



SUFFOLK

WEEK 18-26 MAY 2019

**TAKE A LOOK INSIDE FOR AN EXCLUSIVE
RANGE OF OFFERS AND FREE SESSIONS,
DESIGNED TO GET EVERYONE MOVING!**

WWW.MOVESUFFOLKWEEK.COM

Move Suffolk Week - www.movesuffolkweek.com

A WARM WELCOME TO MOVE SUFFOLK WEEK

Move Suffolk Week is a celebration of the amazing range of opportunities there are to be active in Suffolk. It sets out to raise awareness of how active we all should be for good health and motivate everyone in Suffolk to get moving or to move more often.

Whatever your age, there's strong scientific evidence that being physically active can help you to lead a healthier and happier life. We know that those who exercise regularly will have a lower risk of developing many long-term conditions, such as heart disease, type 2 diabetes, stroke, and some cancers. What's more, they will enjoy a boost to their self-esteem, mood, sleep quality and energy, whilst reducing the risk of stress, depression, dementia and Alzheimer's disease.

To stay healthy, adults should try to be active every day and aim to achieve at least 150 minutes of physical activity over a week through a variety of activities.

A message from **Cllr James Reeder**, cabinet member for health at Suffolk County Council



For most people, the easiest way to get moving is to make activity part of everyday life, like walking or cycling instead of using the car to get around. However, the more you do, the better, and taking part in activities such as sports and exercise will make you even healthier.

For any type of activity to benefit your health, you need to be moving quick enough to raise your heart rate, breathe faster and feel warmer.

Without doubt, we're all less active nowadays, partly because technology has made our lives easier. We drive cars or take public transport. Machines wash our clothes. We entertain ourselves in front of a TV or computer screen. Fewer people

are doing manual work, and most of us have jobs that involve little physical effort. Work, household chores, shopping and other necessary activities are far less demanding than for previous generations. We move around less so we burn off fewer calories than we used to.

So, working with our friends and partners the Most Active County Partnership has pulled together a range of free sessions, offers and events for you to try or share with someone that you know would benefit from being more active.

Enjoy moving more!

This supplement lists a great many of these fantastic offers and events but for a full listing visit www.movesuffolkweek.com.



Move Suffolk Week is a great opportunity to get a little more active

CAT AND CLAIRE'S STORY

Cat and Claire first met on the Great East Swim Outreach Programme in 2017. Cat spotted a poster advertising the programme and decided to give it a go, as she thought it would be a good way to get a little more active. When the first session came around, Cat was a little nervous, but her initial reservations soon disappeared when she met Claire and some of the other swimmers on the programme.

Claire's own motivations for joining the programme were somewhat different from Cat's. In 1995, Claire suffered a mental breakdown, mainly due to work stress, and has been living with mental health issues in the years since. When she saw details about the programme on her Facebook feed, she thought it would be a great way to challenge herself. As she progressed through the programme, Claire felt like she was getting physically stronger, but also felt that her motivation for life was coming back, with swimming helping to clear her head. Her eating improved as a result of the swimming, and she lost about three stone over the course of a year.

Cat, meanwhile, found that she slept much better during the programme, her moods were

improved and she felt much physically healthier overall. Despite the numerous health benefits they both experienced, Cat and Claire both agreed that their friendship is the most important thing that they gained from the programme, along with the relationships formed with other swimmers. They both completed the one mile swim in 2017, and their friendship has gone from strength to strength. They socialise together regularly and have developed a real passion for outdoor swimming events.

"The feeling of being in the water is so holistically good for you and having a friend to go swimming with is so important," said Claire. "We often find that we go swimming just because we don't want to let each other down. Sometimes we train hard and sometimes we socially train and talk all the way through our swim about things that are bothering us, which is so good for us."

Cat added: "There's been nothing but positives for me. My family is proud of me, they see that I'm happier and that's a good thing for us all. I'm now active, I've even joined a gym so I feel much better about myself - healthier too - and I've found a



Cat and Claire have become firm friends

Pictures: SUFFOLK COUNTY COUNCIL

really lovely friend in Claire."

Claire went to Barbados in November to take part in an outdoor swim, and they both plan on doing many more outdoor swims in 2019. They've already signed up for the Fritton Swim, the Serpentine and are planning to do the Great East Swim again.

2019 John West Great East Swim

Whether you're looking to try an open water swim for the first time, or you're searching for the ultimate challenge, the Great East Swim offers a selection of distances to suit all abilities. The event takes place at

Alton Water on June 22 and offers a great day out for swimmers, families and spectators. Swim distances range from 250 metres up to a 10k. For full details visit www.greatrun.org/great-swim/great-east-swim.

