

# Active for Life.

Activity sessions for people in Gedling with **health conditions.**



Working in partnership

# Sessions

## 1 HEARTBEATS

**Gedling**  
Leisure

The Heartbeats Scheme offers people with heart conditions the chance to exercise in a fun and safe environment led by a specially trained instructor. Our classes cater for people who've suffered from cardiac problems such as a recent heart attack, valve-replacement surgery or angina.

You must first visit your GP or Practice Nurse to make sure it is safe for you to exercise. They will then refer you to the Heartbeats instructor who will aim to contact you within two to three weeks.

**Contact:** Sue Prochnicki  
**Tel:** 07966 272536  
**Email:** [sue.prochnicki@gedling.gov.uk](mailto:sue.prochnicki@gedling.gov.uk)  
**Website:** [www.gedling.gov.uk/specialist-sessions](http://www.gedling.gov.uk/specialist-sessions)

## 2 STROKEABILITY

**Gedling**  
Leisure

A gentle exercise programme designed specifically for people living with the effects of stroke. The session provides an opportunity for people to work towards a healthier lifestyle, meet others living with stroke. Led by suitably qualified leisure instructors.

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## 3 DNA HEALTH

**Gedling**  
Leisure

DNA Health is a 12 week group exercise programme for individuals (aged 16+) who are physically inactive and have a health condition. The scheme can provide you with an excellent opportunity to try physical activity to improve your long term health, in a safe environment led by qualified instructors.

The following health conditions are accepted

- Hypertension
- Stable diabetes
- Obesity
- Musculoskeletal problems
- Anxiety/depression
- Arthritis/rheumatism
- Asthma

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## 4 GOOD BOOST

**Gedling**  
Leisure

The Good Boost programme aims to improve people's lives by getting them moving with gentle, water-based exercise in a fun and social environment, so that looking after your health becomes a pleasure, not a chore.

The sessions are individually tailored, to allow you to progress at your own pace and designed specifically to reduce pain and improve your strength and mobility.

**Contact:** Carlton Forum Leisure Centre  
**Tel:** 0115 9872333  
**Email:** [carlton.forum@gedling.gov.uk](mailto:carlton.forum@gedling.gov.uk)  
**Website:** [www.gedling.gov.uk/specialist-sessions](http://www.gedling.gov.uk/specialist-sessions)

## 5 FALLS PREVENTION

**Gedling**  
Leisure

The programme has been developed with and coordinated by the commissioned obesity prevention and weight management service. This progressive exercise programme consists of a combination of the OTAGO strength and balance and Postural Stability Instructor (PSI) methodologies. The programme is for anyone over the age of 55 who has mobility or stability

Your Health  
Your Way 

challenges and is delivered by qualified instructors who are employed by the commissioned provider, local authorities, or self-employed.

**Contact:** Your Health Your Way  
**Tel:** 0115 772515  
**Website:** [www.yourhealthnotts.co.uk/referrals](http://www.yourhealthnotts.co.uk/referrals)

## 6 FALLS PREVENTION AND MANAGEMENT

the **active health**  
coach

Chair based exercises for anyone over 55 who feels unsteady and wants to improve their strength, balance and confidence. The classes also provide a chance to socialise, meet new people and access information.

**Contact:** Sara Davies  
**Tel:** 07985 133966  
**Email:** [sara@theactivehealthcoach.co.uk](mailto:sara@theactivehealthcoach.co.uk)

## 7 BREATHE EASY EXERCISE CLASSES

the **active health**  
coach

The Breathe Easy Exercise classes are for people with respiratory conditions eg COPD, Chronic Asthma and Bronchitis, Emphysema, Pulmonary Fibrosis. Suitable as a follow on from Pulmonary Rehab, the classes are a fun and safe way to help improve your quality of life as well as manage your condition.

**Contact:** Sara Davies  
**Tel:** 07985 133966  
**Email:** [sara@theactivehealthcoach.co.uk](mailto:sara@theactivehealthcoach.co.uk)

## 8 WELLBEING WALKS

**RAMBLERS**

Ramblers Wellbeing Walks Gedling organises short and friendly walks in and around Gedling. You'll receive a warm welcome and plenty of support to make it easier to get active and stay active.

