



ACTIVITY GUIDE



VERSION 7 (OCT 2015)



Healthy Living Team

The Healthy Living Team's overall aim is to make a significant, ongoing contribution to the improvement of the physical and mental health, well-being and quality of life of the people of St Helens.

The programme has been developed as a joint partnership between St Helens Council, Bridgewater Community Healthcare and Voluntary Sector partners, all of whom are committed to tackling health inequalities and improving the quality of life for the people of St Helens. The Programme will do this by providing a wide range of activities, focusing on areas of identified need, which will address the high levels of ill-health and health inequalities in St Helens.



Lifestyle Referral is a FREE programme offering one to one advice and support to local people who want to become more physically active in their daily lives, whatever their age or ability. Whether you want to improve your fitness, lose weight or just get a bit more active, we will help you find something that works.

Once you join the programme you will have a health check, discuss your fitness level and any medical conditions you may have. You will then discuss which activity is most suited to you.

There is a wide range of discounted activities to choose from including Tai Chi, Aqua Aerobics, Core Stability, gym sessions and seated exercise.

To join Choices Lifestyle Referral just ask your GP/Practice Nurse or Clinician to refer you to the Healthy Living Team.



PAMS – Physical Activity Mentoring Scheme (volunteering)

This symbol next to a class highlights that a PAM (physical activity mentor) attends to provide support along with the instructor.

As a PAM volunteer your role is to help your peer group move into healthy active living. This is done by being a positive role model, providing information about physical activity, being someone to share experiences with and talk to and understand other people's concerns. The most important thing you can offer is time and encouragement to share the abilities and qualities you have to help people become active enough to maintain independence, well-being, social networks and a good quality of life. The benefit of being a PAM is you can improve your own health by gaining free access to our classes when mentoring and also receive on going healthy living training opportunities to support ongoing activities.

Contact us on **0300 300 0103 (option 1)**.



LIMITED PLACES ARE AVAILABLE AT ALL OF OUR CLASSES.

**PLEASE CONTACT THE HEALTHY LIVING TEAM ON
0300 300 0103 (OPTION 1) PRIOR TO ATTENDING.**

**OUR FRIENDLY TEAM WILL COMPLETE A HEALTH
QUESTIONNAIRE (PAR Q) OVER THE PHONE AND DISCUSS
CLASS AVAILABILITY.**

**THE HEALTH QUESTIONNAIRE TAKES 5 MINUTES TO
COMPLETE AND WILL ENSURE YOUR SAFETY AND
SUITABILITY WITHIN OUR ACTIVITY CLASSES.**



COMMUNITY CLASSES

For all of our community classes we require you to complete a health questionnaire (PARQ) prior to commencing

AQUAMOBILITY

A fun and gentle exercise to music in the water, suitable for swimmers and non-swimmers. Exercises are suitable for people with mobility difficulties such as arthritis.

Parr Pool	Cheryl	Monday	11:30-12:30	£2.50
Parr Pool	Cheryl	Tuesday	11:30-12:30	£2.50
Parr Pool	Cheryl	Friday	11:30-12:30	£2.50

EXERCISE TO MUSIC/ KEEP FIT

An exercise session to music aimed at those who are a little more mobile. It is a low impact class with lots of alternatives and variation.

St Julies, Howards Lane, Eccleston	Lesley	Monday	10:00 - 11:00am	£2.00
All Saints church hall Crow Lane	Julie	Tuesday	1:30 – 2:30pm	£2.00
Rainford Village Hall	Jane	Wednesday	10:00 -11:00am	£2.50
Newton Community Centre	Lesley	Thursday	7:00 – 8:00pm	£2.00
Exercise to music St Austin's Church Hall, Thatto Heath	Lesley	Friday	11:00am –12:00	£2.00

PILATES

A fun yet relaxing session aimed at improving muscle tone and core stability.

Crown Way Comm Centre, Newton	Jane	Friday	9:30 – 10:30 am	£2.00
Deafness Resource Centre	Jane	Friday	12:30 – 1:30pm	£2.00





YOGA

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing

From Mon 28 Sept

St Helens Town Hall (main hall)	Alison	Monday	12:15 – 13:00	£2.00
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CIRCUITS

Suitable for beginners/intermediate. It is a low impact exercise class led by qualified instructor, to improve fitness, tone muscles and burn calories.

