

Central
Bedfordshire

great
lifestyles



Active
Lifestyles

#GetActiveWith

2022

A great place to live and work.



Find us online



www.centralbedfordshire.gov.uk

Welcome



Central Bedfordshire Council welcomes you to our Active Lifestyle #GetActiveWith programme.



Are you aware of all our successful physical activity sessions that run across Central Bedfordshire for all abilities?



Would you like to find out more?

This booklet will provide you with information on health and wellbeing as well as the activities co-ordinated and led by or in association with Central Bedfordshire Council. All of our activities are led by fully trained and enthusiastic leaders, ensuring a fun and safe environment for you.



 0300 300 8305

 active.lifestyles@centralbedfordshire.gov.uk

 www.centralbedfordshire.gov.uk

 www.facebook.com/GetActiveWith

Contents



Active Wellbeing

Active Wellbeing NHS	4
NHS	6
Mind	8
Boditrax	9
Eat well plate.....	10
50 reasons.....	12
Library info.....	13
10 way to stay on track.....	14
Move more, sit less.....	15
Country side sites.....	16
Leisure centres	20

Active Play

Play areas.....	39
-----------------	----

Active Families

Xplorer	42
Street tag	43
Children and families.....	44

Active Online

Active online Facebook and YouTube	45
Onlie day activites.....	46
Supporting contacts.....	47

Active Referrals

Active Lifestyle Referral.....	27
Morelife.....	28
Cardiac	30
Strength and balance	31
Cancer	32

Active Outdoors

Community Physical Activity	33
Health walks.....	34
Walking football	36
Buggyfitness	37
Park runs.....	38



Physical activity can boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and other long term conditions.



Active Wellbeing





Central Bedfordshire Council recommend that everyone aims to be active on a daily basis, the NHS guidelines vary on age:



www.nhs.uk/live-well/

To maintain a basic level of health, **children and young people aged 5-18** need to do:

-  at least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis
-  on three days a week, these activities should involve exercises for strong muscles, such as push-ups, and exercises for strong bones, such as jumping and running



Explore the Healthier Families website for ideas www.nhs.uk/healthier-families/. From our fun Shake Up games, indoor activities to information about active hobbies and sports, here's everything you need to get your family moving.

getting your young child moving more



- **Skipping** – move more on the way to school or the shops
- **Dancing** – a great way to get moving without even leaving the house
- **Riding a bike or scooter** – a fun way to get around
- **Running, chasing or catching games** – perfect for playtime with friends and family

To stay healthy, **adults aged 19-64** and adults aged over 65 who are generally fit and have no health conditions that limit their mobility, should try to be active daily and should do:

-  at least 150 minutes of moderate aerobic activity such as cycling or fast walking every week, **and**
-  strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

Adults aged 65 or older who are not generally fit and may have health conditions should see their GP prior to attempting any exercise to be advised on what level of activity they should participate in. An ideal starting point is to gradually increase levels of walking and decrease levels of sedentary movement for long periods of time.

Better Health

Kickstart your health. Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also find simple ways to lift your mood with Every Mind Matters. There has never been a better time to kickstart your health. Let's do this!

www.nhs.uk/better-health/

How are you?

Complete the free 10-minute personalised questionnaire which focusses on diet, alcohol and smoking and physical activity. Click the link below:

www.nhs.uk/better-health/how-are-you-quiz/



Active 10 app

Track and build up your daily walks – start with 10 minutes every day!



How Are You? quiz

Get tips on looking after your health.

[Take the quiz](#)



Couch to 5K app

A running app for absolute beginners.



NHS Food Scanner app

Start finding healthier swaps today!



Top tips to improve your mental wellbeing



There are little things we can all do to take care of our mental wellbeing.



Just like our physical health, it is important to look after our mental health. This can help us to learn new ways to cope with life's challenges and lead happier, healthier lives.

Simple changes can make a big difference – here are six areas that can help you look after your mental wellbeing:



1. Being aware of unhelpful thoughts

Learn to ask yourself whether your thoughts are helpful or not? Is there a different way to see the situation? What would you say to a friend?

2. Focus on now

Spend time focusing on the present instead of getting stuck on the past or worrying too much about the future. You could try relaxation techniques and mindfulness.

3. Getting enough rest

Make sure you have enough down time before bed and a good sleep routine with a regular bedtime and wake up time.

4. Connecting with others

Make time for socialising with friends and family or online communities where you are able to talk about the way you feel.

5. Living a healthy lifestyle

Eating well and getting enough exercise for your physical health can help to boost your mental wellbeing too.



6. Do something for yourself

Have some 'me time' by spending regular time on the things that make you happy, whether that's a hobby, trying something new or relaxing.

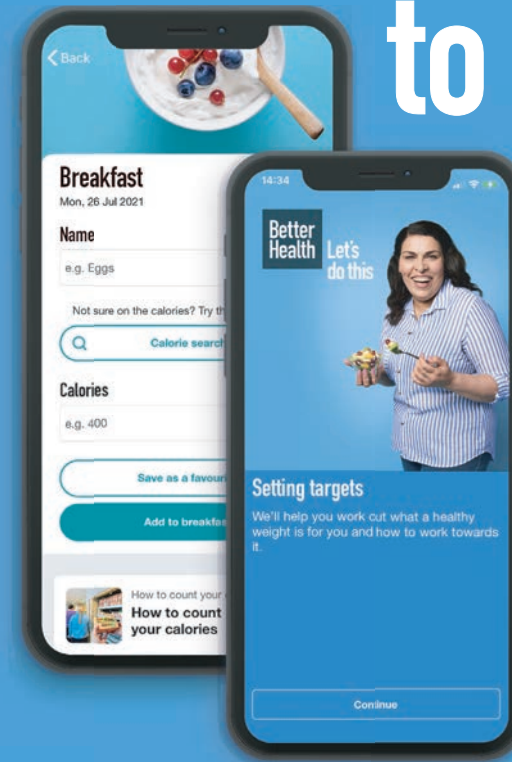
Better Health every mind matters

If you or someone you trust has a smart phone or computer and can access the internet, do visit www.nhs.uk/every-mind-matters/ for more tips and information on caring for your mental health, and find what works for you. You can also get access to the internet at most local libraries.

