

Active 4 Health Lifestyle Hub



Helping you move more for your health and wellbeing



Welcome

The Active 4 Health Lifestyle Hub is managed by Dorset Council and helps connect local people who have been either referred for exercise by a health professional, or would like some support and advice to move more.

Keeping active is really important for our health and wellbeing, but it can also be a great way to meet new people, discover new places and opportunities.

The Active 4 Health Lifestyle Hub can help connect you with an activity to suit your location, interest and health needs, this can be within a local leisure centre or greenspace.

There are a huge range of activities on offer, from exercise referral programmes, health circuits and aqua fit through to health walks, health cycle rides and Nordic walking, to name just a few.

We hope that the following pages will help inspire you to take the first step on your active journey.

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Health professionals

If you are a health professional and wish to refer to Active 4 Health Lifestyle Hub, please get in touch.

You can also find more information and an Active4Health Exercise referral form, along with referral criteria and contraindications on our website.



**referral form
here**

We are here to help!

Our friendly team are on hand to help you throughout your active journey, and are happy to chat through any queries you may have, **please get in touch using the details below.**

Active 4 Health Lifestyle Hub

Email: active4health@dorsetcouncil.gov.uk

Phone: 01202 795141

Website: www.dorsetcouncil.gov.uk/active-4-health



Who qualifies for an exercise referral?

If you have one or more of the following health conditions, you can be referred by a health professional to an exercise referral programme:

- Arthritis
- Asthma or COPD (Chronic Obstructive Pulmonary Disorder)
- Back pain
- Cancer (pre, during or post treatment)
- Chronic fatigue and ME
- Coronary artery disease or peripheral vascular disease
- Dementia or Alzheimer's
- Fibromyalgia and polymyalgia
- General mobility issues/physical disability
- High blood pressure
- High cholesterol
- Long COVID
- Mental ill health i.e. stress, anxiety and depression
- Multiple sclerosis
- Osteoporosis
- Overweight/obesity with a BMI 30 - 39.95
- Parkinson's disease
- Post-surgery
- Previous heart surgery or heart attack (must have completed phase 3 cardiac rehab)
- Risk of falls/balance issues
- Stroke or brain injury

If you have three or more of the following lifestyle factors, you can be referred by a health professional to an exercise referral programme:

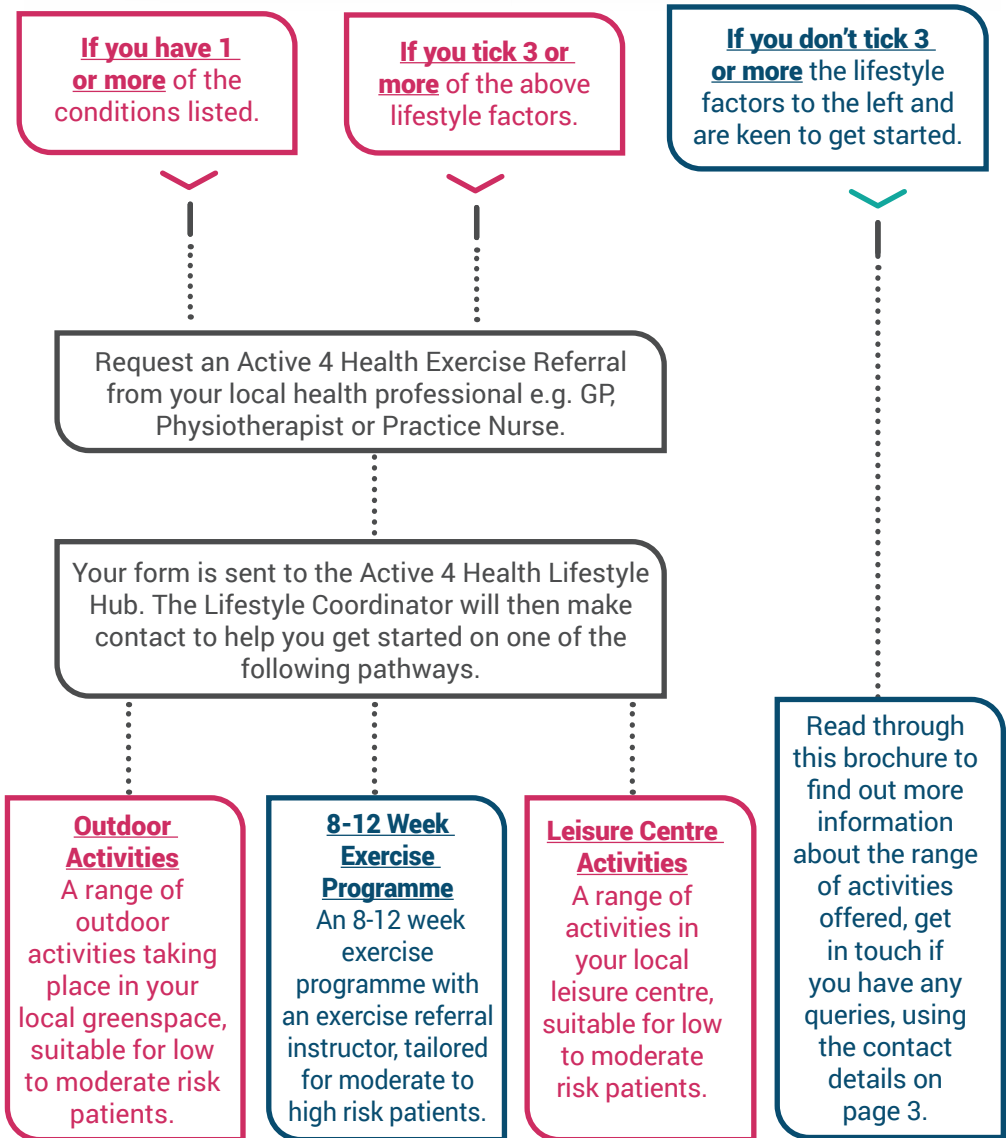
- Smoker
- Prediabetes (> 5.5-6.9 mmol/L glucose)
- Family history of heart disease
- Overweight with a BMI below 30
- High cholesterol (>5.2 mmol/L)
- Sedentary Lifestyle
- High blood pressure (140/90)

Exercise can help to manage, improve or reduce the risk of developing any of these health conditions. Take the first step and let us help you get involved!

Contraindications to the Exercise Referral Scheme can be found on our website or on the Referral Form.

Getting started

Active 4 Health referral pathway



Exercise referral locations

The Active 4 Health Exercise Referral Form can connect clients to the listed sites, with the lifestyle hub helping to link individuals to an appropriate referral pathway. This doesn't replace existing processes, as some sites have their own forms and systems that can still be used.

East Dorset

The Verwood Hub - Verwood - The Hub is the centre of fitness, events and activities for Verwood residents. Facilities include a gym, fitness classes, studios, 3G football pitches, a sports hall, the Merryfield Theatre and Cinema.

Email: verwoodhub@dorsetcouncil.gov.uk

Phone: 01202 828740

Website: dorsetcouncil.gov.uk/sport-leisure/sport-and-leisure

Ferndown Leisure Centre – Ferndown - Ferndown Leisure Centre is passionate about helping local people stay physically active. The facilities include a 25m swimming pool, 15m learner pool, gym, squash courts and a sports hall. They also host a variety of fitness classes to suit all abilities and offer a fantastic exercise referral programme.

Email: enquiries@ferndownleisurecentre.co.uk

Phone: 01202 877468

Website: www.placesleisure.org/centres/ferndown-leisure-centre

BH Live Corfe Mullen – Corfe Mullen - With a fully equipped gym, swimming pool and a huge range of classes, BH Live Corfe Mullen is a great place to kickstart an exercise referral.

email: corfemullen@bhlive.org.uk

phone: 01202 055505

Website: www.bhliveactive.org.uk/corfe-mullen

Moors Valley Country Park – Near Ringwood - Dorset Councils Health & Activity Team are based at the Golf & Activity Centre. Alongside a range of outdoor entry level activities, a Green Exercise Referral offer is available including a Nordic Walking Referral programme, fresh air fitness (outdoor fitness equipment) or a combination of outdoor activities.

