

East Staffordshire Borough Council



Activity Programme Autumn 2018

The Active Adults Programme is organised by East Staffordshire Borough Council's, Cultural Services.

The aim of the programme is to give adults the opportunity to lead a more active and healthy lifestyle by getting involved in this exciting programme of different activities. Activities normally run over three, 10-week terms (like school terms). We encourage all new members to visit and take part within the classes before joining. This gives you the chance to see if it is the right class for you. You may join at any time during the term.

East Staffordshire Walking for Health

East Staffordshire Borough Council, Sports Development Team works in partnership with the Ramblers on this project. All walks take place within the local community and are led by trained Volunteer Walk Leaders on a weekly basis. The aim of the programme is to promote walking as a **FREE**, fun and effective form of exercise. Everyone is welcome.

For further information please telephone:- Jo Smith, Sports Development Coordinator on (01283) 508191 or email on joanne.smith@eaststaffsbc.gov.uk

Price List for Active Adults (10 Weeks)

East Staffordshire Residents:-
£20.15 for first activity
£20.15 for second activity
£ 4.85 for third or any subsequent activities

Non East Staffordshire Residents
£24.00 per activity

Cheques or Postal Orders Only

New members – please feel free to try any of the classes before enrolling.
If you are interested in enrolling in art or craft, please call (01283) 508191 to find out what you will need to take to the class

You may join Active Adults at any time during the term, please call for more details.

Art	A course where participants will have the opportunity for independent development of their artwork, with encouragement to develop and further their ideas. Demonstrations are also given on all types of different techniques by our experienced local Art tutor
Craft	Learn new skills in handicraft work including stitchery and other media/techniques
Extend	Our qualified EXTEND teacher is trained in a unique way to make exercise fun but at the same time safe. Therefore, reducing the symptoms of age related conditions and improving mobility for those who have disabilities
Move It or Lose It	Easy to follow exercise classes for older people led by Sarah Beard from Stretton Physio. Everyone is welcome – we can help you feel fit for life. Get your vitality back
Poetry and Play-reading	This group caters for all those who have a love of words and who like to keep the mind active. Topical discussion and reading catering for a wide variety of tastes
Singing for Pleasure	Come along and join in with this enthusiastic group and their enjoyment for music and song
Zumba Gold	Zumba Gold offers a modified Zumba routine which is easy to follow, low impact and great fun
"Young at Heart"	An easy to follow, low impact and fun exercise class for older people to help improve your strength, balance and co-ordination. Come along and exercise to music from the good old days. Seated or standing..... You choose!
Walking Netball	Is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment

East Staffordshire Borough Council's Active Adults – Class Details

Day & Time	Activity	Venue	Tutor
Monday 9.45 am to 10.45 am	Zumba Gold	Kingstone with Gratwich Village Hall	Nikolett Szoke (Temp Cover)
Monday 2.00 pm to 4.00 pm	Poetry & Playreading	Burton Town Hall	Class Participation
Tuesday 10.00 am to 12.00 noon	Craft	Burton Town Hall	Heather Lowe Nicola Taylor
Wednesday 9.45 am to 11.45 am	Craft	Burton Town Hall	Nicola Taylor
Wednesday 10.00 am to 11.00 am	Extend	Bradley House Club	Sue Washington (Temp Cover)
Wednesday 10.45 am to 11.45 am	"Young at Heart"	Uttoxeter Leisure Centre	Annie Serrano
Wednesday 12.00 noon to 1.00 pm	Move It or Lose It	Meadowside Leisure Centre. Studio A	Sarah Beard
Thursday 10.00 am to 11.00 am	Walking Netball	Meadowside Leisure Centre	Nikki Taylor
Thursday 2.00 pm to 3.00 pm	Singing for Pleasure	The Odd Fellows Unity Hall	Arthur Tipper
Friday 10.00 am to 12.00 noon	Art	Burton Town Hall	Cathryn Haywood- Hollis
Friday 12.00 noon to 2.00 pm	Art	Burton Town Hall	Cathryn Haywood-Hollis
Friday 2.00 pm to 4.00 pm	Art	Burton Town Hall	Cathryn Haywood-Hollis
Friday 1.30 pm to 2.30 pm	Walking Netball	Uttoxeter Leisure Centre	Nikki Taylor

Addresses for venues used for Active Adults

Venue	Address
Kingstone with Gratwich Village Hall	Blythe Bridge Bank, Kingstone, Staffs ST14 8QN
Meadowside Leisure Centre	Meadowside Drive, Off High Street, Burton upon Trent, Staffs DE14 1TL
The Odd Fellows Unity Hall	All Saints Road, Burton upon Trent, Staffs DE14 3LS
Bradley House Club	Bradley Street, Uttoxeter, Staffs ST14 7QA
Uttoxeter Leisure Centre	Oldfields Road, Uttoxeter, Staffs ST14 7QL
Burton Town Hall	St Paul's Court, Burton upon Trent, Staffs DE14 2EB
The Corner	Moor Street, Burton upon Trent, Staffs DE14 3SU

Burton Town Hall - car parking is available at the front of the Town Hall for 2 hours only.