Better Health Let's do this



Want to lose weight?



Our easy-to-follow plan can help you start healthier eating habits, be more active and start losing weight. One healthy choice at a time.

Over 12 weeks, the plan can help you:

- Set goals
- Plan meals
- Make healthier food choices
- Record your activities and progress

Download your **FREE NHS Weight Loss Plan** app today

mind BLMK



We are here for you!

Supporting mental health and wellbeing across
Bedfordshire, Luton and Milton Keynes

www.mind-blmk.org.uk

For more information please contact:

hq@mind-blmk.org.uk tel: 0300 330 0648

Charity No. 1068724

Health and Wellbeing Kiosks

Provided by Boditrax

Would you like to know how healthy your body is?

Do you need support with your weight or mental health?

A boditrax scan provides you with a set of results to self-monitor your health, set personal goals and track your progress. We have 10 kiosks available across Central Bedfordshire.

- Check your physical health regularly
- Find out 15 results on your health and wellbeing
- Set goals and track progress easily using the Boditrax app
- Signpost yourself to a range of services to support you with your physical and mental wellbeing
- Access all this for FREE for a limited time!

For more information about health and wellbeing kiosks, email boditax@centralbedfordshire.gov.uk or scan the QR code

 **boditrax**[®]



Active
Lifestyles

A great place to live and work.

Find us online  www.centralbedfordshire.gov.uk

 [getactivewith](https://www.facebook.com/getactivewith)

 [@letstalkcentral](https://twitter.com/letstalkcentral)

Central Bedfordshire

great
lifestyles



Nutrition

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

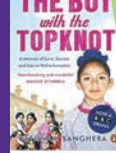


Don't skip breakfast. A healthy breakfast can provide fibre, calories, vitamins and minerals.



Choose unsaturated oils and use in small amounts

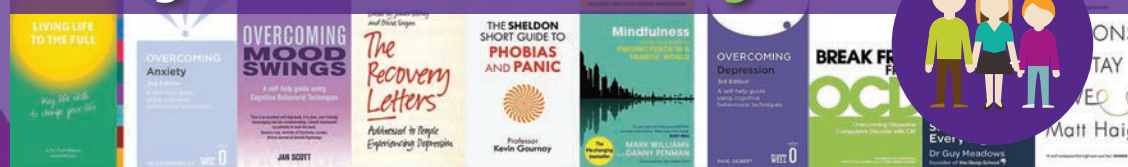
Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



50 Reasons to Exercise

1. Lifts your mood
2. Improves learning abilities
3. Builds self esteem
4. Keeps your brain fit
5. Keeps your body fit & able
6. Boosts mental health
7. Boosts your immune system
8. Reduces stress
9. Makes you feel happier
10. Has anti-ageing effects
11. Improves skin tone and colour
12. Improves sleeping patterns
13. Helps prevent strokes
14. Improves joint function
15. Improves muscle strength
16. Alleviates anxiety
17. Sharpens memory
18. Helps to control addictions
19. Boosts productivity
20. Boosts creative thinking
21. Improves body image
22. Gives you confidence
23. Helps you keep focussed in life
24. Improves eating habits
25. Increases longevity
26. Strengthens your bones
27. Strengthens your heart
28. Improves posture
29. Prevents colds
30. Improves appetite
31. Improves cholesterol levels
32. Lowers risk of (certain) cancers
33. Lowers high blood pressure
34. Lowers risk of diabetes
35. Fights dementia
36. Eases back pain
37. Decreases osteoporosis risk
38. Reduces feelings of depression
39. Prevents muscles loss
40. Increases energy and endurance
41. Increases sports performance
42. Increases pain resistance
43. Improves balance and coordination
44. Improves oxygen supply to cells
45. Improves concentration
46. Helps with self-control
47. Lessens fatigue
48. Increases libido and satisfaction
49. Makes life more exciting
50. Improves quality of life

Find some inspiration at your local library



Books are a great way to sit down, take some time and relax – whether it is indulging in some me time with your favourite author, having some cuddle time with your baby, or catching up with the latest trend. Books can also inspire you to get active, with biographies from great sports people, books to encourage you to get outdoors and lots and lots of books about sports and wellbeing.

Books are not the only things on offer at your local library – they also provide free access to computers and an exciting range of activities and events, including walking groups! Joining a group or activity at your local library is a great way to meet new people, socialise and support each other. To find out more about activities in libraries see our website www.centralbedfordshire.gov.uk/libraries.

You might not know that libraries also offer a range of expert self-help health books, the Reading Well collections. The collections cover issues such as mental health and wellbeing, living with long term health conditions, support and advice for carers and dementia. There is also a collection, ShelfHelp, especially for teenagers.

You can also access lots of free library resources such as e-books at home or on the go via our website or virtual library. So why not download an audio book and have fun with a book for change.

Remember libraries are free to use, so what are you waiting for, pick up some inspiration at your local library today!

Follow us on twitter @cbc_libraries or like us on Facebook @CBClibraries.



A great place to live and work.

Find us online www.centralbedfordshire.gov.uk [getactivewith](https://www.facebook.com/getactivewith) [@letstalkcentral](https://twitter.com/letstalkcentral)



10 ways to help stay on track with lifestyle change

1. Keep a diary

Weeks may go by where you feel de-motivated but taking a look at how far you have come can be a huge inspiration.

