



### Active Tameside community sessions

Why not try one of our fun activities, enjoy time in the fresh air on one of our walks or get competitive with indoor Kurling or walking football.

Please take a look at further descriptions of activities on the last page.

### Walk and Talk, all walks free.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Hyde	Monday	10.00 am	Hyde Park, Park Rd, Hyde SK14 4JT (Bottom Entrance). <b>(Volunteer led) Liza – 07923446387</b>
Denton	Tuesday	10.00 am	Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) <b>(Volunteer led) Liza – 07923446387</b>
Ashton	Wednesday	10.00 am	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark) <b>(Volunteer led) Liza – 07923446387</b>
Mossley	Thursday	10:00 am	New Bridge Inn, Micklehurst Rd, Mossley, OL5 9HT (Carpark) <b>(Volunteer led) Liza – 07923446387</b>
Stamford Park	Friday	10.00 am	Stamford Park, Stalybridge, SK15 1NJ. (Meet at bowling hut) <b>(Volunteer led) Liza – 07923446387</b>
Wellbeing walking group	Tuesday	10:00 am-11:00 am	Healthy Hyde Body & Mind Centre. Old B&M inside Clarendon Square. (Meeting point outside the centre) Hyde SK14 2QT <b>(Volunteer led) Ruhela- 01613685426/07446911132</b> (Women's only)

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

### Active Sessions £3.50 or included in Live Active all-inclusive membership.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Morning Copley	Thursday	10.30 am-12.30 pm	Huddersfield Rd, Stalybridge, SK15 3ET. <b>Tel: 0161 303 8118</b>

### BAME Health Forum- Free session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Formerly BAME memory café	Wednesday	11:00 am-1:00 pm	Thornley House Medical Centre Thornley St, Hyde SK14 1JY <b>Ruhela Begum : 0161 3685426/07446911132</b> <a href="mailto:ruhela.begum3@nhs.net">ruhela.begum3@nhs.net</a> . (Women's only)



## Allotment session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Sow & Sew Allotments session	Monday	2:00 pm-4:00 pm	Ash Road Allotments, Ash Road, Droylsden. Manchester. M43 6QU <b>Liza – 07923446387</b> <a href="mailto:Liza.Ahmed.Chowdhury@activetameside.com">Liza.Ahmed.Chowdhury@activetameside.com</a> £1 per person
Grow Together Allotment Group	Every Friday (subject to weather)	10:30 am-1:00 pm	Hattersley Community Garden, Hattersley Road West (off Union close) SK14 3LJ All Welcome <b>Ruhela Begum: 0161 3685426/07446911132</b> <a href="mailto:ruhela.begum3@nhs.net">ruhela.begum3@nhs.net</a> Free Session
Sister Shed	Thursday	10:30 am-1:00 pm	The Bloom Allotment Grange Road South SK14 5NP <b>Ruhela Begum: 0161 3685426/07446911132</b> <a href="mailto:ruhela.begum3@nhs.net">ruhela.begum3@nhs.net</a> Free session (Women's only)

## Community Indoor Bowling- £3.00 per session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Tameside Wellness Centre - Denton	Monday	1.00 pm-2.30 pm	Lance Corporal Andrew way, Denton, M34 3RD <b>Liza – 07923446387</b> <a href="mailto:Liza.Ahmed.Chowdhury@activetameside.com">Liza.Ahmed.Chowdhury@activetameside.com</a>

## Cycle Circuit Session £4.60 per person or included in Live Active all-inclusive membership.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Tameside Cycle Circuit	Monday and Friday	12:00 pm-13.00 pm	Richmond Street, Ashton-Under-Lyne, OL7 9HG <b>Tel. 0161 366 486</b>

## Couch To 5K - £18.00 per person for 10 sessions

LOCATION	DAY	TIME	INFORMATION / CONTACT
East Cheshire Harriers running track,	Wednesday	5.45 pm-6.45 pm	Richmond Street Ashton. Next course that starts: <b>30<sup>th</sup> April 2025 – 2<sup>nd</sup> July 2025</b> Email: <a href="https://www.activetameside.com/couch-to-5k/">https://www.activetameside.com/couch-to-5k/</a> the registration form. <b>Further details 0161 366 4860</b>



## Everyone's Game Football Sessions- £2 per session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Ken Ward	Monday	6:00 pm-7:00 pm	Men's Social Football. Hattersley Rd East, Hyde, SK14 3NL <b>0161 366 5545</b>
Hattersley Hub	Monday	10:00 am	Soccercise – Baby/toddler friendly fitness. Stockport Road, Hyde, SK14 6NT. <b>0161 366 5545</b>
Active Ken Ward	Wednesday	11:00 am-12:00 pm	Walking Football (all ages/abilities). Hattersley Rd East, Hyde, SK14 3NL <b>0161 366 5545</b>

