type of session	Venue and Postcode	Time	Info	Cost
Pilates This popular class is great for posture & core/back strength. All levels welcome.	The Manor, BN2 5EA	10 - 11am	   	£2/£3
Sheepcote Valley Healthwalk Enjoy panoramic views and a wealth of wildlife.	Meet at Dotties Café, East Brighton Park, off Wilson Avenue	10.15am	   	FREE
Social Ping & Short Tennis All levels welcome at this fun session for over 50's.	King Alfred Leisure Centre, BN3 2WW	10.30 - 12noon	   	£2/£2.50
Hollingbury Hill Fort Healthwalk Explore some of the most historic and beautiful countryside that borders the city.	Meet at Hollingdean Sure Start Children's Centre, Brentwood Road	11am	   	FREE
Brighton Women's Centre Healthwalk A chance to meet and chat with other women from around the city www.womenscentre.org.uk	Meet outside Brighton Women's Centre (BWC), 72 High Street, Kemptown	11.30am	     	FREE

In Shape for Life Brighthelm A circuit based exercise session suitable for all.	Brighthelm Community Centre, BN1 1YD	12noon - 1pm	   	£2/£3
Women Only Swimming A public session with a female life-guard.	St Lukes Swimming Pool BN2 9ZE	12.30 - 1.30pm	  	£4.65/£2.80
Nordic Progression Walks Practice and develop your Nordic walking skills. NB: You will need to complete the basic Nordic Walking Course before taking part.*	Various Locations. *to book see page 25	1st & 3rd Wednesdays of the month	   	FREE* *Though there is a cost for the training
Active for Life Club Hertford Multi sports for ages 7 – 11.	Hertford Junior School, BN1 7FP	3 - 4pm	 	£2
Streetgames Multi sports for ages 14+ (year 9 and above) .	Portslade Sports Centre, BN41 2WS	4.30 - 6pm	  	£2
Trans-friendly fortnightly Swim Call 01273 292724 for details.	St Lukes Swimming Pool	8.30 - 9.20pm Bi-weekly	  	£4.45/£2.65

“**Trans Can Sport** is a project which provides trans friendly sports and activities for people who identify as trans or feel their transgender identity prevents them from taking part in activities. Check out the website for more info, including listing of events.”


























'I'm not a natural exerciser so organised activities like walks and classes suit me.'

Type of session	Venue and Postcode	Time	Level	Cost
Active You Have a go fitness for all abilities.	Fairlight Primary School St Leonards Road, BN2 3AJ	9.30 - 10.15am		FREE
Multicultural Women's Group Walk, Hangleton friendly women-only walk group followed by a cuppa at the community centre.	Meet at St Richard's Community Centre, *call 01273 292564 for dates in 2017	10am 13/10, 10 & 24/11, 8/12*		FREE
Hove Park Healthwalk A great walk for beginners and those wanting gentle exercise.	Meet at the Park Café	10.15am		FREE
Women-only In Shape for life - female instructor. A circuit based exercise session suitable for all abilities	All Saints Church, Hove BN3 3QE	10:30- 11:30am		£3/£2
Starts 15 September for 6 weeks				
Stanmer Park Healthwalk A 3 mile country walk through Millbank wood, finishing at the village tea rooms.	Meet at the Lodge park gates Stoney Mere Way off Lewes Road	11am		FREE
Active for Life Club Multi-sports for ages 7 – 11	Portslade Village Centre BN41 2LL	3.30 - 4.30pm		£2 per session paid termly

Girls Get Active Multi-fitness session for girls aged 13+ (year 9 and above).	Portslade Sport Centre BN41 2WS	4 - 5pm		£2
Sports Hub - £15 per term Multi sports Ages 12+.	Portslade Village Centre BN41 2LL	4.30 - 6pm		£2.50 per session paid termly
Zumba Latin-inspired exercise to music. Great fun!	Brighton Youth Centre BN2 0JR	4.45 - 5.45pm		£3/£2
Young Dancers Collective Contemporary dance session for ages 12+. Boys and girls welcomed.	Dance Station BN41 1DH	5 - 6.30pm		£2.50 per session paid termly



“The Friday class sets me up for the weekend! It is always different – no chance to get bored! Fun & friendly; I love it!”