Holy Cross church hall	Allan	Monday	7:00 – 8:00pm	£2.00	
Newton Methodist Church	John	Tuesday	1:00 – 2:00pm	£2.00	
Sidac Club, Sutton	Allan	Tuesday	3:00 – 4:00pm	£2.00	
YMCA (from 29 Sept)	Allan	Tuesday	5:30 – 6:30pm	£2.00	
YMCA (from 29 Sept)	Gary	Tuesday	6:45 – 7:45pm	£2.00	
Deafness Resource Centre	Allan	Wednesday	11:00am – 12:00	£2.00	
Peter Street Centre	Matt	Wednesday	2:00 – 3:00pm	£2.00	
Allanson Street School	Allan	Thursday	6:30 – 7:30pm	£2.00	
Newton Methodist Church	Matt	Thursday	10:00 – 11:00am	£2.00	
YMCA	Linda	Friday	10:00 – 11:00am	£2.00	
Sidac Club, Sutton	Allan	Friday	11:45am – 12:45	£2.00	
St Anne's Millenium Centre	Gareth	Friday	3:00 – 4:00pm	£2.00	

SLIMGYMS

Health advice and exercise for men



Circuit based class for men. Open to all levels of fitness

Parr Firestation, Parr Stocks Road	Harry	Monday	9:30 – 11:00am	£2.00	
Parr Firestation, Parr Stocks Road	Harry	Monday	10:30 – 12:00	£2.00	
Deafness Resources Centre, Dentons Green Lane	Harry	Tuesday	1:30 -2:30pm	£2.00	
Deafness Resource Centre Dentons Green Lane	Gareth	Wednesday	9:30 – 10:30am	£2.00	

TAI CHI

A gentle and slow martial art session. For people who want stress relief and relaxation. Helps to stabilise joints and strengthen muscles in order to improve mobility and prevent falls.

Beginners Classes

O'Connell Close, Haydock	Chris	Monday	12:00 -12:45pm	£2.00	
Falls Prevention – Holy Cross	Mark	Monday	11:30 – 12:30	£2.00	
Reeve Court, Retirement Village, Elton Head Road	Mark	Monday	6:00 – 7:00pm	£1.00	
St Phillips, Parr	Joe	Wednesday	1:30 – 2:30pm	£2.00	
Falls prevention – Billinge Methodist Church	Mark	Friday	9:30 – 10:30am	£2.00	
Lester Drive Centre	Margaret	Friday	10:00 – 11:00 am	£2.00	
Falls prevention – Eccleston Library	Joe	Friday	2:00 – 3:00 pm	£2.00	
Falls prevention – United Reform Church, town centre	Beryl	Friday	1:00 – 2:00 pm	£2.00	

TAI CHI



Intermediate

Rainhill Village Hall	Margaret	Wednesday	10:30–11:30am	£2.00
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Falls Prevention -St Anne's millennium centre, Rainhill	Chris	Thursday	9:15 – 10:15am	£2.00
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Falls Prevention - St Anne's millennium centre, Rainhill	Chris	Thursday	10:30-11:30am	£2.00
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Intermediate/Advanced

Falls Prevention – United Reform Church, town centre	Beryl	Friday	11:45– 12:45pm	£2.00	
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All levels Class

United Reform Church-town centre	Beryl	Wednesday	6:00 - 7:00pm	£2.00	
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Tai Chi for Diabetes

United Reform Church, town centre	Beryl	Thursday	1:00 – 2:00pm	£2.00	
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SHORT MAT INDOOR BOWLING

Derbyshire Hill family centre	Mike	Friday	1:00 – 3:00pm	£2.50
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WORKPLACE

Badminton (all levels) Broadway Sports Centre		Monday	7:00 – 9:00pm	£4.00
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Ladies Netball Saints (over 16's)		Wednesday	5:00 – 6:00pm	£3.50
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SPECIALIST CLASSES



For all specialist classes a referral is required from your GP or Practice Nurse into the Healthy Living Team.

