



**MOVING**

**MORE**

FOR MY MENTAL HEALTH

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# WELCOME

This magazine has been designed to give anyone with a mental health diagnosis or anyone experiencing mental health challenges some useful information about moving more, the reasons why it could help, and ideas of local activities to try.

There is plenty of research linking the positive benefits of moving more on both our physical and mental health. Both are linked together. If we feel physically healthy we can often feel more mentally well too.

We'll talk you through some options and also try to bust some myths around exercise. Moving more doesn't have to mean spending hours in the gym, or getting all sweaty dressed in lycra! There are so many other ways to move your body more such as dancing around your kitchen, doing some gardening, walking.

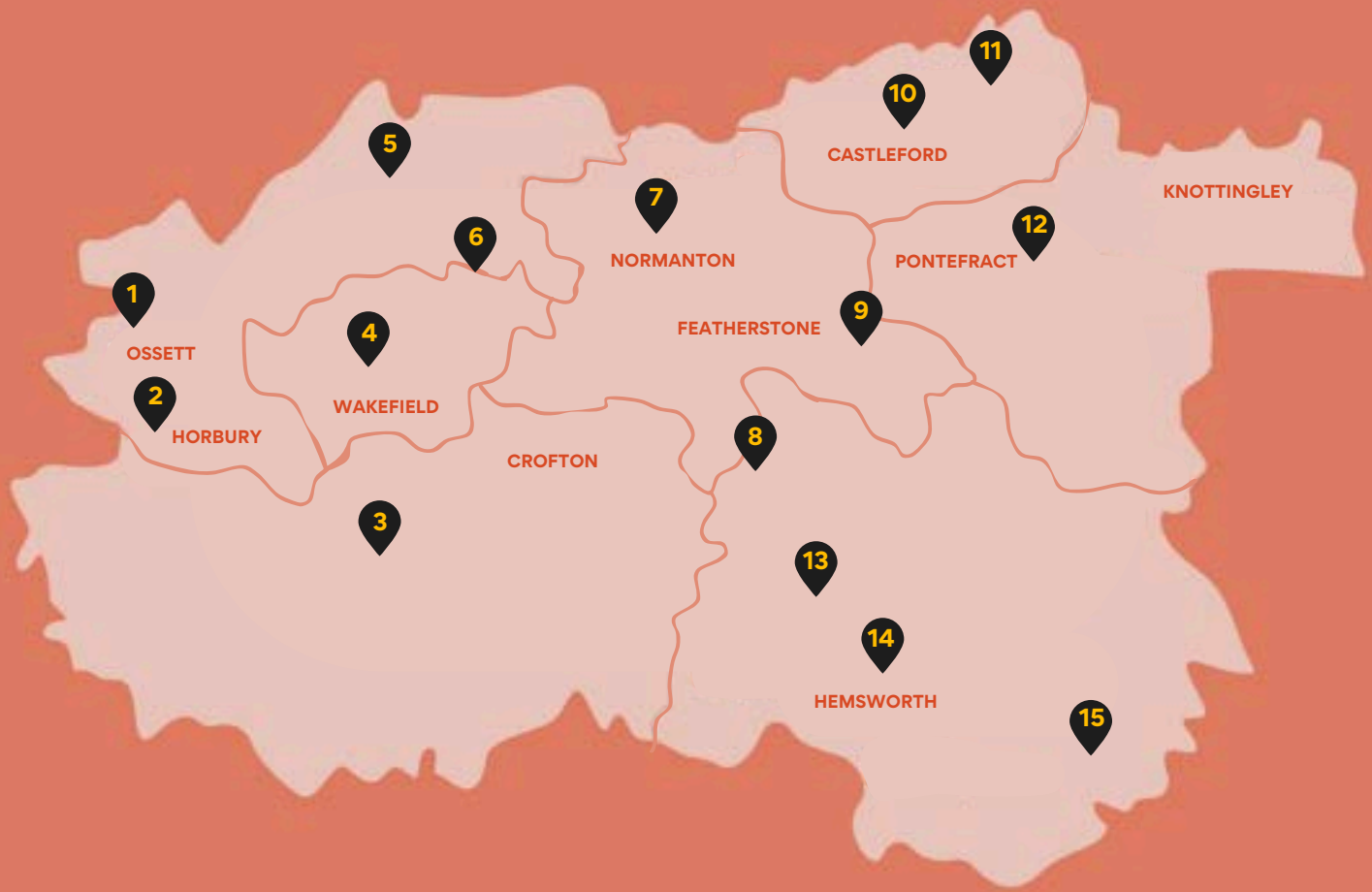
The most important thing is finding something you enjoy. Trying different options so you have a number of different moving more ideas that work for you.

