

Physical Activity

Diabetes UK Information about Physical Activity and Diabetes

Diabetes and exercise | Type 1 and type 2 | Diabetes UK

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise>

Free digital guide for moving more www.diabetes.org.uk/up-movingmore

Free exercise resources

www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise/resources

Guide to moving more

Free courses on activity in Learning Zone www.diabetes.org.uk/up-LZ

Diabetes UK Physical Activity Helpline advisors. One-to-one, confidential support about how to be more active over the phone (0345 123 2399) or via email

helpline@diabetes.org.uk

Hypos

What is hypoglycaemia?

<https://www.diabetes.org.uk/guide-to-diabetes/complications/hypos>

Having a hypo

<https://www.diabetes.org.uk/guide-to-diabetes/complications/hypos/having-a-hypo>

Apps and on line support to get more active

Active 10

A brisk 10 minute walk every day can make a difference to your health. Each 10 minute burst of exercise is known as an "Active 10".

The Active 10 app will show you how much brisk walking you are doing and will help show you how you can fit a ten minute brisk walk into your day

Download the app for iOS and android from

www.wirral.gov.uk/health-and-social-care/health-wirral/health-wellbeing/move-more

British Heart Foundation Tips on getting more active including walking, cycling, yoga, 10 minute work outs, reducing time spent sitting, running, strength exercises, indoor activities, swimming, tai chi

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity>

Couch to 5K

A running plan for beginners. Accompanied by podcasts.

www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx

Move more on Wirral

Various resources for increasing activity

www.wirral.gov.uk/health-and-social-care/health-wirral/health-wellbeing/move-more

Pilates By Physio

Pilates for people of all ages and abilities. The sessions are predominantly run by Physiotherapists although other professional also teach

Classes and 1-1's - full details and prices on web site

Prices start at £35 per month for online subscription to pre-recorded classes (non clinical)

Telephone: Debs Paterson 078111 42915

Email: info@pilatesbyphysio.com

Website: <http://www.pilatesbyphysio.com>

Sports England

Links to support with outdoor activities (including apps, information on orienteering, cycling, nature walks) and finding local fitness classes

https://www.sportengland.org/jointhemovement?section=get_active_away_from_home

FREE online exercises - Tailored Leisure Co.

FREE online exercises led by professionals for people with disabilities or long term conditions.

Sit to Be Fit - Access the 12 week course via Zoom and join a team of health and movement professionals to exercise at a pace that suits you.

Boxercise - 8-Week Boxercise classes.

Telephone: 07861247658 or **email** tailored.leisure@gmail.com to sign-up or enquire further.

Web site: <https://tailoredleisure.co.uk/>

Free Tai Chi Sessions - China Spirit UK

Free online tai chi sessions, funded by The Big Lottery. Visit facebook page (www.facebook.com/kungfuspirit888) for further updates.

web site: <https://www.chinaspirit.org.uk>

150 Birkenhead Road, Wallasey, Merseyside, CH44 7JN

Mobile: 07715 387858

Email: bo.2202@yahoo.co.uk

This Girl Can

Information and support on activities for women

<https://www.thisgirlcan.co.uk/activities/>

Virtual Village Hall - Royal Voluntary Service

A programme of themed online activities designed to enjoy at home. Sessions are led by expert tutors, Royal Voluntary Service activity coordinators, volunteers and some well-known faces, and require very little space or equipment.

Join in with live sessions or catch up on demand when suits it you.

Activities Include: Exercise & Dance, Gardening & The Outdoors

Telephone: 0330 555 0310

Email: enquire@royalvoluntaryservice.org.uk

Web site: <https://www.royalvoluntaryservice.org.uk/virtual-village-hall>

Facebook: https://m.facebook.com/VirtualVillageHall/?_rdr

We are Undefeatable

Want help with starting to move more? Click through for ideas and resources to help you start your journey to being active.

Join the millions of people managing a range of health conditions who are finding ways to be active that work for them.

Information on:

Finding an activity that works for you

Digital tools to help you move more.