Email: healthandactivity@dorsetcouncil.gov.uk

Phone: 01425 480811

Website: dorsetcouncil.gov.uk/sport-leisure/sport-and-leisure

Weymouth and Portland

Weymouth Swimming Pool and Fitness Centre - Weymouth Pool and Fitness Centre has a great range of facilities to help you enjoy your active lifestyle. You'll find a state-of-the-art gym that's packed with all the latest Technogym equipment, while the two pools play host to their award-winning swimming lessons, as well as a multitude of other aquatic activities, including Aqua Aerobics classes. A range of exercise classes and personal training opportunities are offered at site.

Email: weymouthinfo@everyoneactive.com

Phone: 01305 774373

Website: www.everyoneactive.com/centre/weymouth-swimming-pool-and-fitness-centre

Osprey Leisure Centre – Portland - Operating as a single site charitable trust Osprey Leisure Centre offers a range of Sport & Leisure activities. Facilities include a 6 lane 25m swimming pool, adult & children swimming lessons, newly refurbished gym areas, a wide range of fitness classes to suit all ages/abilities, fitness studios and a large sports hall. Pay as you go options available as well as a range of membership options, from annual memberships to monthly direct debits. Osprey Leisure Centre also offers an in-house cafe where you can socialise after exercising.

Email: info@ospreyleisure.co.uk

Phone: 01305 824378

Website: www.ospreyleisure.co.uk

Purbeck

Purbeck Sports Centre – Wareham

Purbeck Sports Centre offers a range of classes and activities boasting wonderful views of the Purbeck hills. Facilities include a 25m swimming pool, gym, fitness classes, studios and a sports hall.

Email: purbecksportscentre@dorsetcouncil.gov.uk

Phone: 01929 500000

Website: dorsetcouncil.gov.uk/sport-leisure/sport-and-leisure

Exercise referral locations

North Dorset

Riversmeet Gillingham

Here at Gillingham Riversmeet is the heart of the community providing a range of activities to suit all with two state of the art gyms, swimming facilities, a large range of classes to suit all Fitness levels, a comprehensive GP referral system and sports hall activities.

Email: info@riversmeetgillingham.org

Phone: 01747 834013

website: www.riversmeetgillingham.org

Sturminster Newton Leisure Centre

This community, not-for-profit charity managed Leisure Centre offers a range of entry level activities delivered by qualified instructors and a community gym hosting a wide range of cardio machines, weight machines and a free weights area. An exercise referral programme is not currently in place, however low-risk patients can be supported to choose a suitable activity for their interest and needs.

Email: hello@sturfit.org

Phone: 01258 471774

West Dorset

Bridport Leisure Centre – Bridport - As a central hub within the local community, Bridport Leisure Centre has been delivering Health and Wellbeing activities for 50 years. A wide range of facilities are available including; Swimming Pools, State of the art Fitness Suite powered by Technogym with panoramic views across the Countryside and in excess of 100 Fitness Classes per week.

Email: info@bridportleisure.com

Phone: 01308 427464

Website: www.bridportleisure.com

Mid - Dorset

1610 Dorchester Sports Centre - The exercise referral membership gives you full access to Dorchester Sports Centre facilities, from opening to 5 pm, and throughout the weekends. Our exercise referral gym staff will work closely to ensure you receive the best possible exercise prescription for you, which includes all group exercise classes, swim sessions where applicable and use of our fitness suite.

Email: dorchester@1610.org.uk

Phone: 01305 858400

Website: www.1610.org.uk

Blandford Leisure Centre - Here at Blandford Leisure Centre, you can relax, workout or enjoy some food and drink in our café, depending on your mood. There's a brand-new state-of-the-art gym, as well as fantastic swimming facilities, while the plethora of group fitness classes that are available are suitable for everyone, whatever your fitness levels and goals. Furthermore, you can enjoy a variety of different activities in our sports hall, or unwind in our Nordic sauna facility.

