



## Forest of Dean Exercise Referral Scheme



### CLASS TIMETABLE

#### MONDAYS:

Woolaston Village Hall	- 10.30am - Active Balance
Ruspidge Memorial Hall	- 12.30pm - Tai Chi for Health & Wellbeing
Sedbury Village Hall	- 2.00pm - Movement for Strength & Balance
Corse & Staunton Village Hall	- 1.00pm - Falls Prevention (Beginners)
	- 2.30pm - Falls Prevention (Graduate)

#### TUESDAYS:

Yorkley Community Centre	- 10.30am - General referral session (inc. Cardiac Rehabilitation - Phase IV)
Broadwell Memorial Hall	- 10.00am - Pilates
	- 11.30am - Falls Prevention
Blakeney Village Hall	- 10.30am - Active Balance
Lydney Community Centre, Naas Lane	- 12.00pm - Tai Chi for Health & Wellbeing
	- 1.30pm - Active Balance (1)
	- 3.00pm - Active Balance (2)
Freedom Leisure Lydney	- 11.30am - Cancer Rehabilitation

#### WEDNESDAYS:

Mitcheldean Community Centre	- 10.00am - General referral session (inc. CR Phase IV, see over)
	- 11.30am - Cancer Rehabilitation
Freedom Leisure Lydney	- 10.00am - KickStart
Hartpury Village Hall	- 10.00am - Falls Prevention
Drybrook Rugby Club	- 10.00am - Active Balance (advanced)
	- 11:30am - Active Balance
Alvington Memorial Hall	- 10:30am - Dance & Connect
Cinderford Rugby Club	- 1.00pm - KickStart

#### THURSDAYS:

Bream - St James Church hall	- 2.00pm - Move & Connect
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#### FRIDAYS:

Blakeney Village Hall	- 10.30am - General referral session (inc. CR Phase IV, see over)
Corse & Staunton Village hall	- 11.15am - Gentle Tai Chi for Falls Prevention
Newent Memorial	- 1.00pm - Falls Prevention
	- 2.30pm - Active Balance

#### SATURDAYS:

Five Acres, Coleford - 9.00am - Parkrun (FREE)
Freedom Leisure, Newent - 9.00am - Parkrun (FREE)
Bathurst Park, Lydney - 9.00am - Parkrun (FREE)



All Community Classes cost £4.00 per session - brief description of classes on reverse

Classes may be subject to change- please check website for details or contact the team on 01594 812447 or [www.fdean.gov.uk](http://www.fdean.gov.uk) and search exercise.

### **Cardiac Rehabilitation Phase IV (by referral only)**

Our Cardiac Rehabilitation Scheme is open to clients who suffer with a heart condition. The class is a circuit format similar to that used in Phase III to improve cardiovascular conditions and is run by a qualified BACPR Instructor. Referral is normally made through Phase III; however this is not essential as your GP or nurse can also refer you.

### **Falls Prevention Scheme (by referral only)**

If you are over 60 and are becoming concerned about your balance, or have had a fall then this class is ideal for you. There are a range of seated and standing exercises designed to improve strength, flexibility and balance under the watchful eye of a qualified Postural Stability Instructor.

### **Active Balance (Referral only)**

Active Balance is similar to the falls prevention but offers more dynamic strength and balance exercises. The class is for those who are still independent and mobile but are concerned about falling or would just like to become more active and be more sociable! The class promotes strength, balance, flexibility and mobility.

### **General Referral Classes**

This class is for complete beginners and improvers and has options for those who cannot stand for long periods of time. It is open to all referred and incorporates cardiac rehab/ respiratory patients.

### **Respiratory Rehabilitation (by referral only)**

Aimed at postponing pulmonary decline and reducing breathlessness, this class is suitable for those suffering with C.O.P.D. and other breathing related illness'. The class is open to all levels including those requiring oxygen therapy. Referral is through Pulmonary Rehabilitation / GP.

### **KickStart**

The class is delivered as a circuit based session, to support healthy lifestyle management - particularly useful for people wanting to lose weight and get active under the guidance of a referral instructor. Please call first to reserve your place.

### **Pilates (referral only)**

Pilates improves muscle tone, balances musculature, supports correct posture. It is useful for improving balance, lumbar stabilization, flexibility and lower back pain with help from a specialist instructor.

### **Cancer Rehab Exercise Group (by referral only)**

Working with a specialist exercise instructor we can provide individual specific support and exercise options to improve overall wellbeing. Exercise can improve your stamina, strength and flexibility and aid recovery. Group exercise sessions suitable for cancer patients.

### **Tai Chi (Referral class)**

The gentle tai chi has its roots in tai chi and chi gung and it is straightforward and easy to do. It can be adapted so anyone can take part e.g. standing or seated.

### **Move & Connect / Dance & Connect for Parkinson's**

Similar to Active Balance with accompanying music. Also provides a social element and information on local connections to reduce isolation.

**Parkrun** is a free, volunteer organised 5km weekly running group. There is a course in **Coleford** who meet in the Coverham enclosure opposite 5 acres Coleford. A course in **Newent** who meet in the main school car park at Forest Leisure Newent. There is also a Parkrun at Bathurst park in **Lydney**.

FOR MORE INFORMATION ON ANY OF OUR CLASSES PLEASE CALL **01594 812447** OR SEE OUR HEALTH AND WELLBEING PAGES ON THE FOREST OF DEAN DISTRICT COUNCIL WEBSITE [www.fdean.gov.uk](http://www.fdean.gov.uk)