<https://weareundefeatable.co.uk/>

Wirral Info Bank

Information on various local available activity opportunities

<https://www.wirralinfobank.co.uk>

Home based exercises

Be Active, Stay Healthy (University College London) videos

Older adults, or people who are less active https://youtu.be/8Fr1EjnZ_Y

Healthy active adults <https://youtu.be/S6dD0A7M8wY>

Couch to Fitness - an at-home exercise plan for beginners.

The plan involves 3 video sessions a week, with rest days in between, and a different schedule for each of the 9 weeks

Each video class is hosted by three different coaches, all working at different energy levels. So if you need to take it easy, you can, but if you want to push yourself, there's a coach who's really going for it!

<https://ourparks.org.uk/couch-to-fitness>

Gym Free work outs

NHSFitness Studio – 24 instructor led videos ranging from aerobics, strength and resistance training, through to pilates and yoga. Choose a work out at www.nhs.uk/conditions/nhs-fitness-studio/

Home work out videos

10-minute home workouts

<https://www.nhs.uk/better-health/get-active/home-workout-videos/>

Mencap Free fitness classes

Free online fitness classes take place via Zoom **every Tuesday and Thursday at 11am**

www.mencap.org.uk/about-us/our-projects/mencap-sport/join-our-online-fitness-classes

Sports England

Links to home-based, on-line physical activity videos from different organisations for people at all levels.

Includes:

- links to on line fitness classes, yoga and pilates
- section aimed at older adults including 10 minute audio and video workouts
- section for disability and long term conditions

www.sportengland.org/jointhemovement

Weekly Home Exercise Snacks

Videos from Wirral Cardiovascular Rehabilitation service with exercises to complete throughout the day.

Facebook: www.facebook.com/103560717656979/posts/105112577501793/

Wirral Council Invigor8 Free on line exercise sessions including back catalogue and chair exercises

Web site: <https://wirralleisure.co.uk/staying-active-at-home/>

Facebook: <https://en-gb.facebook.com/Wirralinvigor8>

Chair exercises

British Heart Foundation On line guide – chair based exercises

<https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises>

British Heart Foundation On line demonstration: Exercising with resistance bands

<https://www.bhf.org.uk/heart-matters-magazine/activity/resistance-bands>

Diabetes UK Chair based exercise routine

www.youtube.com/watch?v=z_8wasa2sjk

Diabetes UK Five ways to move more while sitting down

<https://diabetes-resources-production.s3.eu-west-1.amazonaws.com/resources-s3/public/2021-06/five-ways-to-move-more-while-sitting-down.pdf>

NHS Sitting exercises

www.nhs.uk/live-well/exercise/sitting-exercises/

Wirral Council Invigor8 Free on line exercise sessions including some chair exercise sessions

Web site: <https://wirralleisure.co.uk/staying-active-at-home/>

Facebook: <https://en-gb.facebook.com/Wirralinvigor8>

Cycling

Bikeright!

UK's largest cycle training organization.

Offer free cycle training and bicycle maintenance sessions to anyone over 16 who lives, works or studies in Merseyside. Course details and booking instructions can be found on their website

www.bikeright.co.uk

Chester and North Wales CTC (Cyclists Touring Club)Two Mills

Riding groups offering a range of weekly and monthly cycle rides, weekends away and the occasional competitive event

www.ctcchesterandnwales.org.uk/twomillsgroup.html

En Vélo

Friendly club with weekly rides

email: envelocycleclub@gmail.com

Lets Ride

Guided Rides: Organised rides. Free and friendly local rides, led by knowledgeable Ride Leaders.

Ride Social: Join a local cycling group

Breeze Bike Rides: Women only bike rides

Routes: Cycle route maps, descriptions and downloadable files that are all free to download and try.

<https://letsride.co.uk/breeze>

New Brighton Pedal Power Progression

A friendly volunteer led community initiative created to help people to cycle and keep cycling.

