



Leeds Let's Get Active Update November 2017

Our LLGA community programme provides physical activity opportunities to support individuals to get active. If you are a group or organisation interested in setting up a session to support an inactive group please get in touch!



People in Action Outdoor Pursuits Group

We have been working with the Outdoor Pursuits group at People in Action who support people with Learning Disabilities to provide a wider range of Physical Activity. We developed a programme which involved Xplorer, adaptive cycling and rowing over a 9 week period. The programme has engaged with 21 individuals, with the group now looking to access the HSBC disability cycling hub at the Brownlee Centre on a monthly basis.



“One member hadn't cycled on either of the previous sessions and went round the track several times on a three wheeler. He was really chuffed with himself and was telling everyone he'd been all the way round. He was pointing back at the track after we'd left - was so lovely to see.”

Unorthobox Non Contact Boxing Family Session in Cottingley

We have been working in partnership with both Unorhobox and Positive Futures to deliver a weekly family non contact boxing session at Cottingley Community Centre. The programme has been successful at engaging both children and parents in physical activity, and has seen 8 families access the sessions so far.



“Its nice to have an activity that we can enjoy together as a family”

One You Leeds Referrals

One You Leeds are now taking referrals to support adults to achieve lifestyle behaviour change to improve health. It particularly focuses on 5 elements which include:

- Smoking cessation
- Weight Management
- Cooking Skills
- Healthy Eating
- Physical Activity

For more information please visit www.oneyouleeds.co.uk



Leeds Lets Get Active Sessions Coming Soon:

We are busy setting up lots of new sessions ready to start in the New Year, but keep a look out for the following sessions:

Bumps and Babes Indoor Fitness at St Cyprian with St James

Chair Based Exercise at Brecon Court

Unorthobox Family Session at Hovingham Primary School



Leeds Let's Get Active Sessions



Activity	Day and Time	Dates	Venue	Additional Info
Football	Tuesday 2-3pm	12/09/17– 19/12/17	Middleton Leisure Centre	Male only Mental Health
Walking Group	Tuesday 10.30-11.30am	On going	Outside ASHA	Women only
Table Tennis	Thursday 11-12.30pm	07/09/17- 21/12/17	The Compton Centre	Open session
Walking Group	Thursday 1-2pm	On going	Cross Gates Library	Open session
Table Tennis	Friday 2-4pm	15/09/17- 22/12/17	St Vincent's Support Centre	Open session
Walking Group	Wednesday 2-3pm	On going	Middleton Park Circus	Open session
Non-Contact Boxing	Tuesday 3.30-4.15pm	19/09/17– 12/12/17	Cottingley Community Centre	Open session
Zumba	Thursday 9.30-10.30am	14/09/17- 14/12/17	Henry Barran Centre	Open session
Zumba	Thursdays 1-2pm	2/11/17- 21/12/17	Ebor Garden Community Centre	Women only
Family Session	Tuesdays 3.15-4.15pm	31/10/17- 12/12/17	Lane End Primary School	Closed session to Lane End Families
Chair Based Exercise	Fridays 10-11am	1/12/17- 22/12/17	Brecon Court	Closed session to Brecon court residents
Chair Based Exercise	Fridays 11-12pm	1/12/17- 22/12/17	Lady Pit Lane	Closed session
Dancing Dots	Fridays 10.30-11.30am	20/10/17 - 8/12/17	Garforth Methodist Church	Booking Only.

Please get in touch if you would like more information about any of our sessions

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