

NHS Health Checks: New Forest

Self-referral services that are appropriate for NHS Health Checks for New Forest

What self-referral services are available in New Forest
Smoking Cessation (Quit for Life & Pharmacies)
GP Exercise Referral
Health Walks
Change for life
Volunteering in the Community
Beginner running groups
Opportunities for Older People and low impact activities

Self-referral only services

Smoking Cessation: Quit4Life & Participating pharmacies

Centre for Health, Hospital Hill, Aldershot, GU11 1AY

Website: <http://www.quit4life.nhs.uk/>

0845 602 4663 or text QUIT 60123

GP Exercise Referral

New Forest Health and Leisure Centres

(**Applemore**, Lymington, New Milton, Totton, Ringwood)

20 sessions of supervised physical activity

Subsidised costs per session

Suitable for clients with medical conditions that would benefit/improve with regular physical activity.

Email: Vicki.clarke@nfdc.gov.uk

Health Walks

Walking for Health is a national programme that has walks in all different parts of the country contact:

Email: wfh@naturalengland.org.uk

Website: www.wfh.naturalengland.org.uk

Tel: 0300 060 2287

Active Living! Healthy Hampshire & IOW, this website has information on no cost, low cost health activities in your area <http://www3.hants.gov.uk/activehampshireiow>

Change for Life website

Visit to find about out how to stay healthy in your area at

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx> or call 0300 123 4567

Volunteering in the Community

To help improve physical and mental wellbeing – volunteer

www.cfnf.org.uk – Volunteer Centre 01425 482773 or www.do-it.org.uk

Beginners Running Groups

Groups for beginners have been set up for those who feel daunted about joining a running club or those who are unsure where or how to start. The aim is to help new and inexperienced runners achieve their running goals, whether that be weight loss, increased fitness, running their first race or simply progressing from walking to jogging. The sessions are free of charge every week; we do not stop running during school holidays. Everyone is welcome - no one will be too slow!

Meet outside **Applemore** Health & Leisure Centre,

- every Tuesday morning at 9.15 for a 9.30 start. For more information please contact please Chris Harris (07708 118114, energybar6@btinternet.com)
- on Wednesdays at 6.15 for a free course for beginners starting at 6.15pm. For more information please contact either Neil Bramley (07876141231, njboffice@aol.com) or Samantha Smith (07780794501, shull1985@hotmail.com).
- Meet outside the **Happy Cheese, Ashurst** Thursdays mornings 9.30am.
- Monday evenings 7pm at the **West Totton Centre**, Hazel Farm Road, Totton S040 8WU

For more information on both these sessions please contact Sue Tizard (07941146201 tottonrcnews@aol.com) or Kate Sneddon (07791488678 katesneddon76@aol.com)

Exercise Opportunities for Older People

AVON VALLEY AREA

The following classes are held at **Trinity Centre, Ringwood** phone 01425 461440

Yoga Thursdays 9.30am Anne Blake, Brockenhurst College 01590 625555

Pilates Fridays 9.30am Paul Randall 07850031961

Exercises for the over 60's 10.30am Paul Randall 07850031961

Ballroom Dancing contact Brian Cooke 07718031425

Monday 5.30pm, Wednesday 1pm, Thursday 5pm

The following classes are at **Greyfriars Hall, Ringwood** phone 01425 472613

Yoga Monday 9.30- 11am contact Gillian Greenhill 01202 762371

Gentle Exercise for Mature Students Tuesday 2.45 contact Christine Folliard 01425 652077

Back strength and Suppleness through Yoga Tuesday 4pm contact Christine Folliard 01425 652077

Scottish Country Dancing Tuesday 7-9.30pm contact Greyfriars

NFDC Ringwood Health and Leisure Centre

Contact Customer Advisor 0845 659 0845 or 01590 646100

Adults swim, Disability swim, Aqua aerobics, GP exercise referral, Pilates, Yoga, Table Tennis

TOTTON AREA

Nordic Walking training offer free taster sessions – see individual Instructors below:

Frances Stephens: 02380 702489

www.nordicwalking.co.uk/find/Southampton,%20New%20Forest

Deerleap Car Park and the Happy Cheese Pub Ashurst

Nordic Walking at Ashurst on Tuesdays (Brockenhurst Mondays) for trained Nordic Walkers - instructor Kim Prince 07875 693974 kimprince@hotmail.com

Angling Club (Test Valley) £56 per annum. www.ivacandspanangling/how_to_join.htm
tightlinestotton@aol.com

Badminton, West Totton Centre 8.00-10/00 pm Wed **023 8086 7083**

V2 150311

Bowling, Totton and Eling Bowls Centre, Crabbs Way, West Totton. **023 8086 8846** .
Open to public for pay and play 7 days a week. 2 buggies available for use on the green.