It can be extremely tough to motivate yourself to move, especially if you are going through a tough time with your mental health. Movement can become one of your wellbeing tools. Just like a toolkit has different tools to get the job done, movement can be one way to improve your mental health alongside other things like medication or professional support.

We hope you find the magazine useful. If you'd like to give us any feedback, there is a QR code to a short form at the end of the magazine, or you can email [rachel.hale@nova-wd.org.uk](mailto:rachel.hale@nova-wd.org.uk)

## **Rachel**

Lead Community Mental Health Builder in Wakefield District



# FINDING ACTIVITIES

Use this map to navigate through activities on offer in the district and find something that suits you!

- 1 See pages 18 and 38
- 2 See pages 18 and 38
- 3 See page 38
- 4 See pages 10, 20-22, 38
- 5 See page 38
- 6 See page 34
- 7 See pages 13, 29 and 33
- 8 See pages 22 and 32
- 9 See pages 24 and 32
- 10 See pages 12, 13 and 28
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- 12 See pages 11, 18, 22, 23, 30 and 35
- 13 See page 35
- 14 See page 13
- 15 See page 13, 22 and 38

# Why does being active matter?

We all know that being physically active is good for our bodies, but it can also be very beneficial for our mental health and wellbeing too.

Physical activity isn't just exercise or sport, it can be anything we do that involves moving our bodies.

## DANCE LIKE NOBODY'S WATCHING!

A new study reveals that dancing (whether grooving alone at home or in a social setting) may be a powerful tool for improving mental health.

*"It's not that exercise beats out SSRI's (medication) for depression treatment, but that dancing has the largest effect for depression."* - scientist and author, Erik Hoel



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Credit: Centre for Ageing Better.





## Mental health benefits of being active

**Reduced anxiety and happier moods.** When you exercise, your brain chemistry changes through the release of endorphins (sometimes called ‘feel good’ hormones), which can calm anxiety and lift your mood.

**Reduced feelings of stress.** You may experience reductions in feelings of stress and tension as your body is better able to control cortisol levels (stress hormones).

**Clearer thinking.** Some people find that exercise helps to break up racing thoughts. As your body tires so does your mind, leaving you calmer and better able to think clearly.

**A greater sense of calm.** Simply taking time out to exercise can give you space to think things over and help your mind feel calmer.

**Increased self-esteem.** When you start to see your fitness levels increase, it can give your self-esteem a big boost. The sense of achievement you get from learning new skills and achieving your goals can also help you feel better about yourself and lift your mood. Improved self-esteem also has a protective effect that increases life satisfaction and can make you more resilient to feeling stressed.

## And some of the physical benefits

**More energy.** As your body adapts to increased activity levels you get a natural energy boost, which can make you feel less tired. Researchers say that even low intensity levels of activity can be beneficial if you usually feel very fatigued.

**Improved sleep.** Many people find they are able to sleep better at night after having been more active during the day.

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# How active do I have to be?



Credit: Centre for Ageing Better.

## Examples of moderate intensity activities:

- brisk walking
- water aerobics
- riding a bike
- dancing
- pushing a lawn mower

Any amount of physical activity is good for you, starting off easy is the best way if you are new to exercise.

Speak to your GP first if you have not exercised for some time, or if you have medical conditions or worries. Make sure your activity and its intensity are right for your fitness level.

The most important thing is to do something you enjoy, as you're more likely to keep doing it.

Adults should do some type of physical activity every day. Exercise just once or twice a week can reduce the risk of heart disease or stroke.

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Just remember finding ways you enjoy moving more is key, research has found that **'not that long, not that often'** – gentle, brief bouts of activity will have a positive impact on mental health.

## Does mental health impact on physical conditions?

Having a mental health problem can put us at even higher risk of developing serious physical health problems. It may be more challenging for you to seek help, while doctors can sometimes fail to spot physical health problems in people with severe mental health conditions.

The main thing to remember is there are plenty of things you can do to reduce these risks. One way is by having an Annual Physical Health check.

### Annual Physical Health Checks

This Annual Physical Health Check is for people who have been diagnosed with bi-polar disorder, psychosis, or schizophrenia. It is not the same as the NHS Health Check for all adults aged 40 to 74. If you're eligible for the check, you'll receive an invitation from your GP.

The Annual Physical Health Check is a free check-up of your overall health. A bit like an MOT, it can help you to see if there are any conditions you need to look out for, so you can make small changes to manage the risks of developing something that may be serious if left unchecked.

What happens at your annual health check? You'll see a healthcare professional for up to 40 minutes, and they may:

- Check your blood pressure
- Do a blood test
- Check your height and weight
- Ask you about smoking and/or alcohol
- Discuss any concerns you have about your physical health or lifestyle

You can say no if there is part of the health check that you do not want to do. You can also bring someone with you, like a friend or family member, if you want or request a chaperone at the GP. If you feel you need more support but are unsure what that might be, there is a reasonable adjustments sheet you can complete.

