



Walk and Talk

A gentle 30-minute walk with a trained walk leader planning the routes.

A chance to get out in the fresh air and socialise with others. **All walks are Free.**

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Hyde	Monday	10.00am	Hyde Park, Park Rd, Hyde SK14 4JT (Bottom Entrance). (Volunteer lead) Lisa – 07542683666
Denton	Tuesday	10.00am	Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) Lisa - 07542683666
Ashton	Wednesday	10.00am	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark) Lisa - 07542683666
Droylsden	Wednesday	1pm	Active Medlock, Gardenfold Way, Droylsden, M43 7XU (Carpark) Lisa - 07542683666
Mossley	Thursday	10.00am	New Bridge Inn, Micklehurst Rd, Mossley, OL5 9HT (Carpark) Lisa - 07542683666
Stamford Park	Friday	10.00am	Stamford Park, Stalybridge, SK15 1NJ. (Meet at bowling hut) Sarah – 07872151420

Contact Live Active office for further details - 0161 366 4860. Advisable to contact the office to confirm walk is on (Inclement weather etc.)

Live Active Community officer Sarah – 07872151420 - Sarah.cresswell@activetameside.com

Community Development Officer - Lisa – 07542683666 – lisa.arrandale@activetameside.com

Community Timetable Jan 2022

Hope United reformed Church			Stockport Rd, Denton, M34 6DB	Tel. 07542683666
Day	Time	Class	Information	
Monday	1-2.30	Active Afternoon	Social and active session including Indoor curling, team-based game that can be performed standing or seated as well as other activities and refreshments. £3 per session.	

Active Copley			Huddersfield Road, Stalybridge, SK15 3ET	Tel. 0161 303 8118
Day	Time	Class	Information	
Thursday	11-12.30pm	Active morning	11-11.30 enjoy some social time then activity starts from 11.30 -12.30 £3 per session	



Tameside Wellness Centre Lance Corporal Andrew way, Denton, M34 3RD **Tel. 0161 2601190**

Day	Time	Class	Information
Friday (Starting Nov 12 th)	11.30- 12.15pm	Not board club	Community board game session, free and accessible to all, A chance to play classic board games and meet new people.
Friday	1.30-3pm	Indoor bowling	Indoor bowling, team based game that can be performed standing or seated. £3 per session.
Sunday	12.30-3pm	Community Tea -dance	A community dance session with games and refreshments, 3 rd Sunday of every month. £4 per session.

Active Medlock Gardenfold way, Droylesden, M43 7XU **Tel. 0161 3703070**

Day	Time	Class	Information
Wednesday	12.30-2pm	Active afternoon	Enjoy some social time before the 12.30-1pm activity starts from 1pm £3 per session
Wednesday	2.30-3.30pm	Active allotments	Ash Rd Allotments, Droylsden, M436QU Community allotment £1 per session

Active Tameside cycle circuit 159 Richmond St, Ashton-under-Lyne OL7 9HG **Tel. 0161 370 3070**

Day	Time	Class	Information
Friday	11-12.30pm	Senior cycle	11-11.30 enjoy some social time then activity starts from 11.30 -12.30 £3 per session

Couch To 5K

LOCATION	DAY	TIME	INFORMATION / CONTACT
East Cheshire Harriers running track, Richmond Street Ashton,	Wednesday	5.45pm- 6.45pm	Next course that starts: Weds 19th Jan 2022 Runs for 10 weeks. Course costs £15.00 per person, payable in full at the start of the course. Email: liveactive@activetameside.com for registration form. Further details 0161 366 4860



LIVE ACTIVE

Good Run

LOCATION	DAY	TIME	INFORMATION / CONTACT
East Cheshire Harriers running track, Richmond Street Ashton,	TBC	TBC	Community running session that aims to help the local area, all levels of runners are welcome, we aim at getting fitter while picking litter and other good deeds. Email: lisa.arrandale@activetameside.com for registration for more information

Low Level Dance/Activity Session

LOCATION	DAY	TIME	INFORMATION / CONTACT
The Together Centre, 287 Birch Lane, Dukinfield, SK16 5AU	Monday, Thursday & Friday	10.00-11.00am	Low level dance /activity session, socialize, get active and have fun. Session £3 Email: lisa.arrandale@activetameside.com for registration for more information

Please Note: Any Live Active members on All-inclusive membership direct debit - £17.50 the sessions are free.

Contact Live Active Office for further details 0161 366 4860.

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