Bowls (Forestgate), West Totton Centre, Mon 2.00-5.00 pm, Thurs 2.00-5.00 pm and 7.00-10.00 pm **023 8084 3465** Mrs Semmens

Pilates Exercise Group, St Anne's Church, Cooks Lane, Calmore, 9.00-10.00 am followed by coffee. Gentle Way Grp Kath Read **023 8081 2702**

Pilates, Totton and Eling Community Centre Wednesdays 6.30-7.30 pm and Thursdays 10.30-11.30 am **07837 915359** helena-pilates@gmail.com www.pilates-southampton.com

Social Dancing, Lyndhurst Parish Hall. 2nd Fri 1.00-3.00 pm **023 8028 6342**

Tea Dances, West Totton Centre. Monthly 2.15-4.15 pm on 1st Sunday in month **023 8086 1712**

Yoga, St Theresa's Church Hall, 20 Beaumont Road. 12.00 noon-1.00 pm every Wednesday **023 8086 2270**

50+ Multi Sport Morning, West Totton Centre. Wednesday 9.30-12.00 noon. **023 8086 1712**

Totton and District Gardeners Society
3 Score Club ray@wright54.fsnet.co.uk

Houndsdown Social Club with Gardening Interests
3rd Friday campervangran@talktalk.net

Can Dig It (in Partnership with Red Cross)
Gardening tool loan for 2 weeks trial before deciding to buy. Open 9.00-4.30 **01962 891669**

NFDC Totton Health and Leisure Centre
Contact Customer Advisor 0845 6590845 or 01590 646100
Adults swim, Aqua aerobics, GP referral, Pilates, Yoga, Tai-Chi

WATERSIDE AREA

NFDC Applemore Health and Leisure Centre
Contact Customer Advisor 0845 6590845 or 01590 646100
Adults swim, Aqua aerobics, Aqua Circuits (until April), GP referral, Senior Circuits, Pilates, Yoga, Table Tennis, Health Walks
Fridays 9.30am Applemore Health and Leisure Centre **02380 844288**

Other areas

Classes held at Lyndhurst Community Centre by Brockenhurst College 01590 625555

Tai Chi - Beginners Wed 10:30-11:30
Gentle flowing movements combined with meditation and breathing
A three term programme for those with little or no prior experience.

Tai Chi - Improvers Wed 09.15-10:15
For students who have previous experience or who have completed at least three terms on the beginners course.

<i>Gang Warily Nifty 50's</i>	Tel 80893603		Stretches, badminton, table tennis and bowls.	GANG WARILY Thursday morning between 10.00am – 12 Noon
<i>Women's Guild Gentle Exercise</i>	02380842871 Email guild@cornerstonehytheurc.org.uk	Glenys Bartlett		HYPHE Ewart Court Every Monday from 2.30 pm (all welcome)
<i>Salsa Classes</i>	08000807087/ 07757574942	Duncan	12 weeks £64	HYPHE St Johns Hall Mondays 7-8pm Absolute beginner
<i>Age Concern Nordic Walking</i>	01483503414			GANG WARILY Tuesdays 14 th Sept 2010 – 2 nd Nov Health 12-30-1.30 Fitness 2-3pm
<i>Horrill Centre Chair based exercise</i>	02380877881	Facilitator - Gilly Ostler		DIBDEN (4-5 pm TUESDAY)
<i>Horrill Centre New Age Curling</i>	As above			DIBDEN (4-5 pm THURSDAY)
<i>Horrill Centre Self Defence Fitness</i>	As above	Facilitator – Ellie Bainbridge		DIBDEN (4-5 pm WEDNESDAY)
<i>Horrill Centre Low impact aerobics</i>	02380877881	Facilitator - Gilly Ostler		DIBDEN (5.15 – 6.15 TUESDAY)