BRIDGET'S STORY

“Balance is beautiful” – that’s the name of a new class in Eye, as anyone who has experienced a bad fall can appreciate just how beautiful balance can be.

In 2017, Bridget Bloom lost her balance and fell badly, and it was this experience that inspired her to set up a balance class for older people in Eye. She noticed that there was nothing in Eye that helped older people with their balance, which sadly deteriorates with time. As a member of the Patient Participation Group (PPG) at Eye Health Centre, Bridget posed the idea to the committee chair, who suggested that she apply for an Ipswich and East Suffolk Clinical Commissioning Group grant - and with the support of the practice manager – she got it!

The £1000 grant was awarded last November, and the new class formally started on January 5, after a few successful pilot weeks before Christmas. Fitness class expert Glenn Bartholomew leads the sessions, using his expertise to build participants’ confidence as they exercise the key muscles needed to keep upright.

As an instructor, Glenn has just the right blend of discipline and humour, and the weekly classes have quickly filled up. The classes are specifically designed for older people, and participants’ ages range from 60 to 90 years old. Bridget herself is 82, and says that she feels much stronger and more aware of what she must do to avoid

As we get older, our muscle strength and balance reduces, which can lead to a fall. Exercises designed to improve muscle strength can reduce your risk of a fall by improving your posture, coordination and balance. NHS Choices (www.nhs.uk/live-well/exercise/free-fitness-ideas) has advice on exercises for older people which can be undertaken in the home - including exercising when seated and exercises to improve balance, flexibility and strength.



falling.

“We won’t need to see our doctors if we don’t fall, saving them time,” she says. “Nor will we clutter up A&E. Above all, we benefit hugely in feeling more confident and generally healthier than before.”

HAYLEY'S STORY

Now in its 22nd year, Spin Off is a dynamic dance company for those with additional needs. Taking an approach to inclusive practise that is both exciting and stimulating, the weekly class explores creativity and offers opportunities for each individual to reach their full potential and work alongside other like-minded dancers. Spin Off members share a wealth of dance experience between them, and perform regularly at a host of local, regional and national events.

Hayley has been a member of Spin Off dance company since the age of 16, and practises regularly at Ipswich’s DanceEast. She is now 36 and still enjoying her dance practise, becoming a company rep for Spin Off and volunteering in two other DanceEast classes each week.

“I’ve made many new friends along the way, and we always have so much fun,” Hayley says. “It has given me confidence to perform in front of an audience. The dancing has helped me with my fitness and my health. I look forward to dancing every week – my enthusiasm has grown every year and I feel that I can really give something back to the community.”

Hayley appreciates the warm, welcoming atmosphere of DanceEast, and says that it feels very much like home.

“If you like to dance at home or when you are out and about, then get yourself down to DanceEast,” she says.



Dancing can be a brilliant form of exercise for people of all ages, abilities and fitness levels. Dance has proven physical health benefits - it can strengthen your heart and muscles, build your balance and flexibility and improve coordination. At the same time, it can positively affect your mental health and wellbeing by reducing stress, improving your memory and boosting your mood. For details of Dance East’s extensive programme of activities visit www.danceeast.co.uk.

THE ROW-A-FUN STORY

Ipswich-based charity, The Soma Leo Foundation, has brought together local businesses to take part in a fun workplace challenge: The Soma Leo Row-a-Fun.

Throughout May, teams of 10 people from local businesses are taking to rowing machines, to compete against each other to row the furthest and raise money for the charity. The participating companies are AXA, Concertus, Hiscox, Larking Gowen, Pound Gates and Prettys.

Funds raised will support The Soma Leo Foundation. Established in 2015, the charity provides education and support to disadvantaged communities in western Africa. This is achieved through the charity’s own school, The Soma Leo Academy, located in Nyiera, Kenya and by supporting other schools in nearby Osieko.

The event is organised by Pound Gates, whose directors, managers and staff are involved with the charity either as trustees or by providing all of the administrative resources the charity requires. David Collins, client services director at Pound Gates and trustee for The Soma Leo Foundation said: “We have 40 of our own staff involved, and another 50 people from local businesses. We hope to raise around £7,000 which will cover the costs of running the school for six months.”