You'll come away from the health check with a Health Action Plan, written by you and a healthcare professional, that sets out some positive changes and goals in manageable steps.



# SPORTS





Credit: Wakefield Kung Fu Club.



## WAKEFIELD KUNG FU CLUB

Wakefield Kung Fu Club aims to improve physical and mental wellbeing through training a traditional martial art.

### When and where

They train at the Portobello Centre each Thursday.

- Beginners: 7pm to 8pm
- Seniors: 7pm to 9pm

Full Address: 20 Portobello Road, Wakefield, WF2 7JJ

### Cost

- £3 a week for beginner adults
- £9 a week for seniors with a grade

### Find out more

For more information, visit their Facebook page:

[www.facebook.com/dewsburyandwakefieldkungfu](https://www.facebook.com/dewsburyandwakefieldkungfu)



# FEATHERSTONE ROVERS FOUNDATION



Featherstone Rovers Foundation run a range of weekly activities where you can have fun and get fit at the same time!

## **Social Touch**

Make friends in a relaxed environment and enjoy the social aspects of touch rugby. People of all skills levels and abilities welcome.

## **When and where**

Sessions are on a Thursday from 8pm to 9pm at Aspire @ the Park.

Full address: Aspire @ the Park, Park Road, Pontefract, WF8 4RA

## **Cost**

£2 per session.

## **Find out more**

For more information, contact William at 07717174265 or email [william.dobson@featherstonerovers.co.uk](mailto:william.dobson@featherstonerovers.co.uk)

Details of other activities run by Featherstone Rovers Foundation can be found on their website:

<https://www.featherstoneroversfoundation.org/book-online>



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# CRT GAME ON



Game On is a project from the Coalfields Regeneration Trust that uses the power of sport to change lives for the better in former coalfield communities. Their free sessions allow everyone to get involved, get active and learn new skills.

Everyone is welcome, whether you're a seasoned pro or total beginner, CRT have an activity to help you live a more active life.

## Find out more

For more information, call 01226 270800 or visit their website:  
<https://www.coalfields-regen.org.uk/crt-game-on>

## Walking football

Free turn up and play walking football sessions. Social hour afterwards, including hot drinks and a quiz.

## When and where

Sessions are on a Monday from 10am to 11am at Lock Lane Sports Centre.

## Cost

Free to attend.

Full address: Lock Lane, Castleford, WF10 2JU

## Walking cricket

Free turn up and play walking cricket sessions.

## When and where

Sessions are on a Thursday from 10am to 12pm at The Hut.

## Cost

Free to attend.

Full address: Airedale Business Centre, Kershaw Avenue, Castleford WF10 3ES



Staff from Coalfields Regeneration Trust also offer additional exercise options:

### **Active for Life with Matt**

This is an intro circuit style gym session. All abilities welcome as adaptations can be made to facilitate ailments/restrictions.

#### **When and where**

Sessions are on a Thursday from 10.30am to 11.30am at Lock Lane Sports Centre.

Full address: Lock Lane, Castleford, WF10 2JU

### **Seated Exercise with Helen**

30-40 minutes of seated exercise with resistance bands and refreshments after.

#### **When and where**

Sessions are on a Thursday from 2pm to 3pm at The Brig.

Full address: 1 St Mary's Road, Normanton, WF6 2JH

### **Football Night in Minsthorpe**

Free turn up and play football.

#### **When and where**

Sessions are on a Monday from 7pm to 8pm at Minsthorpe Community College.

Full address: Minsthorpe Lane, South Elmsall, WF9 2UJ



Credit: Centre for Ageing Better.

### **Football Night in Hemsworth**

Free turn up and play football.

#### **When and where**

Sessions are on a Tuesday from 7pm to 8pm at Hemsworth Outwood Academy.

Full address: Wakefield Road, Hemsworth, Pontefract, WF9 4AB



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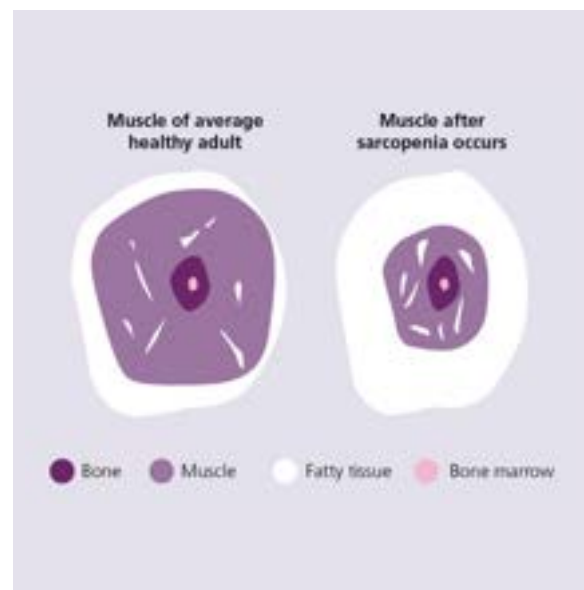
# Why are our muscles so important?