Email: blandfordinfo@everyoneactive.com

Phone: 01258455566

Website: www.everyoneactive.com/centre/blandford-leisure-centre

Knees Up – Blandford - Registered Charity providing a range of safe and friendly specialist exercise classes, ranging from Health Circuits, Balance and Strengthening, BreatheWell and Cardiac rehab BACPR.

Email: info@knees-up.co.uk

Phone: 07934 493890 / 01258 455515

Website: knees-up.co.uk

BCP and Hampshire Areas

To support individual needs and due to the proximity of some providers, Dorset Councils Active 4 Health Service, works closely with Centres located in the BCP and Hampshire areas.

New locations are continually being added. Please see our website for up to date Exercise Referral Providers.

Leisure centre entry level activities

Your local leisure centres have a wide range of entry level activities and classes to try. The list below highlights classes that often form part of an exercise referral. Class descriptions vary between providers and there are plenty more to discover.

Classes

Motivators 50+ – A low impact aerobic exercise class to burn calories and build muscle whilst listening to the songs you love.

Chair Fit – This class is ideal for anyone with mobility issues but wanting to take part in a gentle yet stimulating session.

Otago – A class designed specifically to prevent falls and improve strength, balance, and confidence. It consists of a set of leg muscle strengthening and balance retaining exercises.

Condition Specific Classes – Classes aimed at people with specific health conditions such as cardiac conditions and respiratory problems.





Health Circuits – A gentle exercise class, fully supervised by a qualified instructor, suitable for those new to exercise or those who have a health condition.

Aqua Fit – Gentle exercise in the pool. A superb class for low impact exercises with a qualified instructor and songs you'll love!

Access Circuits – A gentle exercise class, fully supervised by a qualified instructor. Suitable for those new to exercise or those who have health conditions.

Aquatherapy – Gentle classes in the pool. A superb class to take part in for low impact exercises and recovery from injury.

Yoga & Pilates – A variety of classes are available to support strength, balance and flexibility for beginners.

Please contact your local leisure centre to discover other classes and active opportunities.



Outdoor entry level activities

Dorset Council's Health and Activity Team aims to encourage local people to get more active in their greenspace by planning, coordinating and delivering a range of activities in the fresh air. Here is a list of some of the activities on offer.

- **Health Walks** – Walking is a great way to lose weight and become healthier. It's recognised as an ideal form of exercise and is perfect for people of all ages and fitness levels who want to be more active. Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, and stroke to mention just a few. To discover your local Dorset Health Walk, please see page 14.
- **Nordic Walking** – Nordic walking is an enhancement of ordinary walking. When trained in the right technique to use the poles effectively, it increases the use of the upper body and enables you to work harder, but it feels easier! The poles reduce the pressure on your knees and joints, it is the ideal physical activity if you have neck, shoulder or back problems and is good for the heart and lungs. Please see page 16.
- **Couch to 5K** – There are plenty of couch to 5K sessions taking place across the county, where you will be guided through the 9-week programme by a group of friendly and experienced run leaders. This short course is the perfect opportunity to get into running alongside others.





- **Cycling** – Cycling is a fun, low-impact exercise suitable for all ages. Cycling can start at a gentle pace and be gradually intensified for a more challenging workout. To discover your local Dorset Health Cycle Ride, please see page 15.
- **Outdoor Fitness Areas** – Outdoor exercise areas are popping up all over the county, with outdoor gyms located in Beaminster, Dorchester, Moors Valley Country Park, Wareham, Weymouth, and many more!
- **Get into Golf** – Golf can help improve your fitness, increase your heart rate, enhance your mood, and help strengthen your muscles. Playing a game of 18 holes involves taking up to 10,000 steps, walking 5-6 miles and burning 900 calories!
- **Orienteering** – Orienteering is a fun sport with great health benefits. It boosts fitness and challenges the mind through outdoor walks and runs in forests and fields. Perfect for families, it combines navigation, problem-solving and exercise.
- **Yoga** – Yoga is a great form of exercise and relaxation. Regularly taking part in Yoga can improve your quality of life, reduce stress and depression as well as helping to improve your fitness, strength and flexibility.

For more information about any of the activities, please read through the Dorset Council Health and Activity guide, visit our website, or contact the Health and Activity team using the contact details below.