Email: graestrummer62@gmail.com

Face book: <https://m.facebook.com/pg/NBPPP>

Wirral Circular Trail

A network of signposted routes around Wirral for walking and cycling. Wirral Council has put together a map of the route, presented in a booklet, one section at a time, which includes information about things to do and see along the way.

Get them from Wirral libraries and one-stop shops, at Wirral Country Park Visitor Centre in Thurstaston, and online

www.visitwirral.com/things-to-do/activities/cycling

Wirral Cycling groups and events

Group Rides. Friendly group of experienced cyclists, mainly aged 50 plus but open to all ages, providing support and a sociable environment to encourage more people onto bikes to explore the countryside and improve their level of fitness.

The group is affiliated to Cycling UK. We organise rides each week from different locations mainly on the Wirral in winter; In the summer we go further to explore Cheshire lanes or Liverpool. Distances range from 20 up to 50 miles

www.wirralgroups.org.uk/cycle_hub.html

Cycling Projects

A national charity promoting cycling through *Pedal Away* and *Wheels for All*

Pedal Away

Pedal Away rides are pitched at a level so that anyone can join in no matter when the last time they got on a bike was. They are social rides aimed to turn people from dubious beginner, to independent confident cyclist!

On any Pedal Away ride you can expect to find:

- Ride leaders who will guide the ride and offer support, advice and assistance
- All rides start and finish from a cycle hub, complete with bikes and helmets which you can borrow for a small donation (£1). You are welcome to ride your own bike if you'd prefer
- Routes which follow predominantly traffic-free cycle ways or quiet lanes.
- Rides usually last between 1-2 hours and will feature a café stop during or at the end of the ride.

Telephone: 01925234213

Email: [nijos@cyclimg.org.uk](mailto:nijs@cyclimg.org.uk)

Web site: cyclimg.org.uk/pedal-away

Pedal Away Locations:

Guinea Gap Pedal Away: Guinea Gap Leisure Centre, Riverview Road, Wirral CH44 6PX

Hoyleake Community Centre Pedal Away: Hoyleake Community Centre, Hoyleake Road, Wirra, CH47 3AG

Pedal Away The Oval Leisure Centre: Old Chester Road, Bebington, Wirral, CH63 7LF

Wheels for all

The Wheels for All initiative is a nationally recognised programme that embraces all children and adults with disabilities and differing needs, to engage in a quality cycling activity.

Birkenhead Park Wheels for All

Thursdays 10:00-15:00. 1st session free, £5 per participant, support/carers cycle for free forever

Park Drive, Birkenhead, Wirral, CH41 4HY

Telephone: 01925 234213

Email: shane.oleary@cyclimg.org.uk

Group exercise sessions

The 050 Group

FREE creative movement session for those over the age of 50.

The 050 Group meets on **Wednesdays** 10:30AM - 12:00PM

The group meets at the Pilgrim Street Arts Centre, 1 Pilgrim Street, Birkenhead, CH41 5EH

For more details please call Claire on 07554332532 or email: claireparr@wirral.gov.uk

Age UK Wirral

<https://www.ageuk.org.uk/wirral/activities-and-events/>

Contact Health and Activity: 0151 482 3456 to book before attending any of the activities or for more information

Session time table:

<https://www.ageuk.org.uk/bp-assets/globalassets/wirral/documents/061021-ha-timetable-spread.pdf>

Activities include: Walking Football, Dance Through the Decades, Yoga, Line Dancing, Chair based exercise, Tap Dance, Zumba gold, Tai Chi, Top 2 Toe Exercise, Pilates, Short Health Walks , Wirral Side Walkers (Easy), White Top Walkers (Energetic)

Cost ranges from Free to £4.00

Fitness Classes - Reach Beyond Wellness Studio

Classes: Pound (full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements), Clubbercise, Strong, Zumba Step, HIIT, Step, Stretch and Tone, Yoga,

£5 per class, book on line <https://bookwhen.com/nickisnutters#focus=ev-skx4-20210802180000>

Telephone: 07949560018

Email: reachbeyondwellnessstudio@gmail.com

Face book: <https://www.facebook.com/reachbeyondwellness>

Address: 48 Argyle Street, Birkenhead, CH41 6AF

Pilates By Physio

Pilates for people of all ages and abilities. The sessions are predominantly run by Physiotherapists although other professional also teach

Classes and 1-1's - full details and prices on web site

Prices start at £52.50 for a block of 6 Mat classes and £120 per block of 6 reformer classes (6 people per class).