Type of session	Venue and Postcode	Time	Level	Cost
In Shape for Life A circuit based exercise session suitable for all abilities.	Portslade Sports Centre, BN41 2WS	9.30 - 10.30am	  	£2/£3
Portslade Library Walk & Read Explore Easthill Park, Emmaus Community Garden and Victoria Rec then finish at the library for a browse and a cuppa!	Meet at Portslade Library	10.15am	     	FREE
Patcham Healthwalk Three options to walk in this historic area of Brighton. Finish at the Black Lion Pub.	Meet at bus stop opposite the Co-op, Old London Road	10.30am	   	FREE
Saltdean/Undercliff Healthwalk Walk the historic Undercliff to Ovingdean Gap returning to Saltdean.	Meet outside Saltdean Library. Last Friday of month ending at the Marina	11am	     	FREE
Active for Life Club Multi sports for ages 7 –11.	West Blatchington School, BN3 8BN	3.10 - 4.10pm	  	£2 per session paid termly
Streetgames Multi sports for ages 14+ (yr 9 & above)	Moulsecomb Leisure Centre, BN2 4PB	6 - 7pm	  	FREE



“Meeting people at the Healthwalk once a week has been very important to me”

Portslade/Benfield Valley Saturday Healthwalk A more challenging walk with beautiful views.	Sainsbury's Superstore entrance by the cash machines.	11am	   	FREE
Sheepcote Valley Progression Walk Saturday A longer version of the popular Wednesday Healthwalk.	Meet at Dotties Café, East Brighton Park	11am 1st Saturday of the month: 1/10, 5/11, 3/12, 7/1, 4/2, 4/3	   	FREE
Balsdean Progression Walk Saturday A lovely linear walk from Castle Hill, finishing at Kipling Gardens, Rottingdean.	Meet at car park by the junction of Falmer Road & Bexhill Road, Woodingdean	1pm 2nd Saturday of the month: 8/10, 12/11, 10/12, 14/1, 11/2, 11/3	 	FREE
Stanmer Park Sunday Healthwalk A variety of walks finishing at the Village Tea Rooms.	Meet outside the Village Tea Rooms. Bus: 78 to Stanmer Church	10.45am	   	FREE

HOW ARE YOU?

Making small changes to your lifestyle now can improve your health right away and double your chances of staying healthy as you get older.

It's never too late to start, after all, there's only One You.

BECAUSE THERE'S ONLY **ONE YOU**

To find out how you can get support that can help you live a healthier lifestyle go to brighton-hove.gov.uk/ONEYOU & go to www.nhs.uk/oneyou to try the quiz!



MOVE MORE



BE SMOKE FREE



DRINK LESS



STRESS LESS



EAT WELL



CHECK YOUR SELF



SLEEP BETTER

Progression Walks

In partnership with Brighton & Hove Ramblers

Six moderate walks, sharing Ramblers routes, exploring some of the most beautiful parts of our city such as Stanmer and Race Hill, and beyond the city limits including Telscombe and Shoreham.

10.30am

First Monday every month:

- 1 **3 October** Meet at Roedean Café: 4.5 miles
- 2 **7 November** Meet at Wild Park: 4 miles
- 3 **5 December** Meet at Saltdean Library: 4.7 miles
- 4 **2 January** Meet at University of Sussex, by pedestrian crossing opposite Falmer House: 4.6 miles
- 5 **6 February** Meet at Shoreham Centre: 5 miles
- 6 **6 March** Meet outside the Co-op, Patcham Village: 4.5 miles

For more details on each walk: www.bahr.org.uk



Nordic walking

Walk tall naturally with purpose

Nordic walking - beginners' courses 2-3 miles

Hove Park meeting at Hove Park Cafe, Park View Road, Hove BN3 7BF

A chance to attend a basic four-week Nordic Walking Course at a special subsidised price including loan of poles. Learn how to use this fascinating technique and exercise the whole body through walking.

To book a place contact peter@nordicwalkingforhealth.co.uk

www.nordicwalkingforhealth.co.uk

Cost: £30 per person

Wednesdays 11am to 12.30pm

• 12 October to 2 November

Saturdays 1.30 to 3pm

• 12 November to 3 December

Fridays 11am to 12.30pm

• 6 January 2017 to 27 January

Tuesdays 11am to 12.30pm

• 7 February to 28 February





You can join the campaign!