Phone: 01425 480811

Email: healthandactivity@dorsetcouncil.gov.uk

Website: dorsetcouncil.gov.uk/health-and-activity



Scan me

Dorset Health Walks



A health walk is a sociable, short and regular guided walk. Locations offer a range of walks lasting between 30 to 90+ minutes for people of all abilities each week. Trained volunteer health walk leaders are on hand to welcome you with a friendly smile, provide encouragement and support you throughout the walk.

Free! Just turn up!

Dorset Health Walks are accredited with The Ramblers Wellbeing Walks national scheme. Website: ramblers.org.uk/go-walking/wellbeing-walks

Dorset Health Walks currently offers weekly walks in the following locations:

- | | | |
|---------------------------|------------------------------|----------------------|
| 📍 Avon Heath Country Park | 📍 Gillingham | 📍 Sturminster Newton |
| 📍 Beaminster | 📍 Maiden Newton & Cattistock | 📍 Swanage |
| 📍 Blandford | 📍 Moors Valley Country Park | 📍 Thorncombe Wood |
| 📍 Bridport | 📍 Portland | 📍 Verwood |
| 📍 Corfe Mullen | 📍 Shaftesbury | 📍 West Moors |
| 📍 Dorchester | 📍 Sherborne | 📍 Weymouth |
| 📍 Ferndown | | 📍 Wimborne |

Contact us

To find out more about health walks in your local area, please contact us:

Email: dorsethealthwalks@dorsetcouncil.gov.uk

Phone: 01425 480811

Website: dorsetcouncil.gov.uk/dorset-health-walks



Scan me

Get back in the Saddle



These free rides are a great way to establish a weekly routine of exercise led by volunteer leaders. This activity offers you the chance to ride with other like-minded people and feel the benefits this fantastic exercise will give you.

If you would like to attend a health ride but feel you are lacking in confidence and would benefit from support, we can put you in touch with one of our active buddies who can accompany you to the activity and help you get established.

These rides are offered from The Palm House Cafe, Weymouth, Moors Valley Country Park, Ferndown Forest Golf Club and Kingston Lacy House.

For more information visit: dorsetcouncil.gov.uk/health-and-activity

Accessible cycling

Accessible cycling is found at 2 locations in Dorset: Moors Valley Country Park, Golf & Activity Centre in East Dorset and Weymouth Gateway Park and Ride in Weymouth.

Both are accredited Wheels for All Centres.

Each location has a fleet of adaptive cycles that provide an opportunity for anyone with accessible needs or those who lack confidence on a standard 2 wheeled cycle, to experience the joys of cycling in a safe off-road environment.

If you would like to take part, please visit the website to complete an online enquiry form. dorsetcouncil.gov.uk/health-and-activity



Nordic walking opportunities

Nordic walking is an enhancement of ordinary walking. When trained in the right technique to use the poles effectively, it increases the use of the upper body and enables you to work harder, but it feels easier! The poles reduce the pressure on your knees and joints, it is the ideal physical activity if you have neck, shoulder or back problems and is good for the heart and lungs.

Contact the Active4Health lifestyle hub for more information.

Nordic walking exercise referral

An 8 week exercise referral programme for low/moderate risk clients, led by a qualified Nordic walking and referral instructor.

Back to health nordic

A weekly ½ hour nordic walk, helping to improve your wellbeing, combining gentle walking with poles, balance and co-ordination exercises. Suitable for both referral and non-referral. Must have completed a Get into Nordic Walking session. Run from Moors Valley Country Park, Golf & Activity Centre.

Nordic wellness

A gentle hour nordic walk incorporating mobility exercises to help with flexibility, balance and strength, whilst using your poles to improve your general fitness. Run at Moors Valley Country Park, Kingston Lacy House, Angel Inn – Ferndown.



Active volunteering opportunities



Volunteering supports the Five Ways to Wellbeing:

1. Connect: It helps you build social connections and a sense of community.
2. Be Active: Many volunteer roles involve physical activity, boosting mental health.
3. Take Notice: Volunteering increases awareness and mindfulness in new environments.
4. Keep Learning: It offers opportunities to learn new skills and grow personally.
5. Give: Helping others provides a sense of purpose and fulfillment, improving happiness.