Muscles help the body work well. They control the heartbeat, breathing, digestion, movement and lots of other functions.

As we age this can lead to a gradual loss of muscle mass and strength, which starts from the age of 40. This means a muscle loss of around 0.5-1% each year, it can affect anyone including those who are underweight or very overweight. This type of muscle loss is called **sarcopenia**.

Loss of muscle mass and strength can make it harder to carry out daily activities leading to a lower quality of life. It can also increase the risk of falls and fractures, which can lead to a loss of independence.

Muscle health is linked with ageing and physical inactivity. Not eating a nutrient rich diet can also lead to a loss of muscle health and sarcopenia.





Moving More can help keep those muscles working and any load bearing exercise such as digging the garden or weight training can help to build muscle.

## **What can we do to maintain/improve our muscle health?**

Food and drink are fuel for our bodies. Without the right type of fuel, our bodies struggle to work at their best. Good nutrition plays an important role in helping you to maintain healthy strong muscles and bones, reducing a risk of a fall as you get older.

**Resistance / strength activities.** Resistance activities increases muscle strength by making your muscles work against a weight or force. Regular resistance activities and a nutrient rich diet is the ideal combination.

**Diet.** A diet with enough protein, calcium rich diet and daily 10ug vitamin D supplement, has been shown to help maintain or improve muscle health as we age.

**Hydration.** Good hydration is a vital part of our health. Water in the body is essential for many important processes to take place. From our blood system carrying essential glucose (sugars), oxygen and nutrients to cells, to the kidneys getting rid of waste products we no longer want, fluid in the body is vital to allow these to occur. It also lubricates our joints and eyes, helps our digestive system function and keeps our skin healthy.

### **How much do I need to drink?**

Adults need to drink around 1.5 to 2 litres of fluid a day.

A typical mug or glass is about 200 millilitres (ml) so this equates to 8 to 10 drinks a day. Children need slightly less and should aim for around 6 to 8 drinks a day, but once they reach teenage years their requirements are similar to adults. Don't forget that fluid needs can vary depending on various factors including level of physical activity and weather so remember to drink regularly.



Credit: Centre for Ageing Better.



## What activities strengthen muscles?

To get health benefits from strength exercises, you should do them to the point where you need a short rest before repeating the activity.

Examples of muscle-strengthening activities include:

- carrying heavy shopping bags
- Yoga
- Pilates
- Tai chi
- lifting weights
- working with resistance bands
- doing exercises that use your own body weight, such as push-ups and sit-ups
- heavy gardening, such as digging and shovelling
- wheeling a wheelchair
- lifting and carrying children

**THERE ARE MANY WAYS YOU CAN STRENGTHEN YOUR MUSCLES, WHETHER YOU'RE AT HOME OR IN A GYM.**

**The NHS fitness studio have some strength exercise videos you can follow:**

<https://www.nhs.uk/live-well/exercise/>





# WALKING & RUNNING



# EVERGREEN ACTIVE



Evergreen Active have a range of regular walking and running groups across different areas of the district each week.

These are all free to access, beginner-friendly, everyone is welcome and nobody is ever left behind or alone.

## **Mondays**

Walking Fit in Pontefract from 6.30pm to 7.30pm

Running Fit in Ossett from 7pm to 8pm

## **Tuesdays**

Walking & Running Fit in South Kirkby/ Moorthorpe from 6.30pm to 7.30pm

## **Wednesdays**

Walking Fit in Ossett from 6.30pm to 7.30pm

Running Fit in Horbury from 6.30pm to 7.30pm

## **Thursdays**

Walking Fit in Horbury from 9.30am to 10.30am

Running for Beginners & Returners in Pontefract from 6.30pm to 7.30pm

## **Fridays**

Walking Fit in Pontefract from 9.30am to 10.30am

Running Fit in Ossett from 6pm to 7pm

## **Find out more**

These groups can all be accessed by registering and booking places here:

<https://groups.runtogether.co.uk/RunningFitWestYorkshire>

Evergreen Active do have some other projects which can be found on their Facebook Page:

<https://www.facebook.com/EvergreenActivCIC>

Any enquiries can be sent to [hello@evergreenactive.co.uk](mailto:hello@evergreenactive.co.uk) or by phone on 01924 677123 or text to 07948 623270.



Credit: Evergreen Active CIC.



Credit: Open Country.

## OPEN COUNTRY



Open Country is a Yorkshire-based charity that helps people with disabilities to access and enjoy the countryside. They run regular outings to a range of countryside places and rely on volunteers to support our members.