Location: 54 Pensby Road, Heswall, Wirral, CH60 7RE

Telephone: Debs Paterson 078111 42915

Email: info@pilatesbyphysio.com

Website: <http://www.pilatesbyphysio.com>

Local Leisure Services (Invigor8)

Local Leisure Activities including:

Golf

Wirral Water Sports Centre

Run in Wirral

Tennis

Indoor Exercise Classes

Outdoor Exercise Classes

Football pitches

Swimming Pools

Activities at Leisure Centres across Wirral: Europa Leisure Centre (Birkenhead), Guinea Gap Leisure Centre (Wallasey), Leasowe Leisure Centre, Oval Leisure Centre (Bebington), West Kirby Concourse Leisure Centre, Woodchurch Leisure Centre, Wirral Tennis and Sport Centre (Bidston), Wirral Water sports Centre (West Kirby Marine Lake)

Indoor exercise classes

Pre booking essential

For indoor exercise class timetables visit <https://wirralleisure.co.uk/indoor-exercise-class/> or contact your local leisure centre.

Classes include: Aqua, Aqua Zumba, Yoga, Chair based yoga, Pilates, Tai Chi, Kettlebells, Bar bell strength, Body pump, Body balance, Pure core, Body conditioning, Abbs Blast, Pilates, Revolutions, This Girl Can (women only session), Circuits, HIIT (High Intensity Interval Training), Cardio Tennis, Boxercise, Meta fit, Line Dancing, Movement for life, Body Combat, Low level circuits

Outdoor Exercise Classes

Pre booking required.

Locations: Birkenhead Park, Kings Parade (Wallasey), Ashton Park (West Kirby), Floral Pavilion (New Brighton), Oval Leisure Centre, West Kirby Concourse

Activities include: Run in Wirral, Boxercise, Low level circuits, Low level boot camp, Nordic walking, Cardio Hill walk, HIIT

Invigor8 Membership

Become an Invigor8 member and enjoy use of Invigor8 centres, Gyms, Pools and Exercise Classes, Golf, Tennis and Sailing

Invigor8 Inclusive membership £34/month

Invigor8 Plus membership £29/month

Invigor8 Day Time membership £23.50/month

Invigor8 Saver membership £18.50/month

Invigor8 Local Membership £20 to £24.50 per month depending on leisure centre selected

Telephone: Bookings and Information team 0151 606 2010 Mon – Thurs 9am – 7pm
Friday 9am – 5pm Sat – Sun 9am – 3pm

Email: bookingsandinformation@wirral.gov.uk

Walking Football - Tranmere Rovers in the Community

Walking Football is a slower-paced version of the beautiful game aimed at the Over 50s.

Three sessions a week at Prenton Park Recreational Centre in the following groups:

Monday - Over 50s - 2pm-3pm, Tuesday - Over 40s Women's - 11am-12pm,

Thursday - Over 50s - 11am-12pm, Friday - Over 65s - 11am-12pm

Telephone: 0151 608 2354

Email: SteveW@tranmererovers.co.uk / community@tranmererovers.co.uk

Website: <https://www.tranmererovers.co.uk/community/get-active/walking-football>

Location: Prenton Park Recreation Centre, Prenton Park, Prenton Road West, Birkenhead, Wirral, CH42 9PY

Walking Netball - England Netball

Netball, but at a walking pace.