Incorporating volunteering promotes social, emotional, and mental well-being.

Health walk leader

As a volunteer walk leader, you'll be helping people in your community to get active. As part of this role, you would be required to plan routes, support walkers and to love walking yourself. You don't need any particular experience, but we love our volunteers to be friendly and welcoming.

Visit our website for training dates
dorsetcouncil.gov.uk/dorset-health-walks

Get back in the saddle leader

A Get Back in the Saddle Leader is very similar to a Health Walk Leader, apart from the fact you need a bike! This role would require you to have a love of cycling, want to help others get active and enjoy being out in all weathers. The training will be both theory and practical.

Visit our website for training dates
dorsetcouncil.gov.uk/health-and-activity

Active buddies

The role of an 'Active buddy' would be to give a bit of extra support to individuals who may benefit greatly from getting involved in regular community activity but need a helping hand to get started.

Conversation tasks

Connection to nature is essential to many aspects of our health and wellbeing. Digging, cutting or maintaining hedges are just some of the activities that can not only improve your physical health but can also develop your self-esteem.



For more information, contact us at:

Phone: 01425 480811

Email:
healthandactivity@dorsetcouncil.gov.uk

Website:
dorsetcouncil.gov.uk/health-and-activity

Extra support for you

If you have any concerns, or would like a bit more support, please feel free to contact the Active 4 Health team, or one of the services below, who can help with day to day issues such as managing a health condition, improving your wellbeing or finding suitable transport.

Dorset Self-Management Service – The self-management team provides free and confidential sessions for you to explore what is important to you and what steps you can take to feel more in control of your health and wellbeing.

Website: helpandcare.org.uk/services/self-management

Email: contact@helpandcare.org.uk

Phone: 0303 303 0153

Linking Dorset – A partnership led by PramaLife and facilitated by morebus to help signpost local people to transport schemes available in their local area.

Website: morebus.co.uk/linking-dorset

Phone: 01202 586055

Alzheimer's Society – Providing support to anyone affected by dementia, and helping people with dementia stay connected to their lives and the people who matter most.

Website: alzheimers.org.uk

Phone: 0333 150 3456

Parkinson's UK – Need support? Parkinson's UK is here for you. We provide information, advice and support for all aspects of living with Parkinson's.

Website: parkinsons.org.uk

Email: hello@parkinsons.org.uk

Phone: 0808 800 0303



LiveWell Dorset – Livewell Dorset offer free health and wellbeing information, advice and support to improve your wellbeing in one or more of the following ways: stopping smoking, increasing your physical activity, losing weight or reducing your alcohol intake.

Website: livewelldorset.co.uk

Phone: 0800 840 1628

Dorset Mental Health Forum – A local charity that aims to improve the lives of everyone affected by mental illness by promoting wellbeing and recovery.

Website: dorsetmentalhealthforum.org.uk

Phone: 01305 257172

Email: hello@dorsetmentalhealthforum.org.uk

Access Dorset – Enhancing everyday lives in Dorset, Bournemouth and Poole. Access Dorset is a user led organisation and registered charity, run by and for disabled people, older people and carers. They work to remove the physical, attitudinal and communication barriers that exist and are faced daily by people, and enhance everyday lives.

Website: accessdorsetcentre.org.uk

Phone: 01202 771336

Email: enquiries@accessdorset.org.uk

Active Dorset – Getting Dorset Active – One of 43 Active Partnerships across England. Funded by Sport England. Use the Activity Finder to browse and view activities and events near you.

www.activedorset.org

Dorset Mind – Dorset mind is one of over 100 local minds that provide essential mental health services in local communities across England and Wales.

www.dorsetmind.uk



Active 4 Health Lifestyle Hub

Phone: 01202 795141

Email: active4health@dorsetcouncil.gov.uk

Website: www.dorsetcouncil.gov.uk/active-4-health

Please contact the Lifestyle Hub if you require help or support relating to an exercise referral.



Active 4 Health

