

ARE YOU AGED 40-74?

- Have you had an NHS health check recently?
- Have you been told that you are at risk of cardiovascular disease?
- Are you thinking about taking more exercise?
- If so, the CPAL programme has been designed for you

Activities in the
**Durham and
Chester-le-Street Area**



CPAL HELPS YOU:

- Be active at a level you can manage with people at the same level as you
- Receive advice and support to help keep you motivated
- Check out the programmes available at locations near to you

Find out more by visiting

www.countydurhamsport.com

CPAL on **facebook**: www.facebook.com/fbcpal





Activities in the Durham & Chester-le-Street Area

CPAL programmes in your local area offer a range of fun, enjoyable opportunities to help you be more physically active. There are many different activities to choose from to suit everyone:

Community Lifestyle Project

Tailored support includes:

- Individualised physical activity plans
- Signposting to local activity opportunities
- Ongoing motivational support

Contact: **Kirk Walker, 07584 703 812, kirk.walker@durham.gov.uk**

Get Active Get Cycling

Take part in a variety of cycling opportunities including:

- Weekly cycle rides
- Family healthy cycle rides
- Don't worry if you don't have a bike of your own

Contact: **Steven Hart, 0191 569 2847, steven.hart@nhs.net**

Rugby Football Union - Fit to Ref

Get involved in touch judging and refereeing in junior and senior rugby. Support includes:

- Refereeing qualification
- Provision of kit
- Mentoring and coaching

Contact: **Will Halford, 07894 790 340, willhalford@rfu.com**



Healthy Horizons

Healthy Horizons offers a network of activity sessions across North Durham suitable for differing abilities. All are run in a friendly, welcoming way and include:

- Exercise to music and circuits
- Aqua aerobics and dance
- Seated exercise and Nordic walking

Contact: **John Bainbridge, 0191 383 9750, healthyhorizons@ageukcountydurham.org.uk**

Cardi-Back

Get *back* to doing what you enjoy... A unique supervised programme aimed at:

- Decreasing lower back pain
- Improving fitness
- Reducing cardiovascular disease

Contact: **Cardi-Back Team, 0191 372 9821, info@platinumppt.co.uk**

Wellness on Wheels

Wellness on Wheels (WOW) offers:

- Free mobile fitness trailer in your community
- State-of-the-art equipment
- Health and food advice from professionals

Contact: **Julie Lavery, 0191 372 9160, julie.lavery@durham.gov.uk**

DU SHINE

Durham University Strengthening Hearts of the North East will deliver:

- A diverse range of activities including walking, swimming and gym sessions
- Complemented by golf, bowls and other activities
- Annual activity days to introduce you to local clubs, fitness groups and facilities in your area

Contact: **Lynn Preston, 0191 334 2165, lynn.preston@durham.ac.uk**



Run England

Join us for a run in County Durham:

- Local groups to suit all abilities
- Qualified leaders to offer support and advice
- Fun, friendly sessions

Contact: **Sarah Beadle, 07921 060 301,**
sbeadle@englandathletics.org

Explore Rowing

You don't have to be Steve Redgrave to enjoy a trip on the river! Rowing is great exercise and everyone can enjoy it.

- 10 week Learn to Row course using new stable boats designed for beginners
- After the course, take up recreational rowing
- No experience necessary

Contact: **Mike Hughes, 07740 123 509,**
explorerowing@gmail.com

swimActive

swimActive aims to encourage more people to visit their local swimming pool. Take part at Chester-le-Street Leisure Centre:

- Take to the water and be physically active and healthier
- Take part in aquatic activities including swim fit and aqua aerobics
- Boost your water confidence with swimming lessons

Contact: **Chester-le-Street Leisure Centre, 0191 388 6673**
See: www.durhamswimactive.org.uk

Get Walking Keep Walking

Get Walking Keep Walking offers:

- Free locally based walking programmes including led walks & independent walking
- Short walks at an easy pace
- Free Get Walking pack and stepometer

Contact: **Marianne Patterson, 07757 119 497**
marianne.patterson@ramblers.org.uk