2. Tell people

putting it out there means it's real and people can be a huge source of encouragement

3. Get a friend involved

having a friend to turn to for guidance or advice is a big plus.

4. Rewards

Rewards will keep you going and in a positive frame of mind.

5. Re-evaluate

Your goals may change along the way, what you initially considered to be important may become less so. Take stock and re-evaluate where you are headed, this will make you feel reinvigorated and allow you to strive on for success.

6. Commitment

Being fully committed to the process is essential for success

7. Take action

Taking action is hugely important to staying on track

8. Have a deadline

Having a specific time frame to work within is fantastic for focusing the mind.

9. Be realistic

Work hard and success will come, it may take time. A touch of realism is necessary. Without it you may become disillusioned and demotivated

10. Plan well

Planning and organisation will motivate you to stay on track to reach the top.

'Exercise not only changes your body, it changes your mind, your attitude and your mood'



Active Lifestyles

A great place to live and work.

Find us online www.centralbedfordshire.gov.uk [getactivewith](https://www.facebook.com/getactivewith) [@letstalkcentral](https://twitter.com/letstalkcentral)

Move More Sit Less

Physical Activity guidelines for adults and older adults

STRENGTH & BALANCE



- Gym
- Dance
- Yoga
- Thai Chi
- Bowls
- Carry bags

2 days per week

BE ACTIVE



- Run
- Sport
- Stairs

75 mins per week

- Walk
- Cycle
- Swim

150 mins per week

VIGOROUS

MODERATE

SIT LESS



- Stand when on the phone
- Take a walk at lunch
- Reduce using the car
- Sofa
- Car
- Computer



Countryside Sites

We have over 1000 hectares of countryside open space for public access and wildlife. Some of our sites are managed in partnership with the National Trust, Greensand Trust and the Wildlife Trust; the remainder are managed by our in-house Countryside Sites Team. Sites vary from the large, with visitor centres and lots going on i.e.; Dunstable Downs and Rushmere Country Park, to the quieter sites such as Etonbury Wood, Flitwick Wood, Campton Plantation and Baulk Wood.

On the following pages are three of our country parks that you can visit to walk your dog, go for a walk or a run, take the family for a day out, kick a ball around or simply get away from it all and enjoy the peace and quiet of nature.

VOLUNTEERING

Why not try volunteering as a way of getting outside in the fresh air, making new friends and improving your physical and mental health? Many of our sites have 'Friends' groups who help us manage and improve our sites and act as our 'eyes and ears' on the ground. You can do as much or as little as you like, and a range of jobs and skills are always needed.

If you would like to find out more then please contact: countryside@centralbedfordshire.gov.uk or telephone 0300 300 6135.

We welcome everyone to visit our sites and some of our sites have easy access walks for disabled people, please see here for more information:

www.centralbedfordshire.gov.uk/info/83/countryside_sites/422/mobility_impaired_access_to_countryside_sites



Discover more about our sites on the Central Bedfordshire Council website: www.centralbedfordshire.gov.uk/leisure/countryside/countryside-sites/overview.aspx

Rushmere Country Park

This site is managed in partnership with the Greensand Trust and consists of a visitor centre and café with stunning views over wooded valleys, hills, a lake and, in spring and early summer, a spectacular heronry where you can watch the herons at their large nests in the tree tops. There are a wide range of trails, walks and places to run and keep fit, some of which are suitable for wheelchairs. There are also bicycle trails, horse riding and natural play areas throughout the Park. Dogs are welcome so please come, explore and enjoy the woodlands, newly created heathlands and the quiet valleys with ponds and lakes. The 40-mile Greensand Ridge Walk runs through the Park and past many of the beautiful natural wood sculptures including the popular, giant-sized, 'Storyteller's Chair'. There is a charge for car parking.

More information here:
www.greensandtrust.org/RushSites.html



Visit to walk your dog, go for a walk or a run, take the family for a day out, kick a ball around or simply get away from it all and enjoy nature!



Dunstable Downs

This well-known downland site (Bedfordshire's highest point) is managed in partnership with the National Trust and has everything for everyone! Big views, high hills, gliders, tea and cake, walks and a multi-user path which is wheelchair friendly along the top of the hills. You can play football, fly a kite, go for a run, do a Health Walk or simply enjoy a picnic and admire the stunning views and wildlife. The Chilterns Gateway Centre has great views, a shop and a café. The nearby Chute Wood Playscape is a woodland natural play area for children (and adults!). There is a charge for car parking.

More information here:
www.nationaltrust.org.uk/dunstable-downs-and-whipsnade-estate



Greensand Country is the name for the distinct, beautiful and loved countryside that stretches from Leighton Buzzard to Gamlingay. Its 40 miles of unique and idyllic landscape encompass three neighbouring counties, from Cambridgeshire in the East to Buckinghamshire in the West, and dominated by Central Bedfordshire.

Rich in wildlife and cultural heritage, Greensand Country is the ideal location for a weekend walk, a rural run, or an exhilarating cycle ride. Its historic parks and open spaces are perfect for family days out, from sculpture trails in Rushmere Country Park and bug hunts at Ampthill Great Park to the whimsical Swiss Garden at Shuttleworth, there's so much to explore.

The Greensand Country brand has been established by the Greensand Country Landscape Partnership, a Heritage Lottery Funded Programme, which was established in January 2017 and has been working on more than 40 projects across this beautiful and much-loved area. For more information please see: www.greensandcountry.com

Houghton Hall Park

What is there

- Accessible visitor centre housing a dog friendly café, accessible toilets & two meeting rooms
- Historical formal & kitchen gardens
- Accessible pathways throughout the park
- Children's play feature trail
- Programme of events & activities for all to enjoy
- Different volunteering opportunities available
- Trees planted to enhance the biodiversity
- Find out more about the rich history of the park in the discovery zone & display area

The park is completely free to visit with a maximum stay of 3 hours in the Visitor Centre car park.

