



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). (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, SK15 1NJ. (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)
Women's only walk & talk	Tuesday	10.00 am	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Volunteer led) Liza – 07923446387 (Session starting from 2 nd June)

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.

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

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

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 3LJ All Welcome Ruhela Begum: 0161 3685426/07446911132 ruhela.begum3@nhs.net . Free 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.net Free session (Women's only)
Reach Community Garden	Wednesday to Saturday	09:30 am-12:30 pm	Crowswood Drive, Stalybridge, SK15 3RJ jackie.chadwick@reachchurch.uk

Bollywood Dance- £2 per person for the sessions.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Age Uk	Tuesday	12:15 pm-01.15 pm	Age UK , Ashton-under-Lyne, OL6 7AW Tina Duckworth- 0161 308 5000 Email: info@ageuktameside.com

Chair-based exercise & relaxation session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Saint Martin's Church	Every other Thursday	10:45 am-11:45 pm	Saint Martin's Church, Droylsden M43 7SJ Liza – 07923446387 Email: Liza.Ahmed.Chowdhury@activetameside.com Free session (session starting on the 26 th April)



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

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Age Uk	Monday	02:00 pm- 03:00 pm	Age UK , Ashton-under-Lyne, OL6 7AW Tina Duckworth - 0161 308 5000 Email: info@ageuktameside.com

Cook & Eat session- Free sessions for everyone.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Active Oxford Park	Wednesday	10:00 am- 1:30 pm	Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW Liza – 07923446387 Women's only session.

Community Indoor Bowling- £3.00 per person for the 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 Liza – 07923446387 Liza.Ahmed.Chowdhury@activetameside.com

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: 15th April 2026 Email: https://www.activetameside.com/couch-to-5k/ for the registration form. Further details 0161 366 4860

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	12:00 pm- 1:00 pm	Richmond Street, Ashton-Under-Lyne, OL7 9HG Tel. 0161 366 486



Everyone's Game Football Sessions- £2 per person for the 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 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

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

Luncheon Club

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

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Ashton Central Mosque	Monday, Tuesday, Wednesday	2:00 pm 3:30 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.

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.

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Age Uk	Friday	01:30 pm- 02.30 pm	Age UK , Ashton-under-Lyne, OL6 7AW Tina Duckworth- 0161 308 5000 Email: info@ageuktameside.com

Zumba session

LOCATION	DAY	TIME	INFORMATION / MEETING POINT / CONTACT
Hyde Youth 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.

Allotment session

Come join us for a series of Community Gardening sessions happening in various local areas! Everyone is welcome—whether you're a seasoned gardener or just getting started. Some sessions include light refreshments, and if it rains, certain locations may offer indoor spaces for casual networking and conversation. Check session details for what's available near you. Let's grow together!

Chair-based exercise- Droylsden

If you have difficulty standing or walking, it doesn't have to mean exercise is out of the question. We offer chair-based exercises you can try at home. Low-intensity exercise. Helps to strengthen muscles and bones. Free session.

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.

Cook and eat session

A new Cook & Eat Programme will begin in May. This is a 6-week programme with weekly sessions apart from the holidays it isn't on, where participants will cook and eat something new each week. Places are limited to 10 women and will be offered on a first come, first served basis. Booking is essential and all participants must book in advance to attend the sessions. Participants will build cooking skills and confidence, cook and eat together each session, and receive a certificate upon completion. A celebration party will be held at the end of the programme. Each session will also include a guest speaker providing health advice and promoting local services. This programme supports healthy lifestyles, social connections, and awareness of local health services.

<https://tameside.legendonlineservices.co.uk/enterprise/bookingscentre/membertimetable#Search?LocationIds=72&ActivityIds=358&SearchDate=2026-05-06>



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 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

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.



LIVE ACTIVE

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

Join us for a friendly and relaxing community walk designed to support wellbeing, connection, and gentle physical activity. Each session includes a gentle 30–35-minute guided walk led by a community walk leader, offering the opportunity to enjoy fresh air, socialise, and connect with others in the community. Following the walk, participants are invited to stay for refreshments and further socialising. All walks are completely free to attend, with optional donations welcomed towards refreshments. These sessions are dementia friendly and open to anyone aged 18 and over, including non-Live Active members. Please note that sessions do not operate during UK National Holidays. We look forward to welcoming you along.

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.