Open Country welcome people with mental illness to come along to their sessions as either:

- A group member, where you can relax and enjoy the trip, or
- A volunteer, where you can build skills and help others

Open Country's regular activities include walks, adventure activities, conservation tasks, trips to stately homes, tandem cycling and much, much more.

### **Where**

They are based in Wakefield, about a mile south of Westgate Train Station.

### **Find out more**

Visit their website: <https://www.opencountry.org.uk/>

For more information or a friendly chat about their services, email [wakefield@opencountry.org.uk](mailto:wakefield@opencountry.org.uk) or call 07426 716677 / 07857 834364



# MINDFUL MOVERS



Mindful Movers are a mental health charity that uses nature, moving more and building social connections as a way of keeping ourselves well both mentally and physically.

They deliver weekly walk and talk sessions, and have monthly 'on tour' sessions where they visit new green spaces, try new activities, including environmental work such as tree planting and creative health activities.

Mindful Movers' 8-week TRIBE programme uses advanced wilderness therapeutic approaches to support personal development. Building your wellbeing toolkit, planning your personal journey next steps, and using nature as a way of re-connecting with yourself.

They are working towards developing their TRIBE basecamp site in the old nursery within Thornes Park. There they will have an off-grid classroom, storage areas and develop a wildlife garden, growing spaces and a native tree nursery.

## When and where

Walk and talk sessions are on Fridays from 10am to 11am at Thornes Park.

Full address: Stadium Carpark, Horbury Road, Wakefield, WF2 8TY

The 'on tour' sessions are a longer session on the last Friday of each month, at different venues.

## Find out more

For more information call 07742 428216 or email [runwalktalkmm@gmail.com](mailto:runwalktalkmm@gmail.com)

Visit their Facebook page:

<https://www.facebook.com/MMrunwalktalk/>



Credit: Mindful Movers.



# OUR HOUSE WAKEFIELD



Our House Wakefield are a LGBTQ+ Hub and cafe in Wakefield City Centre. They offer a safe, warm space and workshops, support groups and peer-led activities for the LGBTQ+ Community. Allies welcome.

Our House is open Tuesday to Saturday, 11.30am to 5pm. Events are free to attend but donations welcome.

Full address: 172 Kirkgate, Wakefield, WF1 1UD

## Find out more

For more information, visit their website:

<https://www.ourhousewakefield.co.uk/events>



# MHA COMMUNITIES WAKEFIELD & DISTRICT



Potter Round Ponte with Gail. Explore your local area and meet new people at an organised walking group. Groups go at a pace that suits everyone and take on a mixture of flat walks through to more demanding, hillier trails over different distances. There's often a chance to stop for a hot drink and a cake along the way!

## When and where

Sessions are on a Tuesday from 9.30am to 11am at Thornycroft Centre.

Full address: Halfpenny Lane, Pontefract, WF8 4AY

## Find out more

Contact MHA on 01977 695006 or 07568 612081



## PARKRUN



Parkruns are free, fun and friendly weekly 5k community event, with the options to walk, jog, run, volunteer or spectate.

There are 4 parkruns in the Wakefield District, as well as other local events such as in Dewsbury and Rothwell:

- Thornes Park, WF2 8TY
- Nostell Priory, WF4 1QE
- Frickley Country Park, WF9 2EQ
- Pontefract Racecourse, WF8 4QD

Park runs usually happen at 9am on a Saturday morning.

## Find out more

For more information and to register online, visit their website:

<https://www.parkrun.org.uk/>

# THE PRINCE OF WALES HOSPICE



Walking for Wellbeing is a regular walk that allows everyone to enjoy the benefits that sociable walking provides for physical and mental wellbeing.

These walks are for people with varying levels of fitness and are wheelchair accessible. The session is dependant on the weather.

## When and where

Sessions are on a Thursday from 11am to 12pm at Pontefract Racecourse.

Full address: Pontefract Park, Park Road, Pontefract WF8 4QD.

## Find out more

Contact The Prince of Wales Hospice on 01977 781451.

**YOU'RE MORE LIKELY TO GET MENTAL HEALTH BENEFITS - AND MORE LIKELY TO STICK TO PHYSICAL ACTIVITY - IF YOU'RE DOING SOMETHING YOU ENJOY.**

MEGAN TEYCHENNE



Credit: Centre for Ageing Better.



# FEATHERSTONE LIBRARY

There is a new Walk and Talk group in Featherstone, specially designed for older adults looking to stay active and connected. This weekly walking group offers a gentle, social way to boost both physical and mental health.

Walking is a fantastic way to improve cardiovascular fitness, maintain mobility, and strengthen muscles, all while enjoying the fresh air. But the benefits don't stop there! The social aspect of the group helps reduce feelings of loneliness and isolation, giving members the opportunity to chat, share stories, and build friendships.