For more information, please visit: www.houghtonhallpark.org or email hhp@centralbedfordshire.gov.uk.

Address: Houghton Hall Park Visitor Centre, Park Road North, Houghton Regis, Bedfordshire, LU5 5FU.

Houghton Hall Park & your wellbeing

There are many ways spending time at Houghton Hall Park can improve your physical & mental health.

Explore nature, be mindful of your surroundings, take a step out of everyday life and listen to the trees moving in the wind or the birds singing. Get involved in volunteering or our physical activities in the park – exercising in a natural environment is a great way to improve your overall wellbeing!



Leisure Centres

The council's leisure centres provide a range of facilities, such as swimming pools and swimming lessons; squash and indoor courts and sports halls for activities such as badminton, martial arts, trampolining, gymnastics etc; gym suites housing cardio and resistance equipment; exercise studios for a range of class-based physical activity; indoor climbing walls; cafés, crèche and changing facilities; health-referral rooms for confidential health and wellbeing advice.

There are many positive benefits from taking part in physical activity in your local leisure centre.

Activity can improve the public's health and reduce the risk of major illnesses. People who exercise regularly have a lower risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke, and some cancers by up to 50%, and can lower the risk of early death by up to 30%. Research also shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing the risk of stress, depression, dementia and Alzheimer's disease.

The following pages provide you with more information on the leisure centres:



lifestyles @ flitwick

Contact: 01525 493131

- 8 lane, 25m swimming pool with a learner pool, confidence water and spectator area
- Aqua ed swim school
- wet-side changing rooms with provisions for disabled visitors
- fitness suite with 120-stations of Technogym equipment and free weights area.
- Holiday playscheme
- 10-metre indoor climbing wall
- Dance/exercise studios with over 100 classes on offer each week
- Sports hall including Badminton & cricket nets
- 2 squash courts
- café
- crèche
- 2 artificial football pitches for 5 a side football
- Children's Activities
- Immersive Indoor Cycling Studio
- Health walk to and from the site

flitwick

@





lifestyles @ dunstable

Contact: 0300 300 8665

- 100 Station Gym
- Three Workout Studios
- Group Cycle Studio
- Six Lane Swimming Pool
- Two Squash Courts
- Six Court Sports Hall
- Café
- Creche
- Boditrax
- Personal Training
- Over 50 fitness classes
- Free Lifestyles Programme
- Exercise Referral
- Technogym Mywellness
- Learner Pool
- Citizen Advice (CiTA)
- Adult Opportunities and the Library as part of the facility
- A Martial Arts /multi purpose room.

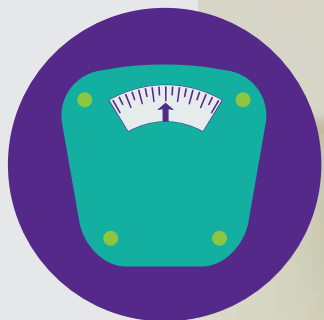


lifestyles @ houghton

Contact: 01582 866141

- Swimming pool
- Aqua ed swim school
- A 56 station air-conditioned gym with Technogym equipment
- Free weights room
- spinning and workout studio with a range of different classes
- Large sports hall offering a wide range of activities
- Entry barriers / turnstiles with access control
- Body Composition Scans
- Personal Training
- Lifestyles Programme
- Over 50 fitness classes
- Exercise referral
- Technogym Mywellness
- AquaEd





lifestyles @ sandy

Contact: 01767 681872

- A 37 station fitness suite equipped with Technogym equipment
- A range of 28 fitness classes from the traditional to Body Training Systems
- A four court sports hall
- A county standard 6 lane athletics track and infield athletic facilities
- Floodlit all weather pitch used for football and hockey with changing facilities
- 4 floodlit tennis courts
- 2 netball courts
- 2 squash courts
- A function room and bar
- A community theatre



lifestyles @ saxon

Contact: 01767 433133

- A fitness suite with over 100 stations of Technogym equipment
- 3 workout rooms with over 75 fitness classes per week. You'll find popular classes such as Pound and Fitsteps alongside the high calorie burning classes of Body Combat and Group Cycle.
- 8 Lane 25m main swimming pool with a diverse swimming programme
- Learner/teaching pool
- Aqua ed swim school
- Cafe with a range of hot and cold snacks and healthy options
- Ofsted registered creche
- 2 court sports hall



lifestyles @ tiddenfoot

Contact: 01525 375765

- A new fitness suite with over 84 stations of Technogym equipment
- Sports hall offering a wide range of activities
- Changing rooms for customers who are using the gym and classes
- 2 Squash courts
- Creche
- Costa Café
- 2 studios for exercise classes
- 8 lane 25m main swimming pool with a diverse swimming programme
- Learner/teaching pool
- Changing village adjacent to swimming pool
- Seating area for spectators
- A range of 60 fitness classes a week & Aqua ed swim school
- Health walks to and from the site



Active Lifestyles

REFERRALS



What is the scheme?

The scheme offers you motivation, advice or support that you may need to help you improve your current health & wellbeing. Your Active Lifestyle Co-ordinator can signpost and encourage you to make healthier lifestyle changes.

We work closely with a number of leisure centres and various services across Central Bedfordshire, enabling our customers to benefit from the expertise available.