1) CHOOSE a challenge:

The council, Food Partnership and Jamie Oliver Food Foundation are working together to help Brighton & Hove become SUGAR SMART.



- Avoid hidden sugars and **start from scratch**
- **Make breakfast low sugar**, start the day well
- Cut down by making **sweet snack swaps**
- **Swap the pop**, ditch sugary drinks for water



2) Get SUPPORT:

www.brighton-hove.gov.uk/sugarsmart

3) TELL US what your doing:

Find us on Facebook @sugarsmartcity and send us a picture with #sugarsmartcity



Share the Roads, Brighton & Hove

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FOCUS LOOK LISTEN

42% of collisions in Brighton & Hove occurred because road users were not looking properly

Thinking about getting more active?

Need support to get started and keep going?

The council's **free** and **confidential Health Trainer service** can support you. Health Trainers will work with you to set realistic and achievable goals and can help you to stay motivated to keep going.

You can also get support to eat more healthily, drink less alcohol and quit smoking.

If you are aged 18 or over and live in Brighton and Hove contact the service at **01273 296877** email: healthtrainers@brighton-hove.gov.uk or visit: brighton-hove.gov.uk/healthtrainers



The Brighton & Hove Food Partnership is a hub for information, inspiration and connection around food.

Stay in touch with all things food related. Sign up to our fortnightly e-news www.bhfood.org.uk/sign-up

We've lots of ways you can get active and involved



Get gardening

Take part at one of the city's 70 community food growing projects. Great for physical and mental health. From orchards to city centre parks there is something for everyone.



Food waste and cookery groups

We help people set up community composting sites, share tips and advice on reducing food waste and run cookery classes.

Eat well and get active

If you are worried about your weight, Shape Up offers free group and 1-1 sessions for people with a BMI 25+ combining healthy eating advice and exercise.

There is a range of options – including sessions in community venues, a men-only group at the Amex, a family programme and a group for new mums.



Brighton & Hove
FOOD
Partnership

For more information on all our activities visit www.bhfood.org.uk/Support-for-you or call 01273 431 700
We're happy to help you find the activity that suits you.



Save MONEY

a Fitter YOU

Life is...
SO MUCH BETTER
SMOKE FREE

No More Smelly Clothes

Food Tastes Great

Find your nearest stop smoking service in Brighton & Hove
www.brighton-hove.gov.uk/stopsmoking

Brighton & Hove City Council

Special activities each month


October sessions	Venue	Time	Info	Cost
Tue 4 Oct: Special Seafront Walk, meet the Sea Swimmers Brighton & Hove Older People's Festival special one mile seafront Healthwalk. Finish at Brighton Sea Swimmers Club for a cuppa and a chat with them.	Meet at Brighton Pier	10am	1 mile ☕ 👤 🟢 ♿ A	FREE
Mon 10 Oct: Brighton Martlets Snowdogs by the Sea Walk: Enjoy a walk around Brighton, stopping off to see some of the fantastic Snow Dogs, decorated by many of the city's best artists and designers.	Meet at the pond by the Rotunda Café, Preston Park, finish at East Street	11am	2.5 miles ☕ 👤 🟡 ♿ A	FREE donations to the Martlets welcome
Thur 13 Oct: Meet the Health Trainers walk Hove The council's free and confidential Health Trainer service supports people to make healthy changes ie be more active, stop smoking, eat more healthily and reduce alcohol. Join our Hove Park Healthwalk to find out more, book a 1:1 consultation or just get some advice.	Meet at Hove Park Café	10.15am	1.5 miles ☕ 👤 🟢 ♿ A	FREE
24 & 28 Oct: Soup & Stomp Active for Life, Half Term – Whatever the weather join the Active for Life team and Brighton and Hove Food Partnership. Make soup, stomp around the local area, return for soup and crafts (see p10). (Children must be accompanied by a parent /carer)	Mon 24 Oct: Hollingdean Childrens Centre Fri 28 Oct: Portslade Village Centre	11am – 2pm	☕ 🟢 👤 A All children to be acc. by parent/carers	£1pp

Fri 28 Oct: Biosphere Woodland Healthwalk Find out more about what Brighton's Biosphere status means for the city while walking through the Great Wood; finishes at the tea rooms.	Meet at the Lodge Gates, Stanmer Park	11am	3 miles ☕ 👤 🟡 🌳 👤 👤	FREE
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“It's been good walking with my Father as a shared interest and it's helped to keep his fitness level up”