Whether you're looking to improve your wellbeing or simply enjoy a stroll with friendly faces, this group could be perfect for you!

## **When and where**

Sessions are on a Thursday from 3pm, meeting outside Featherstone Library.

Full address: 35 Victoria Street, Featherstone, Pontefract, WF7 5EZ

## **For more information**

To book your place, call 01977 722745 or email [featherstonelibrary@wakefield.gov.uk](mailto:featherstonelibrary@wakefield.gov.uk)



# What if I struggle with being active?



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There may be times when physical activity doesn't help our mental health, or makes us feel worse.

For example, if you don't enjoy the activity you're doing, or if you over-exercise. People might also use exercise as part of an eating problem or body dysmorphic disorder.





There may also be things out of our control that prevent us from being active, such as:

- Living in area with limited access to safe places to be active
- Not having enough money to engage in the activities we want to do
- Our physical health, including the side effects of medications
- Negative experiences of physical activity, such as facing stigma, discrimination, or lack of understanding from people around you

When you're feeling this way, it can be frustrating when people tell you about the benefits of being more active.

Mind have some amazing top tips for overcoming barriers to exercise on their website:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-exercise-and-mental-health/overcoming-barriers-to-physical-activity/>

**EXERCISE CAN SEEM LIKE AN IMPOSSIBLE CHALLENGE WHEN YOU'RE HAVING A TOUGH TIME.**





# EXERCISE CLASSES

# DANCE UNITED YORKSHIRE



Dance United Yorkshire (DUY) is a Bradford-based charity dedicated to transforming lives through contemporary dance. Since 2011, they've led in arts and social inclusion, connecting marginalised communities with professional dance. DUY run projects for those who are often excluded—victims of domestic abuse, those with mental health issues, people in impoverished areas, and individuals at risk of offending or in custodial settings. They aim to create outstanding choreography that leaves a lasting, positive impact on those living in difficult circumstances.

## **Mens Movement and Fitness**

Build strength, stamina, flexibility and confidence through a series of exercise routines. Sessions are free.

### **When and where**

Sessions are on a Thursday from 1.30pm to 3pm at the Glasshoughton Centre.

Full address: Leeds Road, Castleford, WF10 4PF.

### **Find out more**

Contact Helen on 07775 334098 or just go along!



Credit: Dance United Yorkshire.

**When I got back from my first session, I felt different. I feel more motivated and proud that I got up and did something different. It's a really positive energy every time I come to the session, it's really improved my mental health.**

Participant

# BLOSSOM TRAINING & DEVELOPMENT CIC



Blossom don't do self-defence courses like everyone else. Instead they help participants on their self-esteem journey, sharing why we all need to develop our confidence, and acknowledging that life isn't always as perfect as we'd like it to be.

## **Women Only Fitness & Self Defence Class**

Martial Arts inspired fitness and wellbeing class.

- Better mental health and well-being
- Great stress relief
- Increase strength and power
- Increase flexibility
- Increase cardiovascular fitness
- Have Fun
- Gain confidence and empowerment

No grades or belts required, all abilities welcome. Delivered by female only instructors learning practical and real world self defence techniques.

### **When and where**

Sessions are on a Monday from 6.30pm to 7.30pm in Normanton. £7.50 per session or £25 per month.

Full address: 68 High Street, Normanton, WF6 2AL.

### **For more information**

To find out more, visit their website: <https://blossom-uk.co.uk/courses>

Or you can call or Whatsapp 07917795314



Credit: Blossom Training and Development CIC



# THE PRINCE OF WALES HOSPICE



The Prince of Wales Hospice run several regular exercise groups.

## Chair Exercises

Designed to be accessible for all. Exercises can be adapted to suit a varying level of fitness and physical ability. No pressure to complete all exercises and offers peer support and time to chat with staff.

## When and where

Sessions are on a Thursday from 1.30pm to 2.30pm at Your Space Pontefract.

Full address: Park Road, Pontefract WF8 4PR

## High Intensity Exercise Group

A more difficult exercise class designed for those who find chair based exercises easy and would benefit from more cardio and strength training.

## When and where

Sessions are on a Wednesday from 10am to 11am at The Train Station Gym.

Full address: Unit 3, N Baileygate, Pontefract, WF8 1HQ

## Find out more

Contact The Prince of Wales Hospice on 01977 781451.



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Credit: Centre for Ageing Better.

## YOUNG@HEART

Join Young@Heart's seated exercise to music class. This is a very friendly class offering an hour of mostly seated exercise, followed by a chat and refreshments.

### **When and where**

Sessions are on a Tuesday from 2pm to 3pm at Airedale Methodist Church.