Referral criteria

- Weight management
- Asthma
- COPD
- Muscular-skeletal pain
- Joint problems including Osteoarthritis, Rheumatoid Arthritis and Osteoporosis
- Cardiovascular Disease
- High Cholesterol
- High normal blood pressure / Hypertension
- Mild to moderate Anxiety and / or Depression
- Risk factors for CVD
- Previous Myocardial Infarction | Cancer
- Type 2 Diabetes
- Chronic lower back pain



What the scheme involves?

The scheme involves having regular consultations over a 12 month period to support and motivate you throughout your journey to becoming more active. Together we can explore your personal pathway, looking at programmes or services that appeal to you and ones that will fit in and around your lifestyle.

What next?

Visit your G.P to see if you can be referred to the Active Lifestyle Referral scheme. This will then be forwarded to a member of the Active Lifestyle Team and you will be contacted.

For more information please contact the Active Lifestyle Team
active.lifestyles@centralbedfordshire.gov.uk



MORE Life

At MoreLife we're passionate about helping individuals, families and local communities to improve their health. Our years of experience have taught us that telling people what to do doesn't work, so we take a different approach.

We'll help you to understand and overcome your personal barriers. Everyone is treated as an individual with their own journey, own goals and own success.

OUR ADULT WEIGHT MANAGEMENT PROGRAMME

Access our flexible digital sessions each week, at a time that suits you and fits around your busy schedule. The programme will take you through 12 weeks of helpful topics to support weight loss.

We offer the flexibility of our digital sessions with added weekly group support with one of our weight management practitioners online or at local venues or you can do the digital sessions on your own.

Learn how to:

- Understand and recognise weight influences
- Read and understand food labels
- Understand the difference between physical and emotional eating



OUR CHILDREN AND YOUNG PEOPLE PROGRAMME

Our programme supports children and families across the lifespan to lead a healthy lifestyle and includes: weekly physical activity clubs for children, an 'at-home' family intervention, online parent webinars and continued support from our practitioners.

We provide fun and creative digital resources for the family to use together with a range of activities, videos, recipes and challenges all around leading a healthy lifestyle.

OUR PRE AND POST-NATAL PROGRAMME

Our flexible prenatal programme focuses on balanced health behaviours and the prevention of gestational diabetes. Our friendly team will help support you to make balanced and healthy choices around food and exercise.

The focus of our postnatal programme is on postnatal weight loss and offers both 1:1 and group support. We offer this programme to any mum with a newborn up to the age of 24 months.

CONTACT US

You can visit our website to refer yourself, alternatively call us on 0808 208 2340 to book your place on one of our programmes. You should also check out our social pages for updates and health content.

 [more-life.co.uk/Bedford](https://www.more-life.co.uk/Bedford)

 @MoreLifeBedsMK

 MoreLifeBedsMK

 MoreLifeBedsMK



Central Bedfordshire

great
lifestyles

Cardiac Rehab

Cardiac rehab is for people who have suffered a heart attack or undergone heart surgery.

The programme takes place at our Leisure Centres and follows the hospital based Phase III Cardiac Rehabilitation programme. The class focuses on the long term maintenance of physical activity and lifestyle change.

Referrals must follow the referral pathway and be referred by a GP or through the phase III Cardiac rehabilitation scheme by a specialist.

Cardiac rehab sessions are available at some of our Leisure Centres. For more information please contact us active.lifestyles@centralbedfordshire.gov.uk



A great place to live and work.

Find us online  www.centralbedfordshire.gov.uk  [getactivewith](https://www.facebook.com/getactivewith)  [@letstalkcentral](https://twitter.com/letstalkcentral)

Falls Prevention Strength and Balance Sessions

Central Bedfordshire

great
lifestyles

Are you over 65 and at risk of falling?

Have you recently had a fall?

Are you worried about falling?

If YES we can help you!

Our FREE 12-week falls prevention programme will be organised at the following sites:

Saxon Pool & Leisure Centre, Biggleswade

Flitwick Leisure Centre, Flitwick

Sandy Sports Centre, Sandy

Tiddenfoot Leisure Centre, Leighton Buzzard

The Dunstable Centre, Dunstable

Houghton Regis Leisure Centre, Houghton Regis



Virtual Falls Classes

We are pleased to announce that we are able to offer Virtual Falls Prevention-Strength and Balance classes. The program will be offered through a virtual programme (Zoom) and will allow participants to improve their strength and balance from the comforts of their own home.



To be referred to one of these programmes please speak to your G.P or For more information please e-mail: active.lifestyles@centralbedfordshire.gov.uk



A great place to live and work.

Find us online  www.centralbedfordshire.gov.uk  [getactivewith](https://www.facebook.com/getactivewith)  [@letstalkcentral](https://twitter.com/letstalkcentral)



Cancer Rehab

Taking part in physical activity whilst living with cancer can be a big step, but we are here to make that step more manageable and more importantly, an enjoyable experience.

Benefits of cancer rehab can include:

- Reduce possible side effects of medication
- Improve physical body movement and functions
- Help reduce fatigue
- Improve self-esteem and a better wellbeing
- Reduce anxiety and depression

Cancer rehab sessions are available at some of our leisure centres.
For more information E-mail: active.lifestyles@centralbedfordshire.gov.uk



A great place to live and work.

Find us online www.centralbedfordshire.gov.uk [getactivewith](https://www.facebook.com/getactivewith) [@letstalkcentral](https://twitter.com/letstalkcentral)



Community Physical Activity Programme

Being active is fundamental to both physical health and mental health and wellbeing.

Active Outdoors

The outdoor community programme consists of low impact circuit classes and boot camps. Taking place at a variety of locations across Central Bedfordshire.

Active Outdoors aim is to improve mental health and wellbeing. The Active Outdoors programme will offer a variety of activities that will build confidence, educate, provide volunteering opportunities and reduce social isolation along with the additional benefits of being physically active.