## Indoor Kurling

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Oxford Park	Wednesday	11:30 am-12:30 pm	Pottinger St, Ashton-Under-Lyne, OL7 0PW <b>Tel: 0161 830 0508</b> £3.50 or included in Live Active all-inclusive membership.
The Grafton Centre	Wednesday	1:00 pm-3:00 pm	Grafton Street, Hyde SK14 2AX <b>Office-01613684110</b> Email- <a href="mailto:graftoncentre.cio@gmail.com">graftoncentre.cio@gmail.com</a> £1.50 for per person.
Mossley Community Centre	Tuesday	10:00 am-11:30 am	Roughtown Road, Mossley, OL5 0SG <b>Centre:</b> 01457 83 2361 or Email: <a href="mailto:dmin@mossleycommunitycentre.org.uk">dmin@mossleycommunitycentre.org.uk</a> <b>Session provider-</b> Liza- 07923446387 or Email: <a href="mailto:Liza.Ahmed.Chowdhury@activetameside.com">Liza.Ahmed.Chowdhury@activetameside.com</a>

## Keep Fit Club £3.50 per person or included in Live Active all-inclusive membership

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Medlock	Friday	12:45 pm-2:15 pm	Gardenfold Way, Droylsden, M43 7XU Office <b>Tel: 0161 370 3070</b> <b>Liza – 07923446387</b> <a href="mailto:Liza.Ahmed.Chowdhury@activetameside.com">Liza.Ahmed.Chowdhury@activetameside.com</a>



## Luncheon Club

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
4c Community Centre	Monday	10:30 am- 01:30 pm	<b>Ashton-</b> Taunton Road, Ashton-Under-Lyne OL7 9DR. <b>Nageena-07939596137</b> Email- <a href="mailto:nageena121@yahoo.com">nageena121@yahoo.com</a> (Women's only)

## Men's Fitness Club. Free session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Ashton Central Mosque	Monday, Tuesday, Wednesday	2:00 pm 3:30 pm	Hillgate Street, OL6 9JA <b>Khalid- 07791510013</b> khalid.55@hotmail.co.uk Free session. (Volunteer led)

## Relaxation & Meditation, £2.50 per session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
The Grafton Centre	Thursday	2:00 pm- 3:00 pm	Grafton Street, Hyde SK14 2AX <b>Office-01613684110</b> Email- <a href="mailto:graftoncentre.cio@gmail.com">graftoncentre.cio@gmail.com</a>

## Sofa 2 Saddle, £35 per person for 10 sessions.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Tameside Cycle Circuit	Monday	05:30 pm- 06.30 pm	Richmond St, Ashton-under-Lyne OL7 9HG. Email: <a href="mailto:Sharon.walls@activetameside.com">Sharon.walls@activetameside.com</a> for the registration form. (Session starting on 17 <sup>th</sup> March)

## Zumba session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Hyde Youth and Community Centre	Thursday	10.00 am- 11.00 am	<b>Hyde-</b> Bennet Street, Hyde SK14 4PP <b>Mahmuda-07751139635</b> £2 per person. (Women's only)
Shree Bharatiya Mandal	Tuesday	07:00 pm- 08:00 pm	<b>Ashton-</b> Indian Community Centre, Ashton-Under-Lyne, OL6 8JN <b>Dinesh Chauhan- 07703742216</b> £2 per person. (open session for everyone)



## Description

### Active Morning

Social and active sessions, incorporating low-intensity chair-based exercise, such as seated Dance, Tai Chi and exercises promoting Strength and Balance. The class comprises of 2 elements: physical exercise for the first hour, followed by refreshments in the café area. We ask for a donation for refreshments whatever people can contribute. This session is dementia friendly £3.20 per session or free to all-inclusive Live Active members. The session is open to anyone aged 18 plus, including non-live active members.

### Community Indoor Bowling

Fun-filled Indoor Tenpin bowling, a team-based game that can be performed standing or seated. A game in which you roll a heavy ball down a track towards a group of wooden objects and try to knock down as many of them as possible. You can use a frame to roll the heavy ball down. (Dementia friendly) £3.00 per session. The sessions are closed during UK national holidays.