You can follow the challenge on Twitter, Facebook and Instagram (#beoarsome and #rowafun), and the league table will be updated at the beginning of each week. Find out more, visit: www.somaleo.org/row-a-fun.



Although Row-a-Fun is a fun challenge, physical activity in the workplace is serious business. A fit and active workforce boosts productivity, and given that we spend around 60% of our waking hours at work, it is increasingly important that company culture supports physical activity. Further information about workplace wellbeing can be found on the Suffolk Chamber website at www.suffolkchamber.co.uk/initiatives/improving-workplace-health.

ZARA'S STORY

In September 2016, Zara Dyer was working a scuba diving instructor on the Caribbean island of Grand Cayman. But while driving home one day, Zara suffered a seizure at the wheel, causing her to crash into a concrete post. The crash left Zara with a broken neck, a traumatic brain injury and complete paralysis on the right side of her body.

She was airlifted to a hospital in Miami, where her life was thankfully saved, and began an intense programme of treatment and rehabilitation which saw her relearn how to walk and talk. Her rehabilitation continued back in the UK, with a nine-month programme at Livability Icanho in Suffolk. As soon as she could take a few steps, Zara knew that she wanted to achieve an ambitious goal – walking the entire length of the UK.

This adventure is now underway, with Zara and her partner Ian pulling on their walking boots in early May and heading off from John O’Groats. The plan is to cover around 10 miles a day, arriving at Land’s End in late September. With this challenging walk, Zara is raising money for brain injury specialists Livability Icanho and Lions Club International, to help support others with brain injuries. You can follow Zara’s journey and make a donation by visiting her website www.3millionsteps.org.

Recently, Zara also teamed up with Sentinel Leisure’s Changing Lives programme to host a 24 hour step-a-thon at Waterlane Leisure Centre, raising over £1000.



The Changing Lives scheme has been developed by Sentinel Leisure to support people who have extraordinary health issues, conditions or ailments that pose a serious risk to their health and wellbeing, but which can be improved by additional support. The scheme is a six month sponsored intervention, and includes a bespoke package to suit each individual and improve their quality of life. The scheme is undertaken post-referral, and helps to further support clients to achieve their health and wellbeing goals.

OFFERS & FREE SESSIONS

10-DAY ICARD MEMBERSHIP FOR ADULTS AND YOUNG PEOPLE

Enjoy a 10-day adult or young person's (17 years of age and under) iCard membership from Ipswich Borough Council and try the gym, swim or classes completely free for 10 days. The passes can only be used by new members or by those who have never had a 10 day pass before. Download the voucher from the Move Suffolk Week website (www.movesuffolkweek.com), and take it into any Ipswich Borough Council facility to set your membership up. Vouchers must be redeemed before the end of June 2019.

FREE DANCE CLASS IN LOWESTOFT

Join Dance This Way for a free one-hour taster dance session at Lowestoft's Sentinel Leisure Centre. The taster session will be held from 7pm to 8pm on May 22 2019, and you can book your place by calling 07878 011794, or by sending them a message on its Facebook page. If you enjoy yourself - and you're bound to - then you can also take advantage of a £5 discount per person offer for the company's next dance block, 'Footloose'. Quote 'Move Suffolk' upon booking, to commence on either Monday, June 17 or Thursday, June 22.

FREE WATERSPORTS WEEKEND AT OULTON BROADS WATERSPORTS CENTRE

Lowestoft's Oulton Broads Watersports centre is hosting a free weekend of fun-filled activities for all the family to enjoy. Offering a huge range of water sport activities including sailing, canoeing, kayaking and improvised rafting, there really is something for everyone. The free weekend will take place on Saturday, May 18 and Sunday, May 19 from 10am to 4pm. There's no need to reserve a space - simply turn up and enjoy!

FREE FLOAT FIT AT CROWN POOLS, IPSWICH

Float Fit is a new and exciting premium HIIT class, practised on a board in a swimming pool, which leads to improved core stability. Classes take place at Ipswich's Crown Pools on Thursdays from 7pm to 7.30pm, and you are invited to come along for a free taster session. Book your place by calling Crown Pools on 01473 433655. Participants must be confident in the water and able to swim at least 25m.

FREE INCLUSIVE BOCCIA TASTER SESSION

Inclusive Boccia is a fantastic sport for over 14s living with a learning disability. Sessions are



Mummy yoga is just one of the many free offers available

Pictures: SUFFOLK COUNTY COUNCIL

held on Tuesdays from 4.30pm to 6pm at Gainsborough Sports Centre, and the centre is offering a taster session to anyone interested in trying out the sport. For more information or to book your free session, please contact Mike on 01473 345350, or email mike@activlives.org.uk.