Active Indoors

COMING SOON!

The indoor community programme will consists classes such as Pilates, Yoga and low impact circuit classes.

If you would like more information about the outdoor classes or to register your interest in the active indoors programme - coming soon, please email active.lifestyles@centralbedfordshire.gov.uk.



A great place to live and work.

Find us online www.centralbedfordshire.gov.uk [getactivewith](https://www.facebook.com/getactivewith) [@letstalkcentral](https://twitter.com/letstalkcentral)

Wellbeing Walks



Wellbeing Walks programmes run throughout Central Bedfordshire. Health walks are regular led walks which are FREE and open to all – although aimed particularly at people who are presently doing little or no exercise. Many of our walks end at cafes where people can have a coffee and a chat before they leave.

MONDAY

Beeston

Weekly, 10.00am, 60 mins
Post box, Beeston Green.
Leader: Gillian (07890 232685)

Leighton Buzzard

(Intermediate)
Weekly, 10.00am, 60 minutes
Bell Close car park (opp. Morrisons garage)
Leader: Julian (07770 344914)
healthwalkslb@outlook.com

TUESDAY

Flitwick Beginners

Weekly, 10.00am, 25-45 mins
Flitwick Library.
Leader: Dave (01525 715687)

Shefford

Weekly, 10.00am, 60-90 mins
Community Hall, Ampthill Road.
Leaders: Beth & Peter
(01462 815672)

Toddington

Weekly, 10.30am, 60 mins
Toddington Library.
Leader: Alan (01525 873927) or
alanhiggs@gmail.com

WEDNESDAY

Biggleswade

Weekly, 10.00am, 30-40 and 60-90 mins
Dan Albone car park, Shortmead St.
Leaders: John (07710 657455),
Mary (07855 632021)

Sandy

Weekly, 10.00am, 60 mins
Sandy Library.
Leaders: Cathy (01767 692182),
Jane (01767 691455),

Leighton Buzzard (Short)

Weekly, 10.00am, 30 minutes
Bell Close car park
(opp. Morrisons garage).
Leader: June (07835 212513)
healthwalkslb@outlook.com

Leighton Buzzard, Tiddenfoot

Weekly, 10.00am, 30-50 mins
Leisure Centre café.
01525 375765 or
tiddenfoot.fitness@sll.co.uk

Woburn Beginners

Weekly, 10.00am, 30 mins
Park Street car park.
Leader: David (07947 577886)
davidshaw1661@hotmail.com

Flitwick

Weekly, 10.15am, 90 mins
Start points vary.
Leaders: Chris (01525 714729),
Pauline (01525 630191)

Marston Vale

Weekly, 10.15am, 60 mins
Forest Centre Reception.
Leaders: Liz (01234 910035),
John (01234 768147)

Marston Vale Beginners

Weekly, 10.15am for 10.30am
start, 25-45 mins
Forest Centre Reception.
Leaders: Heather (01525 404125),
Mike (01234 767014)

THURSDAY

Biggleswade

Weekly, 10.00am, 90 mins
Stratton School gates, Eagle
Farm Road.
Leaders: Mary (07855 632021),
Mary (07761 681213)

Leighton Buzzard Beginners

Weekly, 10.00am, 20-45 mins
Leighton Buzzard Library.
Contact: Mike Fayers (01234
832619)

Leighton Buzzard (Longer)

Weekly, 10.00am, 90 minutes
Bell Close car park (opp. Morrisons garage)
Leader: Gill
(07857 851164)
healthwalkslb@outlook.com

Potton & Gamlingay

Weekly, 10.00am, 90 mins
Start points vary.
Leaders: Boo (01767 260644),
Pat (01767 650132)

Shefford Beginners

Weekly, 10.00am, 45 mins
Shefford Library.
Leader: June (07981 278910)

Arlesey

Weekly, 10.45am, 90 mins
Start points vary.
Leaders: Beth & Peter (01462
815672)

Barton le Clay

Fortnightly, 11.00am, 60 mins
Royal Oak pub.
Leader: Jennifer (01462 711205)

Houghton Hall Park

Fortnightly, 2.00pm, 60 mins
Pavilion on the Green.
Leader: Sue (07443 016095)

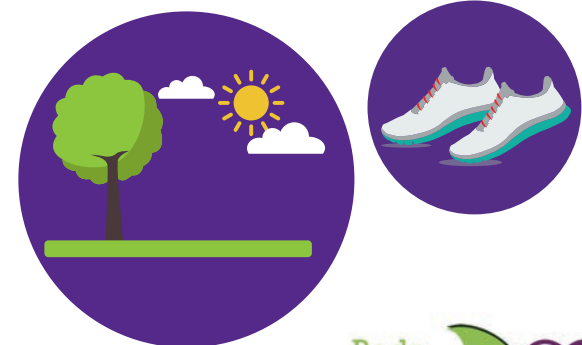
FRIDAY

Harlington

Fortnightly, 10.30am, 60 mins
Village Hall car park.
Leader: Sue (07887 708304)

Amphill

Fortnightly, 10.00am, 90 mins
Start points vary.
Leader: Lynda (01234 740788) or
olivetree47@googlemail.com
www.amphillhealthwalks.blogspot.co.uk





Central Bedfordshire

great lifestyles



Walking Football

Get Active, meet new people and have fun!

A different version of the beautiful game..... at a slower pace. Walking football has all the same rules as football but with NO running, only walking. Come & give it a try!!

Sessions run across Central Bedfordshire including - Dunstable, Leighton Buzzard, Flitwick and Biggleswade.

Sessions cost between £2.50 - £3.50 depending on location.

For more information please contact:

active.lifestyles@centralbedfordshire.gov.uk



A great place to live and work.