CHAIRBASED EXERCISE

Chair based exercise is a seated class, participants move through a series of gentle exercises that help to improve range of movement, increase flexibility and gradually improve muscle strength.

Morley Way Cooper St	Linsey	Thursday	1:30 – 2:30pm	£2.00
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POSTURAL STABILITY


A class aimed at improving balance, strength and mobility. Suitable for people who have had a fall or are at risk of falls.

Holy Cross Church(level 3)	Gareth	Monday	1:00pm – 2:00pm	£2.00	
Deafness Resource Centre (level 1)	Janet	Thursday	11:00 – 12:30pm	£2.00	
Otago Exercise (level 2) Bold Miners Neighbourhood Centre, Parr	Linsey	Thursday	12:00 – 1:00pm	£2.00	

Transport available – contact Health Improvement Team

GENTLE PACES

A low intensity circuit aimed at improving mobility and fitness. Particularly good for people with breathing difficulties such as COPD and heart failure.

Newton Comm, Hospital	Jane	Monday	2:00 – 3:00 pm	£2.00	
Fingerpost Park Health Centre	Jane	Tuesday	11:00am – 12:00	£2.00	
Deafness Resource Ctre	Allan	Wednesday	2:45 – 3:45pm	£2.00	
Deafness Resource Ctre	Allan	Friday	2:30 – 3:30pm	£2.00	



HEARTSMART – CARDIAC PHASE IV CLASS

For all those with cardiac history, we run specialist sessions called Heartsmart. These are circuit based classes run by BACPR qualified instructors and cater for all levels of fitness. They last approximately 90 minutes, including an extended warm up, cool down and relaxation period. Once you have completed 12 weeks your Lifestyle Advisor can advise if you can stay or maybe try the gym or an advanced circuit. They are only accessible following a referral from a health professional such as a GP or Cardiac Nurse.

YMCA (studio)	Linda	Monday	11:00am – 12:00	£2.00	
Holy Cross	Allan	Monday	5:30 – 7:00pm	£2.00	
Christ Church, West End Rd, Haydock	Allan	Monday	1:30 – 3:00pm	£2.00	
Newton Methodist Church	John	Tuesday	9:15 -10:30am	£2.00	
Newton Methodist Church	John	Tuesday	10:30 – 11:45am	£2.00	
Sidac Club, Sutton	Allan	Tuesday	1:30 – 3:00pm	£2.00	
Deafness Resource Centre	Allan	Wednesday	1:00 – 2:30pm	£2.00	
YMCA (from 30 Sept)	Allan	Wednesday	5:45 – 7:15pm	£2.00	
Newton Methodist Church	Allan	Friday	9:00 – 10:30am	£2.00	
Sidac Club, Sutton	John	Friday	2:15pm – 3:45pm	£2.00	

St Helens Heart Support Group – Adult / Older people

Everyone will be made welcome at the friendly group meetings. They meet at 7:30pm on the 2nd Tuesday of each month at the Unison Social Club, Bishop Road, St Helens. There is a programme of interesting guest speakers and social events all committed to the enhancement of cardiac care in St Helens. For further information please contact: **Len McGrail on 01925 226929**



STEPPING UP

They are low intensity circuits aimed at improving mobility and fitness. Participants will work at their own level and progress gradually over the 1st twelve weeks. Supported one to one by a Physical Activity Mentor. Suitable for clients who have had a stroke, those who have suffered a transient ischaemic attack (TIA) or have mobility difficulties.

Fingerpost Park Health Centre	Harry	Tuesday	9:15 – 9:45am	£2.00	
Fingerpost Park Health Centre	Harry	Tuesday	10:00 – 10:45am	£2.00	

STROKE CLASS

This session is for stroke survivors who can walk independently. It is designed to improve muscular strength, stamina and balance.

Holy Cross Church Hall	Mark	Monday	10:00 – 11:00am	£2.00	
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GET YOURSELF OUTDOORS

There are lots of walks across St Helens that range from ½ mile up to six miles. Look out for the number of hearts each walk has and this will indicate the difficulty of the walk. Each walk is led by a trained walk leader. You can take all the walks at your own pace and meet others along the way. For a full programme of FREE walks in your local area, contact Linda Gittens on 0300 300 0103.