November sessions	Venue	Time	Info	Cost
Tuesdays 1 – 22 Nov: Nordic Healthwalking Course: A four session course for up to five people with health & well-being needs for which walking-based exercise is recommended. For info & how to book, email trustee1@nordichealthwalking.org.uk	Hove Park meeting at Hove Park Cafe, Park View Road, Hove BN3 7BF	1.30 – 3pm	☕ 👤 🟢	FREE to eligible individuals
Mon 7 Nov: Meet the Health Trainers walk Preston Park The council's free and confidential Health Trainer service supports people to make healthy changes ie be more active, stop smoking, eat more healthily and reduce alcohol. Join our Hove Park Healthwalk to find out more, book a 1:1 consultation or just get some advice.	Meet at the Rotunda Café, Preston Park	10am	☕ 👤 🟢 ♿ A	FREE
Sat 19 Nov: Hove Martlets Snowdogs by the Sea Walk: Enjoy a walk around Hove, stopping off to see some of the fantastic Snow Dogs, decorated by many of the city's best artists and designers.	Meet at Hove Museum, finish at Churchill Square.	11am	☕ 👤 🟡 ♿ A	FREE donations to the Martlets welcome

December sessions	Venue	Time	Info	Cost
Tue 6 Dec: Meet the Health Trainers walk Seafront: The council's free and confidential Health Trainer service supports people to make healthy changes ie be more active, stop smoking, eat more healthily and reduce alcohol. Join our regular Seafront Healthwalk to find out more, book a 1:1 consultation or just get some great advice.	Meet at the entrance to the Palace Pier	10am	1 mile 	FREE



“I suffer from asthma, but I enjoy walking and do as many Healthwalks as I can and I think it has improved my health”

January sessions	Venue	Time	Info	Cost
9 Jan – 27 March: Active for Life Running Challenge Sign up for the 11 week challenge for girls and boys in current school years 3, 4, 5, and 6 (see page 10)	To book, or for info contact Vanessa on 01273 292721	tba	see page 10	£30 / £20 conc.
Weds 4 – 25 Jan: Nordic Healthwalking Course: A four session course for up to five people with health & well-being needs for which walking-based exercise is recommended. For info & how to book, email trustee1@nordichealthwalking.org.uk	Hove Park meeting at Hove Park Cafe, Park View Road, Hove BN3 7BF	11.30am to 1pm	2-3 miles 	FREE to eligible individuals

Mon 16 Jan: Meet the Health Trainers walk, St Ann's Well Gardens. The council's free and confidential Health Trainer service supports people to make healthy changes ie be more active, stop smoking, eat more healthily and reduce alcohol. Join our regular St Ann's Well Gardens Healthwalk to find out more, book a 1:1 consultation or just get some advice.	Meet by the Garden Café or pick up from Wavertree House at 1.30pm	2pm	1 mile 	FREE
Wed 18 & Sat 28 Jan: Hangleton & Knoll Histories Walks 1 & 2. Join Becky and Carole from the HK Hedgehogs Project for two chances to learn some of the fascinating history of the area including Hangleton Manor, St Helen's Church and The Dyke Railway.	Meet at Hangleton Manor Bus 55, 66, 71: Hangleton Valley Drive or 5B to Towns Corner.	10:30am	3 mile 	FREE

“A brilliant organisation to encourage walking and make new friends”

February sessions	Venue	Time	Info	Cost
Wed 8 Feb: Meet the Health Trainers walk, Brighton Women's Centre: The council's free and confidential Health Trainer service supports people to make healthy changes such as being more active, stopping smoking, eating more healthily and reducing alcohol. Join our regular Brighton Women's Centre Healthwalk to find out more, book a 1:1 consultation or just get some great advice.	Meet at Brighton Women's Centre, 72 High Street, Kempdown.	11.30am	2 miles 	FREE