<i>Horrill Centre 50+ body conditioning</i>	As above	Facilitator – Teresa Blakey		DIBDEN (6.30 – 7.30 TUESDAY)
<i>Horrill Centre Kundalini Yoga</i>	As above	Facilitator – Sharon Orchard		DIBDEN (5.45 – 6.45 WEDNESDAY)
<i>Horrill Centre 50+ circuit training</i>	As above	Facilitator – Teresa Blakey		DIBDEN (6.00 - 7.00 THURSDAY)
<i>Healthy Horizons Condition Specific Exercise classes</i>	02380 282862			LYNDHURST (10.30 am MONDAY)

Walking is the best choice for regular healthy exercise unlike most other forms of exercise

- Walking is free and requires no special equipment or training
- Almost everyone is capable of walking, anywhere and it is safe, low impact, with a low risk of injuries and accidents

What do I need?

- Comfortable casual shoes, hat and gloves during winter and suitable coat
- Loose fitting clothing allowing free movement
- Any medication that you might need

Regular walking will

- Improve your heart health
- Lower blood pressure and cholesterol levels
- Help maintain a healthy weight
- Build strength in muscles and bones
- Build stamina and give you more energy
- Boost your immune system
- Help you breathe more efficiently
- Aid restful sleep
- Build confidence and mental well-being

Please Note: Walk leaders are volunteers, without whom there would be no walks

Important Information

- These walks are intended for, and should only be undertaken by persons in basic good health
- If you are in any doubt about whether you are medically fit to undertake any walk, you should contact your doctor before participating
- You are responsible for your own, and any accompanying under 18's safety
- Volunteer Walks Leaders are not trained to provide first aid
- All walkers walk at their own risk
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Walking for Health

We are always keen to have more walk leaders - if you are interested and would like further information, please contact Healthy Walks Co-ordinator

✉ healthywalks@cnf.org.uk

☎: 07939 183910

<http://www.cnf.org.uk>

Please note: Only assistance dogs are permitted on the walks



Natural England's Walking for Health is a low cost and cost effective way of helping people in local areas to take control of their own health and lead more active lives by taking part in regular led health walks. Natural England hope to increase the number of volunteer walk leaders, increase the number of walk participants.

What is a health walk? A free led group walk usually lasting between 30-90 minutes. It should start at a slow pace to allow warm up, speed up for the main part of the walk and then slow towards the end to allow cool down. It should make the individual feel warmer and sweat a little, increase their rate of breathing and raise their pulse - but not so fast that they cannot talk.

What is Walking for Health? Walking for Health encourages people of all ages to join regular, short walks in their own communities. Fun, free and supportive, which is why once they've tried it walkers tend to stick at it? Led by a trained walk leader, the walk helps boost the health of participants whilst enjoying local, natural spaces in the company of others. The social side of walking can be as important for wellbeing as the walk itself. There are more than 600 led heath walk schemes in England, many of which offer a number of walks each week.

Community First New Forest

Healthy Walks in The New Forest

Location	Time	Day	Meet	Contact
Ringwood, Library, Health Centre, Cornerways Surgery	1.30pm	Every other Tuesday & Wednesday	Various locations	Tel: 01962 846091 Email: marilyn.meeks@hants.gov.uk
Avon Valley Buddy Walks	Various times and locations	Various	Ringwood & Fordingbridge	Tel: 01425 479415 Email: ringwoodcc@o2.co.uk
New Milton Walks for All The Phoenix Centre, Culver Road, New Milton, BH25 6SY Walkabout	10.00am	Every Thursday	Reception	Tel: 01425 612113 Email: thephoenix.cc@hants.gov.uk
Seedlings Children's Centre, Highwood Road, Brockenhurst, SO42 7RY Solent Mind	10.30	Every other Friday	Various New Forest car parks	Tel: 01590 624489 Email: PDILES@brock.ac.uk
Milford Health Walks Project	10.15am	Every Friday	Cafe, Milford Village Community Centre, Sea Road, Milford on Sea, SO41 0PH	Tel: 02380 841341 Email: dhannam@solentmind.org.uk

Detailed info on walks

Applemore Leisure Centre

Applemore Leisure Centre run free healthy walks in groups. These sessions are on Fridays at 9.30am. Your Doctor recommends walking as an excellent form of exercise, it promotes good health, protecting against diseases such as heart disease, stroke, high blood pressure, obesity, stress and diabetes to name just a few.