NORDIC WALKING

Meet at Balker Road
entrance to park

Diane &
Ray

Thursday

1:00 – 2:00pm



Limited places available please call Diane Coysh on 0300 300 0103 for more information



VENUE ADDRESSES

Venue	Address	Post Code
All Saints Church Hall	Crow Lane East, Newton-le-Willows	WA12 9UD
Allanson Street School	Gaskell Street, St Helens	WA9 1PL
Billinge Methodist Church	Main Street, Billinge	WN5 7PE
Bold Miners Neighbourhood Centre	Fleet Lane, Parr	WA9 1AQ
Broadway Sports Centre	Grange Park, St Helens	WA10 3RY
Christ Church Hall	Chapel Lane, Eccleston, St Helens	WA10 5DA
Christ Church	West End Road, Haydock, St Helens	WA11 0XP
Crown Way Community Centre	Crown Street, Earlstown, Newton-le-Willows	WA12 9DA
Deafness Resource Centre	Dentons Green Lane, St Helens	WA10 2QB
Derbyshire Hill family centre	Derbyshire Hill Road, Parr	WA9 2LU
Eccleston Library	Broadway, Eccleston, St Helens	WA10 5PJ
Fingerpost Park Health Centre	Atlas Street, St Helens	WA9 1LN
Holy Cross Church Hall	Corporation Street, St Helens	WA10 1EF
Lester Drive Centre	Lester Drive, St Helens	WA10 5EX
Lowe House Resource Centre	Crab Street, St Helens	WA10 2DJ
Mansion House	City Road, St Helens	WA10 2UE
Morley Way	Cooper Street, St Helens	WA10 2EE
Newton Community Hospital	Bradlegh Road, Newton-le-Willows	WA12 8RB
Newton Community Centre	Park Road South, Newton-le-Willows	WA12 8EX
Newton Methodist Church	11 Cross Lane, Newton-le-Willows	WA12 9PT
O'Connell Close	Haydock	WA11 0SE
Parr Fire Station	Parr Stocks Road, St Helens	WA9 1NU
Parr Mount Court	Fingerpost, St Helens	WA9 1AS
Parr Pool	Ashcroft Street, St Helens	WA9 1BQ
Peter Street Centre	Peter Street, St Helens	WA10 2EQ
Queens Park Leisure Centre	Boundary Road, St Helens	WA10 2LT
Rainford Village Hall	Church Road. St Helens	WA11 8HB
Rainhill Village Hall	Weaver Avenue, Rainhill	L35 4LU
Reeve Court	Elton Head Road, St Helens	WA9 5ST
Selwyn Jones Leisure Centre	Ashton Road, Newton-le-Willows	WA12 0AG
St Anne's Millennium Centre	View Road, Rainhill	L35 0LE
St Austins Church Hall	Heath Street, Thatto Heath	WA9 5NN
St Davids Church	Eskdale Avenue, Moss Bank	WA11 7EN
St Johns Centre	Crossley Road, Thatto Heath, St Helens	WA10 3ND
St Julies Church Hall	Howards Lane, Eccleston, St Helens	WA10 5HJ
St Phillips Church	Fleet Lane, Parr, St Helens	WA9 2NQ
Sidac Club	Bude Avenue, Sutton, St Helens	WA9 4PJ
Sutton Leisure Centre	Elton Head Road, St Helens	WA9 5AU
Toll Bar United Reform Church	Freckleton Road, St Helens	WA10 3AR
United Reform Church	Ormskirk Street, St Helens	WA10 1BQ
Wesley Church	Corporation Street, St Helens	WA10 1TB
YMCA (Studio)	Duke Street, St Helens	WA10 2JB



For more information on any of our services please contact:

**Healthy Living Team
St Helens Council – Public Health
Corporation Street
Lincoln House
St Helens
WA10 1UQ**

Email: hit@sthelens.gov.uk

Visit our website at: www.healthysthelens.co.uk

Tel: 0300 300 0103



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