Rear Town Hall car park – Staff Only

Alternative pay and display parking available at the rear of the Travel Lodge/Railway car park off Derby Street DE14 2JJ near to the Burton railway station.

Burton Town Hall

Poetry and Playreading

(Monday) 2.00 pm to 4.00 pm

September	October	November	December
24 th	8 th , 15 th , 22 nd	5 th , 12 th , 19 th , 26 th	3 rd , 10 th

Craft

(Tuesday) 10.00 am to 12.00 noon

September	October	November	December
25 th	2 nd , 9 th , 16 th , 23 rd	6 th , 13 th , 20 th , 27 th	4 th

Craft

(Wednesday) 9.45 am to 11.45 am

September	October	November	December
26 th	3 rd , 10 th , 17 th , 24 th	7 th , 14 th , 21 st	5 th , 12 th

Art

(Friday) 10am to 12pm or 12pm to 2pm or 2pm to 4pm – 3 separate classes

September	October	November
14 th (TH), 21 st (C), 28 th (TH)	5 th (TH), 12 th (C), 19 th (C)	9 th (TH), 16 th (TH), 23 rd (TH), 30 th (C)

Key

TH = Town Hall and C = The Corner (see previous sheet for full venue details)

Meadowside Leisure Centre

Move It or Lose It

(Wednesday) 12.00 pm to 1.00 pm

September	October	November	December
26 th	3 rd , 10 th , 17 th , 24 th	7 th , 14 th , 28 th	5 th , 12 th

Walking Netball

(Thursday) 10.00 am to 11.00 am

September	October	November	December
27 th	4 th , 11 th , 18 th , 25 th	8 th , 15 th , 22 nd , 29 th	6 th

Autumn Term 2018

The Odd Fellows, Unity Hall

Singing for Pleasure

(Thursday) 2.00 pm to 3.00 pm

September 20 th	October 4 th , 11 th , 18 th	November 8 th , 15 th , 22 nd , 29 th	December 6 th , 13 th
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Uttoxeter Leisure Centre

Young at Heart - CLASS IS FULL

(Wednesday) 10.45 am to 11.45 am - Limited places available

September 26 th	October 3 rd , 10 th , 17 th , 24 th	November 7 th , 14 th , 21 st , 28 th	December 5 th
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Walking Netball

(Friday) 1.30 pm to 2.30 pm

September 28 th	October 5 th , 12 th , 19 th , 26 th	November 9 th , 16 th , 23 rd , 30 th	December 7 th
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Bradley House Club

Extend

(Wednesday) 10.00 am to 11.00 am

September 26 th	October 3 rd , 10 th , 17 th , 24 th	November 7 th , 21 st , 28 th	December 5 th , 12 th
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Kingstone with Gratwich Village Hall

Zumba Gold Alternative Class for Autumn Term

(Monday) 9.45 am to 10.45 am – Limited places available

October 1 st , 15 th , 22 nd	November 5 th , 12 th , 19 th , 26 th	December 3 rd , 10 th , 17 th
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New members please note when joining art or craft please telephone 01283 508191 or email joanne.smith@eaststaffsbc.gov.uk to find out what equipment etc you will need to take to the class

This programme may be subject to change at short notice

best foot forward free health walks for all



Venue	Day	Time/ Length	Meeting Place
Barton Church Lane DE13 8HY	Monday	10.15 am 45 to 60 minutes	St James Church Hall
Horninglow & Eton Horninglow Road DE14 2PT	Monday	10.30 am 45 to 60 minutes	Horninglow Road Basin
Meadowside Leisure Centre Meadowside Drive, Off High Street DE14 1TL	Monday	11.30 am 45 to 60 minutes	Meadowside L.C. Burton upon Trent
Stapenhill Gardens DE15 9AP (3 Walks 1,2 & 3) Level 1 (10—30 minutes) Level 2 (30—60 minutes) Level 3 (60– 90 minutes)	Tuesday	10.30 am See Level 1 to 3 for walk grading	The Bandstand Main Street
Stapenhill Gardens Stapenhill Road DE15 9AF	Tuesday April to September	6:45 pm 60 minutes	Stapenhill Hollows Stapenhill Road
Stretton The Green DE13 0EQ	Tuesday	2.00 pm 60 minutes	The Green
Rolleston on Dove Church Road DE13 9BE	Wednesday	10.30 am 45 to 60 minutes	Car Park Spread Eagle Pub
Yoxall Savey Lane DE13 8PD	Wednesday	10.45 am 60 minutes	Health Centre
Tutbury Monk Street DE13 9NA	Thursday	10.00 am 45 to 60 minutes	Car Park across from the Leopard Pub



Supporting you to
get active and stay active

For more information please contact Jo Smith on
01283 508191 or joanne.smith@eaststaffsbc.gov.uk

Application Form

Name

Address

.....Post Code.....

