

Health & Wellbeing Activities Pendle Summer 2014



Our health and wellbeing programme is all about supporting people to stay healthy and happy. We have a range of activities on offer for all fitness levels.

MONDAYS

Earby Pop-in

New Road Community Centre, Earby

9.30am-11.30am

Tai Chi

Byron Rd Community Centre, Colne

10.30am-12.00noon

Exercise for All

Higherford Methodist Church

12.00pm-1.00pm

Seated Exercise

St. Clements Court, Barrowford

1.30pm-2.30pm

Yoga

Holy Trinity Community Hall

Tatton Street, Colne

1.30pm-3.00pm

Salterforth Friendly Group

Salterforth Village Hall

Fourth Monday of the month

2.00pm-4.00pm

TUESDAYS

Fence Friendly Group

Fence Village Hall

Second Tuesday of the month

10.00am-12.00noon

Seated Exercise

Turney Crook Mews, Ivegate, Colne

11.00am-12.00noon

Latin Dancercise

Ace Centre, Nelson

2.00pm-3.00pm

Starts 9th September

St. John's Social Group

St. John's Church

Barkerhouse Road, Nelson

2nd and 4th Tuesday of the month

2.00pm-4.00pm

Tai Chi

Christ Church, Nelson

2.30pm-3.30pm

WEDNESDAYS

Peter Birtwistle Pop-in

Peter Birtwistle Community Centre
Keighley Road, Colne

10.00am-12.00noon

Foulridge Friendly Group

New Inn, Skipton Road, Foulridge

Fortnightly from 8 January

12.30pm-2.30pm

THURSDAYS

Line Dancing for Beginners

Byron Rd Community Centre, Colne

10.00am-11.00am

Yoga for Beginners

Ace Centre, Nelson

10.30am-11.30am

Trawden Pop-in

Trawden Community Centre

Meets fortnightly

10.00am-12.00noon

FRIDAYS

Gentle Exercise

Christ Church, Nelson

11.30am-12.30pm

Exercise Classes

Byron Rd Community Centre, Colne

1.30pm-2.30pm

For more information or to book activities, please contact the Pendle health and wellbeing co-ordinator on

01282 442528/9 or **0300 303 1234**.

Keeping active is one of the most effective ways of positively influencing our health. Regular exercise can lower our risk of getting serious conditions, such as a stroke, heart disease and certain cancers. It can add years to our lives, but most importantly, it keeps us happy and helps us maintain our independence.

People who are the least active stand to gain the most by doing a little more, a little more often. Choosing activities that give you an opportunity to meet people socially or play a more active role in your local community can help to give you a greater sense of purpose and achievement. For all physical activities we advise that you wear something loose and comfortable.

All activities are open to anyone over the age of 50. Some activities are free, whilst others have a small charge attached to cover costs. Please call us to find out more.

To enable us to offer a wide range of activities we always need the skills and support of volunteers. If you are interested in volunteering with us please call **0300 303 1234** (calls charged at local rates) or visit our website to view our latest volunteer opportunities.

Your local office is:

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Our activities are supported by
Lancashire County Council.