FREE 'KEEP ACTIVE' SESSION FOR OVER 55S

'Keep Active' sessions encourage physical activity for the over 55s, with varied sessions including walking football, walking netball, Keep Fit aerobics, dance and light multi-activities. Sessions take place in Newmarket, Brandon, Bury and at Howard Primary School, so you can choose one that suits you. Booking is recommended but not essential - just remember to quote 'Move Suffolk Week' on arrival. For a full list of sessions, visit www.acleisure.com/move-suffolk-week.

FREE SWIMMING AT NIRVANA HEALTH & FITNESS, LOWESTOFT

Sentinel Leisure is providing free swimming all week from May 18 to 26 to celebrate Move Suffolk Week, so grab your swimwear and head down to Lowestoft's Nirvana Health & Fitness for a free swimming session. Simply mention 'Move Suffolk Week' at

reception and you will be granted free access to the pool.

FREE CARDIO TENNIS SESSIONS IN LOWESTOFT

Cardio tennis is an exciting group cardio workout that everyone will enjoy - no tennis skills required! Come along to a free session at Lowestoft Town Tennis Club at Denes Oval on either Tuesday, May 21 or Thursday, May 23. Both sessions take place from 9.30am to 10.30am. Rackets are provided, and all ability levels are welcome. Simply turn up and quote 'MSRSA' on the day. For more information, email ben@racketsportsacademy.co.uk

FREE CARDIO TENNIS SESSION IN WORTHAM

Come along to Wortham Tennis Club on Saturday, May 25 to experience a free cardio tennis session. Cardio tennis is a fun, sociable group fitness class set on a tennis court to music, and is open to people of all ages and abilities. The hour-long session starts at 9am. Book your free taster session by emailing emilywhartonuk@hotmail.com, quoting the voucher code: MOVESUFFOLKCardioTennis.

FREE MUMMY YOGA IN IPSWICH

Pregnant ladies and those

looking for some gentle exercise after pregnancy are invited to a free mummy yoga session at Gainsborough Sports Centre in Ipswich. Classes take place on Sundays from 10.30am to 11.30am, and you can book your free session by simply calling Gainsborough Sports Centre on 01473 433655. For a range of FAQ's visit www.ipswichfit.co.uk/mummy-yoga.

FREE JUDO TASTER SESSION FOR CHILDREN OR ADULTS IN IPSWICH

To celebrate Move Suffolk Week, Ipswich Judo Club is delighted to offer a range of taster sessions for both adults and children. Classes take place in the practice hall at Northgate Sports Centre, in Ipswich. There's no need to book - just turn up, mention 'Move Suffolk Week' and get started. A full list of sessions can be found on the Move Suffolk Week website (www.movesuffolkweek.com).

FREE INCLUSIVE SPORTS SESSION IN IPSWICH

ActivLives is hosting an 'ActivFriends Week' from Monday, May 20 to Friday, May 24, and is inviting new participants to come and try one of its weekly inclusive sport and physical activity sessions in Ipswich. All of these sessions are targeted at

people aged over 50 and who don't currently exercise regularly. Activities include beginners' yoga, Boccia, short mat bowls, badminton, ping pong, short tennis, and walking football. For more details about free taster sessions, call 01473 345350, or email mike@activlives.org.uk

FREE COMMUNITY PERSONAL TRAINING SESSION AND CLASS

Nic Carter is a community-based personal trainer - working with people within their homes or within the green spaces, parks and village halls in and around the Hadleigh area. As part of Move Suffolk Week, Nic is offering a free personal training taster session and a free class - a full list of classes is available on the Move Suffolk Week website. To book a free taster session or a free class, email nrgace@hotmail.com, or call 07886 124698.

FREE ONE-DAY PASS FROM SENTINEL LEISURE

Sentinel Leisure is offering a one-day pass to three Suffolk gyms - Waterlane Leisure Centre, Nirvana Health & Fitness and Bungay Gym & Pool. Try the gym, the pool or a fitness class (depending on the location) for free by mentioning 'Move Suffolk Week' when you arrive at reception.

THIS MOVE SUFFOLK WEEK

FREE GYM SESSION OR GYM CLASS IN IPSWICH

Ipswich's FTC Gym is offering a free gym session or gym class as part of Move Suffolk Week. Classes must be booked in advance by calling 01473 748390, emailing membership@ftcgym.co.uk or by stopping by the centre – and remember to quote FTCTGYMCLASS. You can access a full list of classes at www.ftcgym.com/classes. For a free gym session, simply turn up and quote FTCTGYMPASS.