Locations:

Tranmere Rovers FC Recreation Centre, Prenton, Wirral, CH42 9PY

Birkenhead School, The Lodge, 58 Beresford Road, Oxton, CH43 2JD

Cost: £4.25

For information about session times and how to get

involved <https://www.englandnetball.co.uk/my-game/walking-netball>

Telephone: Louise Moss 07726 692 701

Email louise.moss@englandnetball.co.uk

Yoga with Kate - West Kirby

Website: <https://yogawithkate.vpweb.co.uk>

Telephone: 07708496645

Email: kateknowles1001@yahoo.co.uk

Yoga You Sanctuary

235 Liscard Road, Wallasey, CH44 5TH

Telephone: 0151 639 9699

Email: yoga4ne1@btinternet.com

Web site: <http://www.yogayousanctuary.co.uk>

Yogasmiths

A range of yoga classes every week including online live classes, in person community yoga classes and on demand yoga classes.

Banks Road, West Kirby, Wirral, CH48 0RA (directions displayed on map)

Telephone: 07834 268 0520

Email: enquiries@yogasmiths.org

Web site: <https://yogasmiths.org>

Gardening Groups

Age UK Allotment Programme

annual membership £13

<https://www.ageuk.org.uk/wirral/activities-and-events/> Telephone: 0151 482 3456

Community Garden - New Ferry - Utopia Project

Transform our local urban green space, meet new people and improve your wellbeing!

Our aim is to try and promote mental health and well being through creating green space behind the Rock Ferry library.

Every Monday, behind the one stop shop in Rock Ferry and enter through the car park.

Call: 07719084493

Email: office@utopiaproject.co.uk

Irby and Thurstaston Gardeners' Club

Meeting first Tuesday of each month (except August), 8pm in Irby Village Hall. New members and visitors are always welcome.

www.thurstaston.org.uk/uniformed-organisations/irby-thurstaston-gardeners-club/

Moreton Gardening club

Each month they have a guest speaker covering various different topics

Meets 8.00pm to 10:00pm on the second Monday of the month

Moreton Community Centre, Maryland Lane, Moreton, Wirral CH46 7TS

Membership £20 per year including refreshments at each meeting

telephone - for more information contact

Maggie Rawet (Chairperson) on 0747 202 8517 or Sue Rowlands (Treasurer) on 07837 102 924

Specialist Community Exercise Groups / Sessions and Sports

Ballroom and Latin Dance Classes

Held at St Mark's Church Hall 23 New Chester Road, New Ferry, Wirral CH62 1DG on Mondays, Tuesdays, Thursdays from 7pm. £7 per person. Private dance lessons on Saturdays from 12 noon.

Telephone: 07799 701 815

Email: jackie@ballroom-blitz.co.uk

Website: www.ballroom-blitz.co.uk

Bowling

Bebington Park Crown Green Bowling Club

Bowls available on free loan to get started together with free coaching advice.

The green opens in April and closes at the end of September. If you've never tried it, why not come along and have a taste? No payment required until you're sure it's for you.

Bebington Park Crown Green Bowling Club, Higher Bebington Rd, Wirral, CH63 2PT

Telephone: Gordon 0151 334 2685, Phil 07733 304 896

Web site: <https://txypk387.wixsite.com/bebingtonparkbowls>

Magazine Bowling Club – Wallasey

Men's and women's bowling. Private green behind the Magazine Hotel, 7 Magazine Brow, Wallasey, CH45 1HP

telephone: Mr. A. Moffat - 07860 342804 or Mr K. Gillett - 07788 590297

email: Mr. A. Moffat - hopper8271@hotmail.com

or Mr K. Gillett kenny.g.811@hotmail.co.uk

website: www.the-magazine-hotel.co.uk/the-magazine-bowling-club/

Poulton Crown Green Bowling Club

New players are always welcome.

Poulton Crown Green Bowls Club, 178C Mill Lane, Wallasey, Wirral, CH44 3BW

Telephone 07713 081 243

Email: kaybea@hotmail.co.uk

Website: <http://poultonbowls.simplesite.com>

Tixall Bowling & Social Club

Heathfield Road, Oxton, Birkenhead, Wirral, CH43 5RT

Telephone: 0151 652 5794

Email: tixallbsc@gmail.com / r.may267@ntlworld.com

Web site: <http://www.tixallbsc.org>

Karate

Martial arts club specialising in Shokotan Karate but incorporating several other martial arts in to training regimens. New members welcome.

