

## ***A Healthier Saffron - Useful groups and websites***

Walking for Health is a walking group that meets on Friday lunchtimes for 30-60mins walks. Start at the Town Hall at 12.30

[www.walkingforhealth.org.uk/walkfinder/east-mindlands/leicester-health-walks](http://www.walkingforhealth.org.uk/walkfinder/east-mindlands/leicester-health-walks)

One hour walks Leicester is a group that meets for walks around Leicestershire  
[www.meetup.com/onehourwalksleicester](http://www.meetup.com/onehourwalksleicester)

Lunchtime express walks are on Tuesdays at 12.45 from the Clock Tower, walks last 30-40mins [www.chooseyoumove.co.uk/events](http://www.chooseyoumove.co.uk/events)

Leicester Ramblers can be found at <http://ramblers-leicester.org.uk>

Space for COPD is an online self-management programme of activity, coping and education for people with COPD [www.spaceforCOPD.co.uk](http://www.spaceforCOPD.co.uk)

The British Lung Foundation is a support group for people with respiratory disease. They run several exercise classes in Leicester as well as a choir. The choir meets at St James the Greater Church, London Road on Tuesdays 1-3pm  
[www.blf.org.uk/support-in-your-area/leicester-singing-group](http://www.blf.org.uk/support-in-your-area/leicester-singing-group)

There is an exercise class on Fridays at 6.30pm at the African Caribbean Centre, Maidstone Rd [www.blf.org.uk/support-in-your-area/exercise-class-in-leicester](http://www.blf.org.uk/support-in-your-area/exercise-class-in-leicester)

Another class is run on Mondays at Aylestone Leisure Centre 12.30-2pm  
[www.blf.org.uk/support-in-your-area/exercise-class-in-leicester-aylestone](http://www.blf.org.uk/support-in-your-area/exercise-class-in-leicester-aylestone)

Take Heart Leicester is a support group for people with cardiac disease and meetings are held on the 1<sup>st</sup> Saturday of every month from 10-12, at the Glenfield Hospital. [www.takeheartleicester.co.uk](http://www.takeheartleicester.co.uk)

[www.diabetes.org.uk](http://www.diabetes.org.uk) can provide information about local Diabetes UK groups.