

Active Wellbeing

Sessions

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

Mondays - restarts 8th January 2024

John Bunyan Sports & Fitness Centre

Mile Road Bedford MK42 9TS (Meet in Cafe area)

Sessions take place on a weekly basis

11am-11.30am Inductions and registration.

Please arrive during this time if it is your first visit.

11.30am-12.30pm Gentle exercise class.

12.30pm-13.15pm Social coffee & chat,
please note staying for coffee is optional
(refreshments not included in cost of class)

£3.50 per session

Each week at 11am there will be an induction / assessment session for anyone attending for the first time.

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

This is not a clinical session, 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 for your first induction session.

Step 1. Register your interest via telephone or email - see contact details below.

Step 2. Attend your first induction session.

Step 3. The week after your Induction session there is no need to book, just attend when you feel able to take part.

Email alison.brightman@bedford.gov.uk or telephone Larissa 07800 899858

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

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) | Alison.Brightman@bedford.gov.uk | 01234 718829 |
| Steady & Social Tai Chi for balance | Robert.Lindsay@bedford.gov.uk | As above |
| Mindful sport for Mental Health & Wellbeing | Robert.Lindsay@bedford.gov.uk | As above |
| The Lifestyle Hub | lifestylehub@bedfordhospital.nhs.uk | 01234 355122 |
| Falls Team | bhn-tr.fallsphysiobedford@nhs.net | 01234 795854 |
| GP Referral | Speak to your GP | |
| 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 https://bedfordsportlive.crd.co | |