Meets at New Ferry Village Hall

Telephone: 07774 200 947

Web site: www.wirralshotokankarate.co.uk

Salsa Dancing Club

New members welcome.

Weekly classes every Thursday 7.30pm - 11.00pm.

Meets at The Lever Club, Greendale Road, Port Sunlight Village, Wirral CH62 4XB

Facebook: www.facebook.com/Port-Sunlight-Salsa-610030915867628/

Swimming & Aqua Classes

Adult Lane Swimming

Calday Grange Swimming Club at Calday Pool - an adult lane swimming club for swimmers of any ability aged 16 and over.

Situated at the end of Gourleys Lane, off Column Road, West Kirby, CH48 8AS

At least 32 hours of pool time available every week.

Full membership £25/month, Evening membership £15/month

Telephone: 0151 625 7170

Email: caldaygrangeasc@hotmail.com

Web site: <https://www.caldaypool.org.uk/adult-lane-swimming>

Local Leisure Services (Invigor8)

Local Leisure Activities including:

Wirral Water Sports Centre

Swimming Pools

Pools at Leisure Centres across Wirral: Europa Leisure Centre (Birkenhead), Guinea Gap Leisure Centre (Wallasey), Leasowe Leisure Centre, Oval Leisure Centre (Bebington), West Kirby Concourse Leisure Centre, Woodchurch Leisure Centre,

Indoor exercise classes

Pre booking essential

For indoor exercise class timetables visit <https://wirralleisure.co.uk/indoor-exercise-class/> or contact your local leisure centre.

Classes include: Aqua, Aqua Zumba

Invigor8 Membership

Become an Invigor8 member and enjoy use of Invigor8 centres, Gyms, Pools and Exercise Classes, Golf, Tennis and Sailing

Invigor8 Inclusive membership £34/month

Invigor8 Plus membership £29/month

Invigor8 Day Time membership £23.50/month

Invigor8 Saver membership £18.50/month

Invigor8 Local Membership £20 to £24.50 per month depending on leisure centre selected

(Accurate January 2021 – for up-to-date costs visit [Wirral Leisure](#))

Email: bookingsandinformation@wirral.gov.uk

Telephone: Bookings and Information team 0151 606 2010 Mon – Thurs 9am – 7pm
Friday 9am – 5pm Sat – Sun 9am – 3pm

Walking and Running

Health Walks - Wirral: Walk On

Walks are fun, free and friendly-perfect to help you get active and meet new people. Walks vary in length and difficulty at a range of locations across Wirral.

Please bring a face mask and sanitiser with you and observe social distancing at all times. Leaders may restrict numbers for safety reasons.

If you'd like to take part, all you need to do is come along to the start point of one of our walks 10 minutes early, so that one of our trained leaders can take your details. Alternatively, you can register on the web site.

Please do not bring a dog, other than an assistance dog, on the walks.

Please note that parking charges are now in place at Eastham and Royden Parks: £1 for 2 hours. Card payments only. An annual permit is available which covers all the country parks Parking in Wirral Country Parks

If you want to know more before you start, contact 0151 929 7823 or email fionahanik@wirral.gov.uk

<https://www.walkingforhealth.org.uk/walkfinder/north-west/wirral-health-walks-walk>

Wirral Ramblers

Safe and sociable walks that range from those for beginners to those enjoyed by the very fit.

Group Walks on Wednesdays (Wirral and a little further afield) and Sundays (locations within a few hours of Wirral by coach)

Visit the Ramblers website, where you can also see an outline of member benefits and check the current membership prices (there is no additional charge to join the local group). Remember to nominate Merseyside and West Cheshire as the Area and Wirral as your chosen Group.

www.wirralramblers.org.uk

Disabled Ramblers

Organises countryside visits using all-terrain scooters in England and Wales
disabledramblers.co.uk

Park Run

Free 5k events that you can walk or run, held on Saturday mornings.

www.parkrun.org.uk/