

Newcastle Under Lyme

Active Life Referral Programme - All 12-week programmes

- www.newcastle-staffs.gov.uk/ActiveLife

Class	Location		Duration	Cost
Falls Prevention	Jubilee2	Gentle exercise for mobility, balance & social interaction	12-week	£32.05
Adult Exercise Referral Pathway	Jubilee2	Suitable for those living with chronic conditions such as diabetes, impaired mobility, COPD, asthma, depression, hypertension, obesity, stroke recovery, and controlled coronary heart disease	12-week	£32.05
ESCAPE Pain	Jubilee2	Suitable for those with Osteoarthritis & Chronic LBP. 1-hour (20-minute discussion, 40-minute exercise)	12-week,	£32.05
Junior Referral Programme	Jubilee2	Suitable for 12–16-year-olds living with ongoing health conditions	12-week	FREE
Cancer Rehab		for those recovering from cancer	12-week	£32.05
Nature Therapy	Brampton Museum	Arts & Nature for body-mind wellness	12-week	£32.05
Cardiac Rehab	Jubilee2	Suitable for those who have completed the cardiac rehab programme Course phase 3	12-week	£32.05

Walking & Cycling Activities – Inspiring New Travel Options (INTO) – ALL FREE

Get INTO walking & Wheel INTO winter, 1:1 sessions & group sessions

www.staffordshire.gov.uk/intonewcastle. Tel:03001118000. They provide the bike, helmet and all equipment

Activity	Day	Time	Location
Group Walk	Monday	10 – 11am	Clayton Sports Centre
WOW – Womens only walk	Tuesday	10.30 – 11.30am	The Brampton
Cycling	Tuesday (Fortnightly)	12, 1 & 2pm	Clayton Sports Centre
Wednesday Wheelers, cycling	Wednesday	1.30 – 2.30pm	Newcastle Library
Wheel INTO winter	Thursday	10.30 – 11.30am	Apedale Heritage Centre
Walk INTO Apedale	Friday	10am – 12pm	Apedale Heritage Centre
Step INTO Silverdale	Friday	11.30am – 1pm	Cornerstones Community Centre

Stoke On Trent

Active You Health & Wellbeing Membership £30 12 weeks/£2.50 per week

Seated Exercise

When	Class	Time	Location	Contact
Monday	Chair Based exercise	1.30-2.30pm	Dimensions	01782233500
Wednesday	Chair Based exercise	10 - 11am	Dimensions	01782233500
Friday	Chair Based exercise	10 – 11am	Dimensions	01782233500

Dance Classes

Monday	Zumba Gold	10-10.45am	Wallace Centre	01782233555
Thursday	Zumba Gold	9.30 – 10.15am	Wallace Centre	01782233555
Friday	Zumba Gold	10.30-11.15am	Wallace Centre	01782233555

Walking Pace Activities

Tuesday	Walking Football	2 – 3pm	Dimensions	01782233500
Wednesday	Walking Football	12 – 1pm	Wallace Centre	01782233555
Thursday	Walking Football	2 – 3pm	Dimensions	01782233500

Cycling

Monday	Easy Wheeler Cycle	10.15 – 10.45am	Fenton Manor	01782233444
Friday	Easy Wheeler Cycle	11.30 – 12pm	Fenton Manor	01782233444

Active You Sessions

Monday	Improve your core	11.15 – 12pm	Fenton Manor	01782233444
Monday	Lifestyle circuit	1.15 – 2.15pm	Fenton Manor	01782233444
Tuesday	Lifestyle circuit	9.30 – 10.30am	Dimensions	01782233500
Tuesday	Move4Health	9.30 – 10.15am	Wallace Centre	01782233555
Wednesday	Functional Fit 50+	11 – 11.45am	Wallace Centre	01782233555
Friday	Tai Chi Beginners	11.15 – 12.15pm	Dimensions	01782233500

Weight & Wellbeing Programme (12-week - £45, £3.75 per session)

This is a 12-week group based, interactive and fun programme supporting weight loss and general health and wellbeing. Each session will explore the most effective methods to lose weight and keep it off. Sessions are 90-minuts.

You must be 18 or over. Please note enrolment is not suitable if pregnant, receiving treatment for a diagnosed eating disorder or receiving medical treatment for diabetes (insulin) or a complex gastric condition. If in doubt please seek the advice of your medical practitioner before enrolling. Includes a comprehensive Weight & Wellbeing handbook, physical activity taster sessions and all educator support.