Full address: 1 Elizabeth Drive, Castleford, WF10 3SD

### **Cost**

£15 per month

### **Find out more**

Contact Doreen from Young@Heart on 07932079469.



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## MHA COMMUNITIES WAKEFIELD & DISTRICT



MHA offer a seated exercise class.

### **When and where**

Sessions are on a Monday from 10am to 12pm at Featherstone Community Hall.

Full address: Victoria Street, Featherstone, WF7 5BB

MHA also run a Blue Sky Clear Minds session.

### **When and where**

Sessions are on the 1st and 3rd Thursday of the month at Nostell Priory. £2.50 to attend.

Full address: Doncaster Road, Nostell, WF4 1QE

### **Find out more**

Contact MHA on 01977 695006 or 07568 612081



# WAKEFIELD RECOVERY AND WELLBEING COLLEGE



Wakefield Recovery and Wellbeing College is open to all adults who would like to improve their own mental and/or physical wellbeing or knowledge, that of someone they love or care for, and to those who wish to aid their work with others. They offer a range of courses and one-off workshops (both face to face and online) which all aim to improve wellbeing through learning.

## **BADASS (a combat workout)**

Brought to you by Bounce Dancefit, this combat, cardio & conditioning class will have you getting into shape in style. This easy to follow session will have you toning muscles, improving your balance and jamming out all to the beat of BADASS tunes.

### **When and where**

Sessions are on Fridays from 10am to 11am at Vibe Fitness. Starting Friday 25 April 2025.

Full address: 26 Wakefield Road, Normanton, WF6 2BT.

## **Creative fitness – trying something new for a better physical & mental wellbeing**

Have you always hated the gym? Perhaps you've never found a kind of exercise or activity to keep you fit and healthy that you've actually enjoyed? Maybe you, like many many people, find gyms and fitness classes intimidating, anxiety provoking and uncomfortable?

During this creative fitness course, you'll get the opportunity to try some completely new and unusual fitness styles and classes that will show you what alternative (and most importantly fun!) types of exercise are out there. You'll try things such as Boogie Bounce, rocking out with drumsticks in Pound, combat style sessions in the form of Badass and Boxercise, and stretching and toning using giant rubber bands in Body Bands! You'll get to see the positive effect that this will have on your mental wellbeing, as well as your physical wellbeing, and will do so in a comfortable, welcoming, small and friendly setting.

### **When and where**

Sessions are on a Wednesday from 11am to 12pm at Vibe Fitness. Starting Wednesday 23 April 2025 (12 weeks). You can join this at any time within the course and join for as long or as little as you like.

Full address: 26 Wakefield Road, Normanton, WF6 2BT.

### **Find out more**

Enrol on this course, and find information on other activity based courses, on the College website: <https://www.wakefieldrecoverycollege.nhs.uk/courses-and-enrolment/>

# EASTMOOR COMMUNITY PROJECT



Eastmoor Community Project are a small voluntary organisation set up to encourage community involvement and participation in the Eastmoor area. They run a variety of activities, social groups, workshops and community events throughout the year. Aiming to provide suitable resources and support people to thrive and achieve.

## Simply Leisure

Enjoy leisure activities, entertainment and talks with a relaxed group of ladies and gentlemen. For over 55s. £2.50 a session.

### When and where

Sessions are on a Monday from 1pm to 3pm at St Swithun's Community Centre.

## Healthy Walks

Free walking group using local paths and tracks.

### When and where

Sessions are on a Tuesday from 10am to 11.30am, meeting at St Swithun's Community Centre.

Full address: St Swithun's Community Centre, Arncliffe Road, WF1 4RR

### Find out more

If you would like to know more about any of these groups or to arrange a visit, contact reception on 01924 361212.

## Fit & Friendly

Gentle chair based exercise plus social events for ladies over 55. £4 per session.

### When and where

Sessions are on a Friday from 10am to 12pm at St Swithun's Community Centre.



# ST MARY'S COMMUNITY CENTRE



St Mary's Community Centre is situated in the heart of Chequerfield in Pontefract. The centre provides a wide range of weekly activities and opportunities for all.

## Love to Move

A fun age and dementia friendly seated movement programme to music. Physical, emotional and cognitive benefits designed to get you moving more and having fun. Sessions are free.

## When and where

Sessions are on the last Monday of every month from 10.30am to 12pm at St Mary's Community Centre.

## Find out more

For more information, contact Hannah at 07543 315420.

## Tai Chi Qigong Classes

These classes will support you in finding time for self-care and taking charge of your long-term wellbeing.

## When and where

Sessions are on a Tuesday from 10am to 11am at St Mary's Community Centre.

Full address: The Circle, Chequerfield, Pontefract, WF8 2AY

## Find out more

For more information, call St Mary's on 01977 705341.