Contact Telephone no.

E-mail

Emergency Contact Details — Name.....

Number.....

Please tell us if you have any injuries, illness or are taking any medication that we should be aware of.....

Occasionally photographs and video may be taken for promotional purposes, including social media.
Please tick the box if you give consent for your child to be photographed ☐ or filmed. ☐

Please tick the Active Adult session(s) you wish to attend

Burton Town Hall

- Monday - Poetry & Play Reading ☐
- Tuesday - Craft ☐
- Wednesday - Craft ☐
- Friday - Art 10:00am ☐
- Friday - Art 12:00noon ☐
- Friday - Art 2:00pm ☐

Meadowside Leisure Centre

- Wednesday - Move it or Lose It ☐
- Thursday - Walking Netball ☐

Uttoxeter Leisure Centre

- Wednesday - Young at Heart ☐
- Friday - Netball ☐

Uttoxeter Bradley House Club

- Wednesday - Extend ☐

The Odd Fellows

- Thursday - Singing for Pleasure ☐

Kingstone with Gratwich Village Hall

- Monday - Zumba Gold ☐

Your receipt will be issued to you at your class by the tutor, when you attend.

Total Cost £

Cheque/Postal Order Date.....

Please send your completed form with Postal Order or Cheque (address/bank card details on reverse) made payable to "East Staffordshire Borough Council" to:- Mrs J Smith, Sports Development,
Shobnall Leisure Complex, Shobnall Road, Burton upon Trent, Staffordshire. DE14 2BB

PRIVACY STATEMENT

East Staffordshire Borough Council collect your name, date of birth and contact details for the purpose of providing you with activities delivered by Sports Development. We will only contact you using these details for the purpose of the Sports Development activity to make you aware of cancellations, changes to session times and venues and future sessions.

We will always keep your information secure and will never sell on your information to other companies or organisations for marketing purposes.

We have contracts with third party companies who provide bulk mailing services on the Councils behalf and software to store, manage and send e-mail and SMS communications.

We provide these companies with our customers names and relevant details to enable contact via post, e-mail or SMS messaging.

MARKETING

Have you attended any of our schemes before? Yes ☐ No ☐

How did you hear about our Activity Scheme

Contact Preferences and Permissions

East Staffordshire Borough Council would like to send you the latest news, updates and promotions by e-mail, post or SMS. We'll always treat your personal information with the utmost care and we'll never sell on information to other companies or organisations for marketing purposes.

If you would like to be contacted by East Staffordshire Borough Council please select your preferred method of communication

E-mail ☐ SMS ☐ Post ☐

EQUALITY

At East Staffordshire Borough Council we are committed to providing high quality services that meet the needs of our diverse community and are accessible to all.

Completion of this section of the form is entirely voluntary, however, so we can monitor the take up of services and how accessible our services are to all sections of our community, your co-operation in providing the information requested below will be appreciated.

Please be assured that any information provided will be treated confidentially, used for analysis purposes only and will be used to develop services in the future. Any information on general release will be anonymous with all names removed.

Male ☐ Female ☐

How old are you? Under 8 ☐ 9 -15 ☐

16 - 20 ☐ 21- 25 ☐ 26 - 30 ☐ 31 - 35 ☐ 36 - 40 ☐ 40 - 49 ☐ 50 - 59 ☐ 60+ ☐

What is your ethnic origin group: Please tick one box only

White

White - British ☐
White - Irish ☐
White - Gypsy or Irish Traveller ☐
White - Other

Asia/Asian

Indian ☐
Pakistani ☐
Bangladeshi ☐
Chinese ☐
Other

Black/African/Caribbean/Black British

Black Caribbean ☐
Black African ☐
Black other ☐

Other Ethnic Group

Arab ☐
Other, Please state.....

Mixed/Multi ethnic groups

Mixed - White & Black Caribbean ☐
Mixed - White & Black African ☐
Mixed - White & Asian ☐
Mixed - Other

Do you consider yourself to have a long term limiting illness?

Yes ☐ No ☐

Terms & Conditions

Whilst every precaution is taken to ensure the safety of participants and their property, all those attending the activity do so at their own risk.

East Staffordshire Borough Council reserve the right to cancel or alter the activity programme where necessary.

A refund will only be given due to illness or injury which should be accompanied by a doctor/hospital note.

Refunds for any other reasons will be at the discretion of the Sports Development Team.

Bookings are not transferable to any other person

East Staffordshire Borough Council reserve the right to remove any member from the activity on the grounds of unacceptable behaviour.