For further information call 01782 235004 or email leisure.services@stoke.gov.uk

Class	Time	Location	Day & Cost	Contact Details
Seated Exercise	12.15 – 1.00pm	St Pauls Church, Longton	Wednesday FREE	Contact: 01782598366
Seated Exercise	12.30 – 13.30pm	Ricardo's Bar Bet 365 stadium	Tuesday FREE	Contact: Naomi.parton@stokecityfc.com
Sequence Dancing	7.30 – 10.30pm	Fenton Manor	Wednesday £3.00	Contact: 01782747559
Gently paced led walk	10.45 – 12.00pm	Hanley Park Community Hub	Wednesday FREE	No booking necessary
Swimming – Aqua Fifty Plus Accessible walk-in Hydro pool,	2.30 – 3.30pm	Dimensions	Tuesday £3.50 or FREE for members (FREE Tea, coffee & snacks available afterwards).	To book call: 01782233500
Menopause Wellbeing Programme, 6-week Programme	6.00 – 7.00pm	Fenton Manor	Thursday 09/01/25 – 20/02/25 £30	To book call: 01782235004
Yoga Class - Low intensity seated stretches	10.00 – 10.30am	Meir Foley Football Club	Tuesday FREE	Contact: Meirpcn.coach@nhs.net
Walking Football	12.30 – 2.30pm	Stoke City FC – Academy Dome	Every day £4	
Boxercise/Soccer cise	12.30 – 1.15pm	Stoke City FC – Academy Dome	Friday FREE	
Chair Based Boogie	1:45pm-2:30pm	Penkhull Village Hall	Tuesday	Contact Mika
Gentle Exercise	2.30-4pm	The Hive, Blurton	Monday £3.50	Sheila - 07880508443
Yoga – Coalfields regeneration trust programme	10.30-11.15am	Weston Heights Community Centre	Thursday FREE	Check number on website
Chair based exercise – Coalfields regeneration trust programme	1.30pm-2.15pm	Meir Community centre	Thursday FREE	
Yoga – Coalfields regeneration trust programme	12.30pm-1.15pm	Meir Community centre	Thursday FREE	
Yoga	10.00-11.00am	Longton Central Hall	Tuesday	Mary Pyatt - 01782342290
Gentle Exercise	10.00-11.00am	Longton Central Hall	Wednesday	Eileen Owen - 07514360830
Seated Dance	10.45 – 11.30pm	Penkhull Village Hall	Wednesday	info@artbrasil.org.uk

Staffordshire Moorlands

Move More

Activity	Day	Time	Location	Contact
Walking Football Over 35's	Tuesday's & Friday's £3.00 per session	1.30 registration, 2pm play	Leek Town FC	01538399278 – Gareth Napper
Dementia Group	Wednesday	10.30 – 12.00pm	Biddulph youth & community zone	01782214999
Tai chi classes 6-week course	Thursday FREE	2pm	John Hall Wellness Garden	07463967646 or 01538387111 susana.turner@sky.com
Gardening club Dementia support group	Friday FREE	10 – 12.00pm	John Hall Wellness Garden	01782214999
Good boost class	Starts January 2025	Pending	Cheadle Leisure Centre	

u3a – Leek

There is an annual membership fee (£10 for 2025), and a class fee of £1 (or 50p for outdoor groups) Ann Baxter (Secretary) 07932 721765 U3amemsecleek@gmail.com

Activity	Day	Time	Location	Contact
Badminton	Wednesday	2.30- 4.30pm	South Moorlands Leisure Centre, Cheadle	Julie Hancock - 07814 532792
Badminton	Monday	11.00- 12.00pm	South Moorlands Leisure Centre, Cheadle	Sheila Hurd - 01538 371618
Chair Yoga	Monday	3:30 -4:15 pm	Watson Centre	Beverley Clennell- 07753 240815
Dog friendly walking group	Tuesday (fortnightly)	10am	Watson Centre	Beverley Clennell - 07753 240815
Pickleball	Wednesday	2pm – 3pm	Biddulph Valley Leisure Centre	Mary Wilson - 07752 271342
Pickleball	Friday	12pm – 2pm	South Moorlands Leisure Centre, Cheadle	Wendy Johnson - 07704499512
Strength & Conditioning	Wednesday	10.30 – 11.15am	Fit Bodies Gym – first floor	Sue Turner - 07463 967646
Swimming	Tuesday	11am - 12pm	Biddulph Valley Leisure Centre	Liz Rhodes - 07884 930192
Table Tennis	Monday	7 – 8.30pm	St. Edwards School	Neil Smith 07541 682718
Tai Chi	Thursday	9.30- 10.30am,	St. Pauls Church Hall	Margaret Phillips 01782 550607

		12- 1pm & 10.45- 11.45am		
Tai Chi Movement	Friday	1.45- 2.45pm	Watson Centre	Sue Turner - 07463 967646
Tennis	Thursday	10-12pm	Leek Tennis Club	Chris Bogie - 07933 791610
Walking Netball	Tuesday	2- 3pm	Moorlands Leisure centre, Cheadle	Sally Hansell - 01538 372603/ 07866 660729
Yoga	Monday	4.30- 5.30pm	Watson Centre	Beverley Clennell (07753 240815)
Yoga	Wednesday	4.15- 5.15pm	Watson Centre	Beverley Clennell (07753 240815)

Walking (All Groups)

Walking Coordinator: Noel Hughes(07780 790032) leeku3awalking@btinternet.com

Strollers Short Walk (3 – 4miles max), fortnightly Weds, Feb–Nov, meet at Brough Park overflow carpark

Medium Walk (5 – 8-mile walk, avg. 6 miles), Thursdays, location advised by the leader

Long Walk (8–12miles, avg. 10 miles), Thursdays, location advised by the leader

Websites

[Search for Activities | Together Active](#)

[Sports & Activities – Stoke Community Directory](#) – VAST

[Active You – ActiveStoke](#)

[Microsoft Word - Regular and ongoing activities - Stoke Central](#) SOT city council

[Leek u3a Brochure.pdf](#)