March sessions	Venue	Time	Info	Cost
Fri 10 March: Meet the Health Trainers walk, Portslade Library. The council's free and confidential Health Trainer service supports people to make healthy changes ie be more active, stop smoking, eat more healthily and reduce alcohol. Join our Portslade Library Healthwalk to find out more, book a 1:1 consultation or just get some advice.	Meet at Portslade Library	10.15am	2 miles 	FREE
Sundays 19 March – 9 April: Nordic Healthwalking Course: A four session course for up to five people with health & well-being needs for which walking-based exercise is recommended. For info & how to book, email trustee1@nordichealthwalking.org.uk	Hove Park meeting at Hove Park Cafe, Park View Road, Hove BN3 7BF	11am - 12.30pm	2-3 miles 	FREE to eligible individuals
Fri 31 March: 'This Way', Brighton to Lewes Progression Walk. A fantastic walk exploring the footpaths of Brighton and Lewes. Following one of the two 'This Way' map routes. Leading you from the Woodvale Graveyard in Brighton over the South Downs Way before dropping down into Kingston, past the Kingston windmill and on into Lewes.	Meet at Woodvale	11am	6 miles 	FREE



“I've been a leader with Healthwalks since 2007 and have seen people really benefit from the programme in fitness, mental health and their social lives”



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0800 988 7037**



Are you worried about being **cold** at home this winter?

Call **0800 988 7037** for help to:

- Save on gas and electric bills
- Make your home warmer
- Access crisis grants
- Sort out debts and benefits

Warmth for Wellbeing is a free service provided by Citizens Advice Brighton & Hove and a team of local charities

We aim to keep you warm and well at home

**WARMTH
FOR WELLBEING**



Regular Sessions Venue List

Venue name and address	Bus links	Venue name and address	Bus links
All Saints Church The Drive, Hove BN3 3QE	21, 21A, 55, 56, 59, 56e, 21e	Patcham Village Bus stop opp. Co-op, Old London Rd, BN1 8XR	5a
Brighthelm Community Centre North Rd, BN1 1YD	6, 7, 12, 27, 37B, 78, 79, 37, 59, 77, 12a, 27C, 14A, 57, 769	Patching Lodge Park St, Kemp Town BN2 0AQ	1, 1A, 7, 14C, 14B, 73, 71, 94A, 23, 27C, 52, 2
Brighton Women's Centre 72 High St, Kemp Town BN2 1RP	1, 2, 7, 14, 81	Portslade Library Old Shoreham Rd, BN41 1XR	2, 6, 46, 49,
Brighton Youth Centre 64 Edward St, BN2 0JR	1, 1A, 7, 14c, 14b, 71, 73, 52, 18, 2	Portslade Sports Centre Chalky Rd, BN41 2WS	1, 1A, 55, 95A,
Carden Primary School County Oak Ave, BN1 8LU	5B, 56, 74, 75,	Portslade Village Centre 43 Windlesham Close, BN41 2LL	1, 1A, 95A,
Castle Hill Nature Reserve Car park off B2123 Falmer Rd at junction with Bexhill Rd at grid reference TQ356063	2, 2a, 22	Preston Park: Rotunda Café (Stanford Ave end), BN1 6HL	5, 5a, 5b, 17, 40, 40x, 273
Church of the good Shepherd 272 Dyke Rd, BN1 5AE	14, 14C, 27, 77, 27C	Roedean Café, Marine Drive, BN2 5RL	12, 12a, 14, 14a, 14c
East Brighton Park, Dotties Café, off Wilson Ave, BN2 5PB	1, 1a, 1b, 1c, 7, 21	Rottingdean Pond The Green, Rottingdean BN2 7HA	2, 12, 12a, 14, 14a,b,c, 27
Falmer Village: Swan Pub Middle St, North Falmer, BN1 9PD	25, 23 (to Mill St) 28, 29 (Falmer V)	Sainsbury's Portslade Superstore Hangleton Link Rd, BN3 7GD	6, 6a, 46, 46a
Fairlight Primary School St Leonard's Road, Brighton BN2 3A	24, 25, 49, 74, 78, 23, 48, 37, 37B	Saltdean Library Saltdean Park Rd, BN2 8SP	12, 12a, 14, 14c, 27, 47
Gathering Place 1 Orchid View, BN1 8GP	56, 46	Seafront: Brighton Pier Madeira Drive, BN2 1TW	Any Bus to Old Steine
		Shoreham Centre Pond Road, Shoreham BN43 5WU	2, 700
Hangleton Community Centre Harmsworth Crescent, BN3 8BW	5, 5a, 5b, 16, 66	St Ann's Well Garden, Garden Café Somershill Rd, BN3 1RP	21a, 7
Hertford Junior School Lynchet Close, Hollingdean, BN1 7FP	70, 91, 50, 50U	St. Luke's Church Queen's Park Rd, BN2 9ZB	74, 94, 94a, 23, 37b, 18
Hiker's Rest Pub, Coldean Coldean Lane, BN1 9GD	24, 46	St. Luke's Swimming Pool St Luke's Terrace, BN2 9ZE	21a, 21E, 21, 18
Hollingdean Community Centre Thompson Rd, BN1 7BH	70, 91, 50, 50U	St Richards Community Centre Egmont Rd, Hove, BN3 7FP	16 & 56
Hollingdean Sure Start Centre Brentwood Rd, BN1 7DY	50	Stanley Deason Leisure Centre Wilson Ave, BN2 5PB	21a, 21E, 21
Hove Park, Park Café Old Shoreham Rd, Hove BN3 7AP	5, 5a, 5b	Stanmer Park Lodge / Park Gates Stoney Mere Way off Lewes Road / Village Tearooms 17-18 Stanmer Village BN1 9PZ	78 25a/b/c, 23, 78
Jubilee Library Jubilee St, BN1 1GE	Any city centre route	The Dance Station Unit 4, 57 North Street BN41 1DH	1, 1A, 60, 66, 95a
King Alfred Leisure Centre Kingsway, Hove BN3 2WW	700	The Gathering Place Orchid View, Hollingbury BN1 8GP	5B, 24, 74, 75, 46
Mile Oak Community Centre Chalky Rd, BN41 2WF	1, 1A, 55, 95a,	The Gladstone Pub 123 Lewes Rd, BN2 3QB	24, 25, 49
Moulsecoomb Hall Moulsecoomb Place, Lewes Rd, BN2 4GA	24, 25, 28, 29, 78, 29B, 23, N29X, 50U	The Level Union Rd, BN1 4ZN	Any city centre route
Moulsecoomb Leisure Centre Moulsecoomb Way, BN2 4PB	24, 25, 28, 29, 74, 78, 29b, 23, 29X, 50U	The Manor Manor Rd, BN2 5EA	37b, 37
New Larchwood Waldron Ave, Coldean, BN1 9EZ	5B, 24, 74, 75, 46	The Studio Whippingham Road BN2 3PF	21, 21a, 22, 22a, 23, 74, 94, 94a
Palmeira Square, HOP50 Brighton, BN3 2JN South side of square bus-stop	1, 1a, 2, 5, 5a, 5b, 6, 21, 25, 46, 49, 60, 61, 700	West Blatchington School Hangleton Way, Hove BN3 8BN	5, 5a,
		West Pier Kings Rd, Hove, BN1 2LN	Any Western Rd bus & walk down Preston St