- Walks are over easy terrain and at a steady pace to suit everyone
- Walks are short and never longer than 90 minutes
- At least one short walk a week, starting at the same time and place every week

- All walks are accessible on foot or by public transport

**Contact:** Wellbeing Walks  
**Email:** [ramblers@ramblers.org.uk](mailto:ramblers@ramblers.org.uk)  
**Website:** [www.ramblers.org.uk](http://www.ramblers.org.uk)

## 9 ADULT WEIGHT MANAGEMENT

Your Health  
Your Way 

Your Health Your Way is here to support residents of Gedling make life long healthy behaviour changes. We are here to support you to get more active, eat healthier, manage your weight, drink less alcohol and stop smoking.

**Contact:** Your Health Your Way  
**Tel:** 0115 772515  
**Website:** [www.yourhealthnotts.co.uk/referrals](http://www.yourhealthnotts.co.uk/referrals)

## 10 CHAIR BASED EXERCISE

**Gedling**  
Leisure

Gentle exercises carried out whilst seated aimed to help improve mobility and strengthen muscles and bones.

**Contact:** Redhill Leisure Centre  
**Tel:** 0115 9013630  
**Email:** [redhill@gedling.gov.uk](mailto:redhill@gedling.gov.uk)  
**Website:** [www.gedling.gov.uk/specialist-sessions](http://www.gedling.gov.uk/specialist-sessions)



DAY		CLASS	LOCATION	TIME
Monday	6	Falls Prevention & Management Class	The Core Centre, Working Men's Club, Calverton	10.30 – 12noon
	9	Adult Weight Management	Calverton Village Hall	10.30 – 12noon
	8	Wellbeing Walk	Mapperley top	10.00 – 11.00
	1	Heartbeats	Carlton Forum Leisure Centre	11.30 – 12.40
	3	DNA Health	Carlton Forum Leisure Centre	12.40 – 1.45
	5	Falls Prevention Class	Carlton Forum Leisure Centre	13.30 – 15.00
	7	Breathe Easy Exercise Class	Daybrook Baptist Church	14.15 – 15.15
	2	Strokeability	Carlton Forum Leisure Centre	14.45 – 16.00
	4	Good Boost	Carlton Forum Leisure Centre	15.00 – 16.00
	9	Adult Weight Management	Westdale Lane Community Centre	17.30 – 19.00
Tuesday	6	Falls Prevention & Management Class	St James Church Hall, Marshall Hill Drive, Mapperley	10.00–11.30
	1	Heartbeats	Redhill Leisure Centre	15.45 – 17.00
	9	Adult Weight Management	Killisick Community Centre	17.30 – 19.00
Wednesday	4	Good Boost	Carlton Forum Leisure Centre	8.45 – 9.30
	8	Wellbeing Walk	Gedling Country Park	10.30 – 11.15
	6	Falls Prevention & Management Class	Carlton Hill Methodist Church	10.45 – 12.15
	3	DNA Health	Carlton Forum Leisure Centre	11.15 – 12.15
	1	Heartbeats	Redhill Leisure Centre	14.45 – 16.00
Thursday	3	DNA Health	Carlton Forum Leisure Centre	10.00 – 11.00
	6	Falls Prevention & Management Class	The Loco Centre, Netherfield	10.30, 12.15 & 14.00
	10	Chair Based Exercise	Redhill Leisure Centre	11.00 – 11.45
	1	Heartbeats	Carlton Forum Leisure Centre	12.15 – 13.25
	1	Heartbeats	Carlton Forum Leisure Centre	14.40 – 16.00
	4	Good Boost	Carlton Forum Leisure Centre	15.00 – 16.00
Friday	6	Falls Prevention & Management Class	Arnold Methodist Church	10.30 – 12noon
	4	Good Boost	Carlton Forum Leisure Centre	15.00 – 16.00