If you are considering a healthier lifestyle then it is possible that it may be as simple as just going for a walk. Being a group activity with like minded individuals you might even meet some new friends along the way!

www.applemorehealthandleisure.com

Ringwood Health Walks

See separate timetable for walks with descriptions.

Avon Valley Buddy Walks

Short guided walks for those aged 60+ with a buddy to aim to encourage confidence in walking. These take place at various suitable locations in the Ringwood and Fordingbridge areas. Are you over 60, steady on your feet but would welcome a 'buddy' to join you on a short walk? Age Concern Hampshire's ASIYST scheme provides encouragement, companionship and a reason to get outside. Whether you want to build up your stamina to join in longer walks, walk to the shop, or to an activity that you can't get to on your own, then give us a call.

New Milton Walks for All – Phoenix Children's Centre

Short fun walks for families and children. Walkers should be known and/or registered with the centre.

Walkabout - Seedlings Children's Centre

Join us for a short walk in the Forest. Enjoy fresh air, a chat with other parents, with refreshments after. Please call beforehand to check on weather and location.

Solent Mind

Walks are generally a circular route and last approximately 1 hour, covering about 2 miles at a gentle pace. We are a very friendly group and enjoy the wonderfully varied local scenery and good company. The walks start and finish in the cafe, perfect for refreshments and a chat after a pleasant walk.

New areas to be going into when leaders trained –

Hythe – Solent Mind

Dibden – Horrill Centre

NFDC – various areas

Fawley - Forest First Children's Centre

Hythe - Waterside Children's Centre

Potential areas

Totton Health Centre

Other areas

Fordingbridge

Links

Walking Groups

www.foryouforbaby.co.uk - Pushy Mothers – buggy workouts now in your area!

www.hythe-newforest.org – History walks

HCC

Forestry Commission

www.newforestnpa.gov.uk - National Parks

www.ramblers.org.uk - The Ramblers

www.newforestcentre.org.uk – the place to learn about the New Forest

www.hiddenbritaintours.co.uk – Guided walks and Tours

www.newforestaccessforall.org.uk – Voluntary Walking Group to improve access to the New Forest

www.walk4life.info – to find walks near to where you live

www.greenpractice.co.uk/walkingfriends - Walking Friends for the Over 50's

www.walkinggroup.org/hants40+ – Walking group for walkers 40+

<http://www.lymingtonu3a.org.uk/> - a detailed programme of walks for older people around Lymington

<http://www.newforestu3a.hampshire.org.uk/> - a thriving local organisation for residents of the New Forest and Waterside area who are no longer in employment

<http://www.newforestwalkers.com/> - Single, Professional, Discerning people aged 45+ who typically have the means to get the most out of life, but who may be too busy to organise their leisure time

<http://www.thenewforest.co.uk/> - New Forest Tour Bus Walks

<http://www.wfh.naturalengland.org.uk/walkfinder/south-east/new-forest-healthy-walks>

Self Led Walks

<http://www3.hants.gov.uk/walking.htm> - shorter walks to explore on your own

www.hants.gov.uk/heathyhampshire - Healthy Hints

www3.hants.gov.uk/activehampshire/active-walking

www.wdbus.co.uk – Wiltshire & Dorset Bus Guide

Nordic Walking

Age Concern – Fit as a Fiddle – karenageconcern@yahoo.co.uk – 07884 274948

Nordic Nutters - kimprince@hotmail.com – 07875 693974

A 'fit club' designed for the less fit who want to Nordic Walk for exercise at the same time, same place every week. Each day there is a very easy walk of 45mins for the least fit walker and an easy walk of 1hr for the slightly fitter walker. The walks are at Brockenhurst on Mondays and Ashurst on Tuesdays.

Lymington area

There is a beginners running session at Lymington Leisure Centre on Tuesday evenings & Wednesday morning.