Find us online  www.centralbedfordshire.gov.uk  [getactivewith](https://www.facebook.com/getactivewith)  [@letstalkcentral](https://twitter.com/letstalkcentral)



Central Bedfordshire

great lifestyles



Buggy Fitness

A sociable friendly class for anyone wanting to exercise with or without their babies.

Venues across Central Bedfordshire

The class offers mums and dads the opportunity to exercise with their buggy in a safe and inclusive environment. The class comprises of a warm up and cardiovascular exercise to energise and help improve fitness. Body weight and light resistance work to help strengthen and tone, followed by a cool down element so you leave feeling ready to take on the world.

For more information please contact:

active.lifestyles@centralbedfordshire.gov.uk
www.centralbedfordshire.gov.uk/active-lifestyles



A great place to live and work.

Find us online  www.centralbedfordshire.gov.uk  [getactivewith](https://www.facebook.com/getactivewith)  [@letstalkcentral](https://twitter.com/letstalkcentral)



DUNSTABLE DOWNS (NO DOGS), RUSHMERE (NO DOGS) AND HOUGHTON HALL PARK

junior events
are on
a Sunday

JOIN THE PARKRUN FAMILY

WALK, JOG, RUN, VOLUNTEER

or simply come and watch – it's up to you!

FRIENDLY, ENJOYABLE 5K EVENTS

Every Saturday morning

FUN FOR ALL THE FAMILY

Buggies and dogs welcome

IMPROVE HEALTH & FITNESS

Be active in the open air

DEVELOP NEW SKILLS

Opportunities to volunteer

2K JUNIOR PARKRUNS

For children every Sunday morning

FREE & EASY TO TAKE PART

No need for special equipment or clothing

BE PART OF A COMMUNITY

Make new friends & socialise

BUILD CONFIDENCE

Track progress & achieve new goals

"I love making new friends and being with people who are encouraging each other. I had no idea that it would change my life in so many positive ways."

Alison Mead

Please visit www.parkrun.org.uk for more information

play @



Leisure Services Managed Play Areas

Central Bedfordshire Council Leisure Services currently owns and maintains the following 22 equipped children's play areas. These are open spaces free to use. Play areas benefit a child as it is a form of exercise that promotes well-being and wholesome physical development. Children are naturally drawn to active play outdoors – it allows them to explore their environment, develop muscle strength and coordination, and gain self-confidence. Playing actively outdoors also increases flexibility, fine and gross motor skills and is related to the development of a wide variety of physical skills, including those involved in sports. Other play areas not on the list are managed by town/parish councils or housing developers.

For more information on the play areas please contact the Physical Activity Team at active.lifestyles@centralbedfordshire.gov.uk



“

Play areas benefit a child as it is a form of exercise that promotes well-being and wholesome physical development.

”

play@Tavistock Avenue	Tavistock Avenue, Ampthill, MK45 2RY	up to the age of 6
play@Chapel Drive	Chapel Drive, Arlesey, SG15 6PB	up to the age of 6
play@Chancellors	Chancellors, Arlesey, SG15 6YB	up to the age of 9
play@Howberry1	Howberry Green, Arlesey, SG15 6ZA	up to the age of 6
play@Howberry2	Howberry Green, Arlesey, SG15 6ZA	up to the age of 6
play@Chambers Way	Chambers Way, Biggleswade, SG18 8ES	up to the age of 14
Skate park@Chambers	Chambers Way, Biggleswade, SG18 8ES	No age
play@Jubilee Close	Jubilee Close, Clifton, SG17 5JN	up to the age of 6
play@Spoondell	Spoondell, Dunstable, LU6 3JE/F	(Enclosed) up to the age of 9
	Spoondell, Dunstable, LU6 3JE/F	(Open) up to the age of 14
play@Hatfield Crescent	Hatfield Crescent, Flitwick, NK45 1ET	up to the age of 14
Play@LakeView	Lake View, Houghton Regis, LU5 5GJ	Up to the age of 10
play@Tithe Farm Close	Tithe Farm Close, Langford, SG18 9NE	up to the age of 6
play@Oakley Green	Oakley Green, Leighton Buzzard, LU7 3EX	(Enclosed) up to the age of 6
	Oakley Green, Leighton Buzzard, LU7 3EX	(Open) over the age of 7
play@Appenine Way	Appenine Way, Leighton Buzzard, LU7 3XE	(Enclosed) up to the age of 9
	Appenine Way, Leighton Buzzard, LU7 3XE	(Open) over the age of 9
Play@Heath Meadows	Blenheim Road, Leighton Buzzard. LU7 3DZ	Up to the age of 10
play@The Rickyard	The Rickyard, Lower Shelton, MK43 0NG	up to the age of 6
play@Manor Road	Manor Road, Marton Moretaine, MK43 0PD	up to the age of 9
play@Gardeners Close	Gardeners Close, Maulden, MK45 2DY	up to the age of 6
play@Gregory Close	Gregory Close, Meppershall, SG17 5GA	up to the age of 6
play@Wingfield Drive	Wingfield Drive, Potton, SG19 2GQ	(Enclosed) up to the age of 6
	Wingfield Drive, Potton, SG19 2GQ	(Open) up to the age of 14
play@Bickerdikes Gardens	Bickerdikes Gardens, Sandy, SG19 1UX	(Enclosed) up to the age of 6
play@Churchill Way	Churchill Way, Shefford, SG17 5UG/B	over the age of 9
play@Kingfisher Road	Kingfisher Road, Shefford, SG17 5YQ	up to the age of 9



Housing managed Play Areas

These play areas are managed by Central Bedfordshire Council's Housing Department.