FREE DANCE CLASS WITH CO-OP JUNIORS THEATRE ACADEMY

The Co-op Juniors offers fun, friendly dance classes for children of all ages, with styles such as jazz, tap, modern and ballet. As part of Move Suffolk Week, it is offering a free session across a wide variety of classes and locations, including at Sidegate Primary School, Chantry High school, Castle Hill United Reform Church, Claydon Community Centre, Colneis Junior School and Earn Soham Village Hall. For a full list of classes, visit the Move Suffolk Week website. For more information, please call 01473 552451 or email academy@coopjuniors.co.uk.

FREE FALLS PREVENTION CLASS IN BURY ST EDMUNDS

If you've had a fall in the last 12 months, or have noticed a change in your ability to move and balance, then a falls prevention class could be the thing for you. Sam Reid hosts postural stability classes at Southgate Community Centre on Mondays from 10am to 11am, at Abbeycroft Leisure Centre on Tuesdays from 11am to 12pm and at Christ Church Moreton Hall on Thursdays from 11.30am to 12.20pm. To book your free session, please call Sam on 07850 207365.

FREE TASTER RUGBY SESSION FOR MEN AND WOMEN IN BURY ST EDMUNDS

Suitable for men and women, this free taster session will introduce you to the sport through lots of fun, action, drills and non-contact games. The sessions will take place at the Bury St Edmunds RUFC training ground, and will be run by the club's professional coaches. Register your interest in a free taster session by emailing Rdo@bserufc.co.uk, and remember to mention 'Move Suffolk Week'.

FREE GUEST PASS FROM EVERYONE ACTIVE

Everyone Active is celebrating Move Suffolk Week by offering free guest passes to Stowmarket's Mid Suffolk Leisure Centre and Stradbroke Swimming Pool & Fitness Centre. The guest passes



There's something for everyone this Move Suffolk Week

include group exercise, gym use and swimming, and can be downloaded from the Move Suffolk Week website. Alternatively, quote 'MSW' at reception to claim your free pass.

FREE GYMFIT FOR ADULTS IN LOWESTOFT

Gymfit sessions are a fantastic way to get moving, even if you don't do much physical activity. The classes include a warm-up to music, a core workout, followed by arms and an all-body workout on stability balls. Sessions take place at Waveney Gymnastics Club on Thursdays from 1.15pm to 2pm, and you can claim your free pass by phoning Ellen on 01502 501419 or emailing ellen@waveneygymnastics.org

FREE GYMNASTICS SESSION IN BURY ST EDMUNDS

Bury Spectrum Gymnastics Club is offering a range of free, fun gymnastics classes for children and adults. A detailed description of classes is available on the Move Suffolk Week website, and you can redeem your free voucher by quoting 'Spectrum19payg' when emailing enquiries@burspectrumgymnastics.co.uk, or phoning 01284 700866.

TWO GOLF OFFERS AT STONHAM BARNES

Stonham Barnes Golf Park is

offering two exciting offers - £5 off a family ticket to Smugglers Bay Adventure Golf and a free taster session at the Streetgolf Driving Range. Stonham Barnes wants to make golf fun, affordable and accessible to everyone, especially families and juniors. The whole Smugglers Bay Adventure Golf course is wheelchair and pushchair accessible. Access your voucher by visiting www.stonhambarnsgolf.co.uk/adventure-golf-voucher.html.

HALF PRICE TEA DANCE IN STOWMARKET

Suitable for all ages and also dementia-friendly, the Tea Dance at Mid Suffolk Leisure Centre is a wonderful way to move more and meet some new friends. The dance will take place on Thursday, May 23 from 10.45am to 12.15pm, and will cost just £3.40 for non-members. To book your place at the dance, telephone 01449 674980 and quote 'MSW'.

FREE ADULT GYMNASTICS SESSION IN LOWESTOFT

Whether you're thinking of giving gymnastics a go for the first time, or are getting back into the sport after a break, why not try a free session at Waveney gymnastics club? Sessions are available for adults from 7pm to 9pm on Tuesdays and Fridays, and you can book your free session by phoning 01502 501419 or emailing

waveneygym@aol.com.

