

One Leisure Active Lifestyles Newsletter

June 2023

Active for Health



***Still time to sign up ***

For adults who have a BMI of 25+ (23.5 for BME) and are inactive. FREE 12-weeks of group activities including fitness classes, walking sports, team games, healthy eating, and wellbeing walks. Activities will be chosen by the group in consultation with the coach. Once signed up, if eligible, each participant will receive a free 90-day offer to use the One Leisure facilities

Find out more information here: www.huntingdonshire.gov.uk/activeforhealth

- **One Leisure St Ives Outdoor** - Mondays 6:30pm - 7:30pm (starting 5th June)
- **One Leisure Huntingdon** - Wednesdays 6:00pm - 7:00pm (starting 7th June)
- **Millfields Park, Ramsey** - Thursdays 6:00pm - 7:00pm (starting 22nd June)



Let's Get Moving



12-week Let's Get Moving course in partnership with St Neots Primary Care Network. Patients of **Lakeside Healthcare St Neots, St Neots Health Centre or Great Staughton Surgery** with a BMI of 27.5 (25 for BME) are eligible for the course, ran in the same format as Active for Health. Patients can sign up here: www.huntingdonshire.gov.uk/letsgetmoving

- **One Leisure St Neots - Next course coming soon sign up now, don't delay.**

We are Hiring!



www.huntingdonshire.gov.uk/jobs/current-vacancies/

We have 3 exciting opportunities within our team. We are looking for someone who shares our passion to support and enable people to be more active and improve their health and wellbeing. Please support us by sharing our opportunities to your networks.

Sports Activity Leader - <https://buff.ly/34lsfi3>

The successful candidate will support us in the delivery of sport and physical activity sessions for children, adults and disability groups on a part-time basis until 30 September 2023.

Active Lifestyles Officer - <https://buff.ly/3WDS7T2>

The purpose of the post is to support and enable people to be more active and improve their health and wellbeing to help us achieve our aim of being the most active district in Cambridgeshire.

Community Sport and Health Apprentice - <https://buff.ly/4280RBY>

A brilliant opportunity to study and achieve the Community Sport and Health Level 3 Apprentice whilst working. The successful candidate will be required to develop skills, knowledge, and experience to initiate behaviour change in local residents with regards to engagement in sport and physical activity across local communities.

ESCAPE Pain



ESCAPE Pain courses are for people with knee & hip pain and osteoarthritis.

- **One Leisure St Neots:** Mondays and Wednesdays 3:30pm - 4:30pm (starting 5th June)

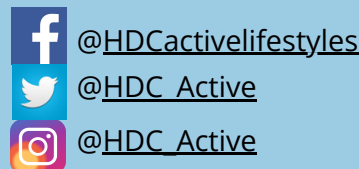
£35.00 for the 10 session course over 5 weeks. Find out more information here:

www.huntingdonshire.gov.uk/escapepain

***Still time to sign up ***



Don't forget to follow us on social media!



Courses - Funded through Healthy You

FREE

***Still time to sign up ***

www.huntingdonshire.gov.uk/healthyyou

None to Run

A FREE 8-week beginner running plan to support participants from ground zero, to running comfortably.

- **One Leisure St Ives Outdoor** - Mondays 5:00pm - 6:00pm (starting 5th June)

***Still time to sign up ***

Beginners Pilates for Men

A FREE 6-week course specifically for men, teaching the foundations of the Pilates technique, to give participants the confidence to progress to a higher-level Pilates class.

- **One Leisure St Neots** - Thursdays 12:30pm - 1:30pm (starting 8th June)

Volunteers Week 1 - 7 June 2023

#VolunteersWeek is an annual opportunity to recognise and thank volunteers. People from all walks of life around the UK take the time to volunteer and made a huge difference to people and their communities. We would like to thank all our dedicated Wellbeing Walk leaders for all their hard work in helping Huntingdonshire residents stay active, they do a tremendous job.

We are seeking volunteers to support our PEDALS programme at Hinchingsbrooke Country Park. PEDALS is a cycling scheme for anyone who requires additional support to exercise. We have a number of adapted bikes for both children and adults. Please support us by sharing this opportunity to your networks.

#VolunteersWeek



New Regular Sessions

(charges apply) £



RightStart 1

Chair-based exercise - All exercises take place in the chair and no standing is required. This level is suitable for wheelchair users.

One Leisure St Neots - Thursdays 2:00pm - 3:00pm

Yoga Stretch and Relax

Focussing on teaching the physical postures of yoga with an emphasis on the breath. Muscles are worked to move better, bend more easily and reach higher.

One Leisure Huntingdon - Wednesdays 2:00pm - 3:00pm

If you require any further information, or feel we could offer something you cannot see here, please get in touch with us either via email activelifestyles@huntingdonshire.gov.uk or phone **01480 388111**.