**Active Tameside community sessions**

**Community Timetable 2025**

March 2020

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.**

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Hyde | Monday | 10.00 am | Hyde Park, Park Rd, Hyde SK14 4JT (Bottom Entrance). **(Volunteer led) Liza – 07923446387** |
| Denton | Tuesday | 10.00 am | Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) **(Volunteer led)** **Liza – 07923446387** |
| Ashton  | Wednesday | 10.00 am | Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark) **(Volunteer led)** **Liza – 07923446387** |
| Mossley | Thursday | 10:00 am | New Bridge Inn, Micklehurst Rd, Mossley, Ol5 9HT (Carpark) **(Volunteer led) Liza – 07923446387** |
| Stamford Park | Friday | 10.00 am | Stamford Park, Stalybridge, SK151NJ. (Meet at the bowling hut) **(Volunteer led) Liza – 07923446387** |
| 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 **(Volunteer led) Ruhela- 01613685426/07446911132** (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 per person or included in Live Active all-inclusive membership.**

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

**BAME Health Forum**- **Free session**

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| **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**Ruhela Begum: 0161 3685426/07446911132**ruhela.begum3@nhs.net . (Women’s only) |

**Allotment session**

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| **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**Liza – 07923446387** Liza.Ahmed.Chowdhury@activetameside.com£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 3LJAll Welcome**Ruhela Begum: 0161 3685426/07446911132**ruhela.begum3@nhs.netFree Session  |
| Sister Shed  | Thursday | 10:30 am-1:00 pm | The Bloom Allotment Grange Road South SK14 5NP**Ruhela Begum: 0161 3685426/07446911132**ruhela.begum3@nhs.netFree session (Women’s only) |

**Bollywood Dance- £2 per person for the sessions.**

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Age Uk | Tuesday  | 12:15 pm-01.15 pm | [**Age UK**, Ashton-under-Lyne, OL6 7AW](https://maps.google.com/?q=Age%20UK,%20Ashton-under-Lyne,%20OL6%207AW)**Tina Duckworth-** 0161 308 5000Email: info@ageuktameside.com  |

**Chair-based Yoga- £4 per person for the sessions.**

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Age Uk | Monday | 02:00 pm-03.00 pm | [**Age UK**, Ashton-under-Lyne, OL6 7AW](https://maps.google.com/?q=Age%20UK,%20Ashton-under-Lyne,%20OL6%207AW)**Tina Duckworth-** 0161 308 5000Email: info@ageuktameside.com  |

**Community Indoor Bowling- £3.00 per person for the session**

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| **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 **Liza – 07923446387** Liza.Ahmed.Chowdhury@activetameside.com |

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

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Tameside Cycle Circuit | Monday and Friday | 12:00 pm-1.00 pm | Richmond Street, Ashton-Under-Lyne, OL7 9HG **Tel. 0161 366 486** |

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

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / CONTACT** |
| East Cheshire Harriers running track,  | Wednesday | 5.45 pm-6.45 pm | Richmond Street Ashton.Next course**: 10TH September 2025**Email: <https://www.activetameside.com/couch-to-5k/> the registration form.**Further details 0161 366 4860** |

**Everyone’s Game Football Sessions- £2 per person for the session.**

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| **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 **0161 366 5545** |
| Hattersley Hub | Monday | 10:00 am | Soccercise – Baby/toddler-friendly fitness. Stockport Road, Hyde, SK14 6NT. **0161 366 5545** |
| Active Ken Ward | Wednesday | 11:00 am-12:00 pm | Walking Football (all ages/abilities).Hattersley Rd East, Hyde, SK14 3NL **0161 366 5545** |

**Indoor Kurling**

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Active Oxford Park  | Wednesday | 11:30 am-12:30 pm | Pottinger St, Ashton-Under-Lyne, OL7 0PW **Tel: 0161 830 0508** £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**Office-01613684110** Email- graftoncentre.cio@gmail.com£1.50 per person.  |
| Mossley Community Centre  | Tuesday | 10:00 am-11:30 am | Roughtown Road, Mossley, OL5 0SG**Centre:** 01457 83 2361 or Email: dmin@mossleycommunitycentre.org.uk |

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

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Active Medlock | Friday  | 12:45 pm-2:15 pm | Gardenfold Way, Droylsden, M43 7XU Office **Tel: 0161 370 3070****Liza – 07923446387** Liza.Ahmed.Chowdhury@activetameside.com |

**Luncheon Club**

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| 4c Community Centre | Monday | 10:30 am-01:30 pm | **Ashton-** Taunton Road, Ashton-Under-Lyne OL7 9DR.**Nageena-07939596137**Email- nageena121@yahoo.com (Women’s only) |

**Men’s Fitness Club. Free session**

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Ashton Central Mosque | Monday, Tuesday, Wednesday | 2:00 pm3:30 pm | Hillgate Street, OL6 9JA**Khalid- 07791510013** khalid.55@hotmail.co.uk Free session. (Volunteer led)  |

**Relaxation & Meditation, £2.50 per person for the session.**

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| The Grafton Centre | Thursday  | 2:00 pm- 3:00 pm | Grafton Street, Hyde SK14 2AX**Office-01613684110** Email- graftoncentre.cio@gmail.com |

**Tai Chi- £4 per person for the sessions.**

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Age Uk | Friday | 01:30 pm-02.30 pm | [**Age UK**, Ashton-under-Lyne, OL6 7AW](https://maps.google.com/?q=Age%20UK,%20Ashton-under-Lyne,%20OL6%207AW)**Tina Duckworth-** 0161 308 5000Email: info@ageuktameside.com  |

**Zumba session**

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| HydeYouth and Community Centre | Thursday | 10.00 am-11.00 am | **Hyde-** Bennet Street, Hyde SK14 4PP**Mahmuda-07751139635** £2 per person. (Women’s only) |
| Shree Bharatiya Mandal | Tuesday | 07:00 pm-08:00 pm |  **Ashton-** Indian Community Centre, Ashton-Under-Lyne, OL6 8JN**Dinesh Chauhan- 07703742216** £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 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 Ten-pin 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/>

**Chair based Yoga & Thai chi**

Age UK offers a range of exercise classes for people of all abilities. Sessions are held in the purpose built exercise studio and currently include Yoga and Tai Chi. The benefits of these include increased flexibility, more energy and stamina, improved balance, and increased muscle strength and tone. This service is currently in development and more classes and being added, so please call for additional information.

**Cycle Circuit Session**

The cycle track is a safe traffic 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 aged 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**](https://www.actiontogether.org.uk/community-activities/community-activity-directory/113826)

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

**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.

**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 minimise stressful jerking, twisting, and other potentially harmful motions. Session £2 per person.

The sessions are closed during term time and UK national holidays.