

# Active Wellbeing

Gentle exercise classes for people moving through cancer treatment, living with arthritis or other long-term health conditions.

## **Mondays 11:30-12:30**

John Bunyan Sports & Fitness Centre  
Mile Road Bedford MK42 9TS

(Meet in Sports Hall at the far end of the downstairs corridor)

## **Thursdays 11:30-12:30**

Bedford International Athletics Stadium,  
Barkers Lane, Bedford MK41 9SB

(Class is up the stairs & then take the first door on your left.  
There is a lift if required)

**Sessions take place on a weekly basis**

(excluding Bank holidays)

**£3.50 per session** (pay on arrival - cash only)

The sessions are designed by our qualified coach and specifically structured to support people experiencing long term health conditions.

These are not clinical sessions, please consult your medical practitioner for approval to take part in gentle exercise prior to attending.



**If you would like to join us - you must register and book**  
**Email [Larissa@transitioncoachingbedford.co.uk](mailto:Larissa@transitioncoachingbedford.co.uk)**  
**or telephone Larissa 07800 899858**

(you may be asked to leave a message and someone will get back to you)

Sessions are first come first served on a just turn up weekly basis. Please wear comfortable clothing and bring a drink.

# Active Wellbeing Sessions

Please see list below of other Gentle Exercise activities taking place locally, which may be suitable for people with Long Term Health conditions.

General Community classes / sessions / support	Contacts for further information	Telephone
Live Longer Better (Over 60s)	<a href="mailto:Alison.Brightman@bedford.gov.uk">Alison.Brightman@bedford.gov.uk</a>	01234 718829
Mindful sport for Mental Health & Wellbeing	<a href="mailto:Robert.Lindsay@bedford.gov.uk">Robert.Lindsay@bedford.gov.uk</a>	As above
The Lifestyle Hub	<a href="mailto:lifestylehub@bedfordhospital.nhs.uk">lifestylehub@bedfordhospital.nhs.uk</a>	01234 355122
Falls Team	<a href="mailto:bhn-tr.fallsphysiobedford@nhs.net">bhn-tr.fallsphysiobedford@nhs.net</a>	01234 795854
Exercise at home. If you are more comfortable to exercise at home, follow this link to join our online classes via Zoom.	Exercise with Jane or Chair yoga <a href="https://bedfordsportlive.crd.co">https://bedfordsportlive.crd.co</a>	

GLL Healthwise	GLL Healthwise is a Physical Activity referral service available to those with long term health conditions at £25 per month, offering access to the Gym, swimming pool and various classes at John Bunyan fitness centre & Robinson pool) or there is a £5 pay as you go option.	If you are interested in joining Healthwise please consult your GP or Practice nurse for a referral.
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