GET BUS(Y) Get fitter.



2 Rottingdean • Woodingdean • City Centre • Shoreham • Steyning

Catch the bus out to Race Hill, walk to Rottingdean catch the Coaster back. Or take the 2 out to the South Downs Way bus stop (just after the old cement works), walk up Truleigh Hill to Devil's Dyke, and get the 77 back.



5/5A Patcham • City Centre • Hove • Hangleton

Visit Preston Park, the largest urban park in Brighton and home to the "Preston Twins" widely believed to be the oldest elm trees in the world.



7 Hove • Brighton • City Centre • County Hospital • Marina

Walk from the Marina to Saltdean and catch the Coaster back.



12/12A Coaster Brighton • Peacehaven • Newhaven • Seaford • Eastbourne

Circumnavigate Cuckmere Haven or stride across the Seven Sisters.



25 Portslade • Hove • City Centre • Stanmer Park

Explore the woods and open country of Stanmer Park. Celebrate your right to roam.



28 Brighton • Lewes • Ringmer

Stroll through the ancient streets of Lewes.



29 Brighton • Lewes • Uckfield • Tunbridge Wells

The 29 skirts Ashdown Forest with a stop at Cobdown Lane. Explore the woods where Winnie the Pooh played.



46 Southwick • Portslade • City Centre • Hollingbury

Catch the bus to Southwick and walk back to Brighton along the seafront.



77 Brighton Pier • City Centre • Dyke Road • Devil's Dyke

Walk out to Mile Oak and catch the 1 back.



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onboard
for a fitter
future.
Go for
a walk
by bus.**

For details of bus routes and times **visit buses.co.uk**
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Brighton & Hove