Location

Morcom Road,
Dunstable

Jardine Way, Dunstable

Chelsea Gardens,
Houghton Regis

Trident Drive, (by
school), Houghton
Regis

Trident Drive,
Houghton Regis

Elm Park Close,
Houghton Regis

Meadow Way
(central green),
Leighton Buzzard

Meadow Way (rear),
Leighton Buzzard

Nelson road, Leighton
Buzzard

Family Activities

Xplorer is a family friendly fun navigation challenge that is educational and gives children a sense of adventure as they explore the park to find the markers.



It involves a healthy mix of physical activity and decision making that the whole family can enjoy together. At each marker, children need to identify what is pictured and enjoy learning a fun fact to tell their friends.

Central Bedfordshire Council delivers Xplorer sessions throughout the school holidays across Central Bedfordshire.

For more information visit www.xplorer.org.uk or email active.lifestyles@centralbedfordshire.gov.uk

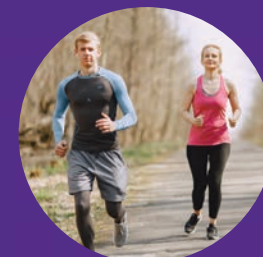


Earn points from virtual tags, steps and win prizes

Street Tag is a free child and family friendly mobile application that uses virtual tags to incentivise communities and families to become more physically active and boost mental health.

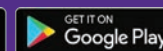
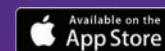
How to get your team on the Central Bedfordshire leader board?

1. Download the Street Tag app from the Play Store/App Store
2. Fill in your details and select Central Bedfordshire as your 'Event location' and 'Circuit'
3. You are now ready to actively discover tags, generate points, and win prizes
4. Go it alone or add friends to your team, and start playing.



WALK - RUN - CYCLE - ROLL

Download the app and join your local leaderboard



www.streettag.co.uk



Children and Families Active Lifestyles

Central Bedfordshire

great lifestyles



Do you need advice and support to help your family make healthier lifestyle choices?



The Active Lifestyle Team will support families with making good nutrition choices and providing advice about how to keep active as a family.



Fun activities for the whole family.

If you would like to register your interest subscribe to our mailing list, please email: active.families@centralbedfordshire.gov.uk

Active Lifestyles Online Programme

Facebook

If you are looking to attend a variety of live classes, please follow our Facebook page using the link below or scan the QR code with your mobile device. If you do not have a Facebook login, you can participate in classes at a later date but they will not be live. www.facebook.com/getactivewith

YouTube

Central Bedfordshire Active Lifestyles YouTube Channel provides a variety of classes that people can do in their own time and at their own pace. Please subscribe using the link below or scan the QR code with your mobile device.

[Central Bedfordshire Active Lifestyles YouTube Link](#)



FACEBOOK



YOUTUBE

@ For all other enquiries please email: active.lifestyles@centralbedfordshire.gov.uk



Active Lifestyles

A great place to live and work.

Find us online www.centralbedfordshire.gov.uk [getactivewith](https://www.facebook.com/getactivewith) [@letstalkcentral](https://twitter.com/letstalkcentral)



Active Lifestyles

Online Day Activities

Central Bedfordshire

great lifestyles

Central Bedfordshire Council offer an online schedule of weekday activities for residents of Central Bedfordshire to enjoy Monday to Friday every week.

Activities include things like cookery, gardening, arts & crafts, informative talks and fun gameshows.

As part of these activities, the Active Lifestyle Team offer a number of sessions to get active.




Activities include seated exercise, dance and full body workouts, there is something for everyone.

For more information or to add your name to the Newsletter so you receive emails detailing the activities taking place, please phone 0300 300 6588 | 0300 300 6710 or email ODA@centralbedfordshire.gov.uk



Active Lifestyles

A great place to live and work.

Find us online  www.centralbedfordshire.gov.uk  [getactivewith](https://www.facebook.com/getactivewith)  [@letstalkcentral](https://twitter.com/letstalkcentral)

Supporting contacts

Web sites

- www.centralbedfordshire.gov.uk/leisure/landing.aspx
- www.nhs.uk/livewell
- www.nhs.uk/betterhealth
- www.nhs.uk/healthier-families
- www.more-life.co.uk
- www.drinkaware.co.uk/advice
- www.ageuk.org.uk/health-wellbeing/keeping-fit/falls-prevention/exercise-regularly
- www.bhf.org.uk

Helplines

- Mental health: Mind call us on 0300 123 3393
www.mind.org.uk
- Stop Smoking service: Call us on 0800 013 0553
www.smokefreebedfordshire.co.uk
- Drug and Alcohol Path to Recovery (P2R) 01582 501780 /
www.elft.nhs.uk/service/300/Path-to-Recovery-P2R-for-Central-Bedfordshire
- Domestic abuse helpline: 0808 2000 247
www.bedsdv.org.uk
- [www.elft.nhs.uk/service/20/Bedfordshire-We Service](http://www.elft.nhs.uk/service/20/Bedfordshire-We-Service)
- One to one support: www.yourwellbeingbedfordshire.org.uk/improve-your-quality-of-life/support-and-advice/

Thank you for taking the time to look through the booklet. If you would like to keep up to date with events and information about Health & Wellbeing in Central Beds. Please email active.lifestyles@centralbedfordshire.gov.uk and we can send you details for signing up to our mailing list. Keep active & stay healthy

All information provided is correct at the time of printing and is subject to change without notice.

Central
Bedfordshire

great
lifestyles

Central Bedfordshire in contact

Find out more

For more information about this publication, further copies, or a large print copy, get in touch.

Please recycle me!

When finished with, please put me in your recycling bin or bag.



www.centralbedfordshire.gov.uk



www.facebook.com/letstalkcentral



[@letstalkcentral](https://twitter.com/letstalkcentral)



customers@centralbedfordshire.gov.uk



0300 300 8305