### Couch To 5K

A running plan for an absolute beginner, to help you gradually work toward running 5k in 10 weeks. The course costs £18.00 per person, payable in full at the start of the course online via booking link. Registration form to be completed before the start of the course online via the link <https://www.activetameside.com/couch-to-5k/>

### Cycle Circuit Session

The cycle track is a safe traffic free environment where you can enjoy being active outdoors, go as fast or as slow as you like, do a lap have a rest go again or pedal as much as you want, there are shorter loops for those who don't want to do the full track.

Cost – Included in monthly £22.50 DD, £5.00 online and cash if paid on the day on-site, all equipment is included in the price, or you can bring your own bike and staff onsite to support. Sessions open to all adults over the age of 18

### Everyone's Game Football Sessions

Try out local sessions, inspired by football, designed for you. Improve your fitness, have fun and be part of something great – whether you're a beginner or an ex-pro, no experience is required. You don't need to be good at it or a fan to get involved. An exciting new initiative, using football-themed exercises and activities to help more people to get more active. Designed for women 16-35 and men aged 35+, our wide-ranging programme will include fun and enjoyable football-related activities from 5-a-side friendlies. Session £2.00

### Keep Fit Club

It's a great session with a lot of different activities every week like- kurling, low-intense chair-based exercise, ball games.... etc. This session welcomes anyone (18+) who wants to come along and meet new people, have a laugh and a brew! We ask for a donation for refreshments whatever people can contribute. The session is open to anyone including non-live active members. The class comprises 2 elements: Refreshments for the first 30 minutes, followed by a 45-minute physical exercise.



## **Kurling Session**

An evolution of the original sport of Kurling, adapted so that it can be played indoors on any smooth, flat surface, like a sports hall. Like both Kurling and Bowls in that, the objective is to get your "Stones" as close as possible to the bull's eye and can be played standing or seated if preferred. The robust, rubber Kurling stones run on bearings making the game accessible to everyone. It's also great fun! The session comprises 2 elements: The first 1 hour is the game, followed by 30 minutes of refreshments at the end.

## **Luncheon Club**

The Luncheon club is where people come together and meet to talk and have some lunch prepared by the team. It's a great session with a lot of different activities, games and every other Monday low-intense chair-based exercise. £4 per person for lunch.

## **Men's Fitness Club**

Sessions include a treadmill, bike, Rowing Machine, stepper and dumbbells. If you like to lose weight and strengthen muscles and bones this is a perfect fitness session for you. social and have plenty to do for all levels! Indoor session. Led by volunteers.

Summer session Monday, Tuesday and Wednesday from 2:00 pm to 3:00 pm

Winter session Monday, Tuesday and Wednesday from 1:00 pm to 2:30 pm

Free session for all men.

## **Relaxation & Meditation session**

Relaxation techniques can help you cope with everyday stress and long-term stress, or stress related to various health problems, such as heart disease and pain. They can also help you build skills to manage your stress, increase self-awareness, and make new friends. This is an open session for anyone to attend. Session £2,50 per person

## **Sofa 2 Saddle**

Put your pedals to the test for the Sofa2Saddle challenge! In just 10 weeks, you'll go from couch potato to cycle savvy. The cycling plan is designed with beginners in mind, helping you steadily build up your cycling ability, with your cycling stamina and confidence growing each week.

Bikes and helmets are included. You can pay by cash or card at the start of the course.

## **Sow & Sew**

Our allotment group is run by a lovely volunteer and they meet up every week for 2 hours. As the name indicates they will either Sow seeds or sew – could be embroidery, knitting, applique, crochet, just plain sewing or any craft work. In general, they try to prepare a session as a Group activity so that they are all more or less doing the same thing. The group is also busy clearing the allotment and has four beds. Two are planted up and cleared the area around the fruit trees, and these are coming into bloom, so hopefully we will get some fruit this year. The group always need an extra hand to help more with the allotment cleaning, planting new plants etc..... The session is £1 per person with refreshments and materials included.

The sessions are closed during UK national holidays.





# LIVE ACTIVE

## **Walk and Talk**

A gentle 30-minute walk with a community walk leader planning the routes. A chance to get out in the fresh air and socialise with others. All walks are Free. The sessions are closed during UK national holidays.

## **Women's only Zumba session**

Our sessions are fun, social and have plenty to do for all levels! Indoor Zumba sessions. every session will be different. While much of the music in our Zumba class is the same as that used in the original course, the movements are easier to follow and more fluent to minimize stressful jerking, twisting, and other potentially harmful motions. Session £2 per person. The sessions are closed during term time and UK national holidays.