# RED ROOF CENTRE

Red Roof Centre is on the Wakefield Road between Kinsley and Fitzwilliam. The centre runs a great variety of regular classes.

## Keep Fit Aerobics

Sessions are on a Monday from 10am to 11am.

## Yoga

Sessions are on a Wednesday from 11.30am to 12.30pm.

## Line Dancing

Sessions are on a Wednesday from 7.15pm to 9.15pm.

Full address: Wakefield Road, Kinsley, WF9 5BP.

## Find out more

For more information, call the Red Roof Centre on 01977 610931.







# GREEN SPACES AND PARKS



We are very lucky in Wakefield District that we have a variety of green spaces and parks to enjoy.

From the larger Pugneys Country Park and Newmillerdam closer to central Wakefield to Anglers Country Park near Crofton and Fryston Woods near Airedale.

There are plenty of places to get out and move more surrounded by nature. There is a growing amount of research that supports the positive benefits on both our mental and physical health from being outside surrounded by the natural world.

Watching the seasons change. Noticing the carpets of bluebells at Newmillderdam during the Spring or the smell of fallen leaves in parks during the Autumn.

Each season brings us something new to take notice of and connect with in our green spaces.

One of the 5 Ways to Wellbeing is 'Take Notice' and being in green and natural spaces gives us plenty of things to look out for.

Green spaces also include smaller parks and gardens and allotments. All can provide ways to move your body and get the mental health benefits.

### **Find out more**

For a list of local parks, visit Wakefield Council's website:












<https://www.wakefield.gov.uk/parks-countryside-and-outdoor-spaces/parks>



Grow Wakefield's Edible Gardening Club Sessions are open to growers of all abilities and aim to bring together both experienced and novice gardeners wanting to develop their gardening skills in a relaxed, friendly environment.

## Current edible gardening clubs

All sessions are free and run most weeks but please check first to confirm by calling Andy on 0791 098510.

 <b>First Saturday in the month 10am until noon</b> Jubilee Hall, Townley Road, Lupset, Wakefield, WF2 8NS	 <b>Every Monday 1pm until 3pm</b> Knottingley Community Mini Allotments, entrance to Ardagh Works, Headlands Road, WF11 0HP	 <b>Every Tuesday 10am until noon</b> Outwood Memorial Hall, Victoria Street, Outwood, WF1 2NE	 <b>Every Wednesday 10am until noon</b> Standbridge Community Centre, Standbridge Lane, Kettlethorpe, WF2 7NP
 <b>Every Friday 10am until noon</b> Eastmoor Community Garden, Park Hill Lane, Eastmoor, WF1 4NJ	 <b>Most Fridays times vary</b> Horbury Bridge	 <b>Every Wednesday 1pm until 3pm</b> Albany Crescent Allotments, Albany Crescent, South Elmsall, WF9 2EL	
 <b>Every Wednesday 10am until noon</b> Prosper House (behind Warrengate Surgery), Upper Warrengate, Wakefield, WF1 4PR	 <b>Every Thursday 10am until noon</b> The Thornycroft Centre, Halfpenny Ln, Pontefract, WF8 4AY	 <b>Every Thursday 10am until noon</b> Clifford View Allotments, (access between house numbers 15 & 17), Portobello, WF2 7LQ	 <b>Every Monday 10am until noon</b> Airedale Community Workshop, Stansfield Road, Airedale, Castleford, WF10 3UA

Since they started off as Incredible Edible in 2010, Grow Wakefield have been turning unloved spaces into food growing places so that more people are able to get access to space to have a go at growing their own food.

## Find out more

To find more information, visit their website:

<https://www.grow-wakefield.co.uk/>



## References

[Be active for your mental health - Every Mind Matters - NHS](#)

[How are physical activity and mental health connected? - Mind](#)

[Muscle health, nutrition and ageing - British Dietetic Association \(BDA\)](#)

[The importance of hydration - British Dietetic Association \(BDA\)](#)

[How to improve your wellbeing through physical activity and sport](#)

[The effect of dancing interventions on depression symptoms, anxiety, and stress in adults without musculoskeletal disorders: An integrative review and meta-analysis - PubMed](#)

[‘Just do something you enjoy!’ Have official targets made exercise a chore – and happiness more elusive? | Health & wellbeing | The Guardian](#)

## Credit

Images were used from Sport England and Centre for Ageing Better.



This magazine was written by Nova Wakefield District, a local charity that supports Voluntary, Community & Social Enterprise organisations in Wakefield District. As part of our work, we work with community organisations offering activities and services that support mental health.

This magazine was created to show a selection of the moving more options available across our district.

This is the first edition, and we'd love to hear your feedback as we consider future editions, such as:

- What would you like to see more of?
- Did you find it useful?
- Have you been to any of the activities listed?

**[Go to our feedback form](#)**



# **MOVING MORE MAGAZINE**