FREE MINI TRAMPOLINE FITNESS CLASS IN SUDBURY

((Bounce)) Sudbury is offering a free mini trampoline fitness class, suitable for anyone of any fitness level. Classes take place on Mondays and Wednesdays at 7.15pm and 8pm and on Fridays at 5.15pm. Book your free session by visiting the ((Bounce)) Facebook page www.facebook.com/bouncesudbury/

FREE KIDS ACTIVITY DAY CAMP DURING MAY HALF TERM

Anglia Sports Management is offering a free activity day camp for children during May half term, with activities including football, dodgeball, Kango boots and multisports, along with bouncy castles and water fights with the coaches. To book a free place for your child, phone 01206 392506 and quote 'Move Suffolk Week.'

SWIM FOR FREE AT LOWESTOFT'S WATERLANE LEISURE CENTRE

Sentinel Leisure is offering free swimming all week at Waterlane Leisure Centre, to celebrate Move Suffolk Week. There's no need to book a space – simple turn up with your swimming gear and mention 'Move Suffolk Week' at reception.

FREE HOME VISIT FROM FOUR SEASONS PHYSIQUE

Four Seasons Physique is committed to helping everyone achieve a healthier quality of life by assisting them in improving their fitness, nutrition and mindset. Four Season Physique is offering a complimentary 'lifestyle transformation' home visit, which you can claim by emailing contact@four-seasons-physique.co.uk, or phoning 07432 654179. Remember to quote Move Suffolk Week when booking!

FREE BUGGYFIT SESSION IN IPSWICH

Ipswich Buggyfit sessions enable you to get active whilst spending time with your child. Classes meet at Gainsborough Sports Centre on Wednesdays at 10am and at Whitton Sports Centre on Thursdays at 11.30am. Book your free session by calling 01473 433655.

FREE 'STRETCH, STRENGTH & MOVE' TASTER SESSION IN STOWMARKET

If you are 55 years of age or older and would like to get stronger, more flexible and have better balance, then why not try out a 'stretch, strength and move' taster session in Stowmarket. To book your free taster session, call Glenn on 07852 526905 or email glenn@bfitforver.com, and mention Move Suffolk Week.

FREE TAI CHI CLASS IN CLARE

This strength and balance class features seated and standing strength work using a chair, and is ideal for people waiting or recuperating from surgery, as well as people aged 50 years and above who may be new to exercise. A free taster session will take place on Thursday, May 23 from 1.30pm to 2.30pm at Clare Social Club, and you can book a place by emailing cclerkin@btinternet.com, or by phoning 01787 277734.

FREE ONE-DAY PASS AT 15 ABBEYCROFT LEISURE LOCATIONS

To celebrate Move Suffolk Week, Abbeycroft Leisure is offering a free one-day pass at any of its 15 facilities, with locations including Brandon, Bury St Edmunds, Haverhill, Mildenhall and Newmarket. The pass entitles you to try the gym, the pool or a fitness class (depending on the centre and on availability).

25% OFF AT BATTLEFIELD LIVE

Battlefield Live is offering an incredible 25% discount on all online bookings for sessions at either Jimmy's Farm or High Lodge at Thetford Forest, made between May 1 and June 30 2019. Bookings can be made at www.battlefieldlive-eastanglia.co.uk, using the voucher code movesuffolk.com.

Move Suffolk Week - www.movesuffolkweek.com

TAOIST TAI CHI FREE OPEN HOUSE SESSION

Taoist Tai Chi is accessible and beneficial to everyone, regardless of age and physical condition. Ipswich's DanceEast will be hosting a Taoist Tai Chi open house event on Thursday, May 23. There's no need to book – just drop in and chat with the instructor.

FREE TAI CHI CLASS FROM SUFFOLK TAI CHI

Give this gentle activity a try at a free Suffolk Tai Chi class. Just turn up, mention Move Suffolk Week and give it a go! Classes are held in a variety of locations including Kesgrave, Ufford, Melton, Saxmundham, Eyke and Woodbridge. Visit the Move Suffolk Week website for a full list of class locations and timings.

FIVE-DAY FREE PASS TO DEBEN LEISURE CENTRE AND FELIXSTOWE LEISURE CENTRE

Places Leisure is offering five free days of access to its centres in Suffolk. This means you can use all of its facilities for five consecutive days, in the same way a premium member would! This offer is available at Deben Leisure Centre (Woodbridge) and Felixstowe Leisure Centre. Claim your pass by downloading a form on the Move Suffolk Week website.

FREE DEMENTIA SWIM SESSION IN IPSWICH

Dementia friendly swimming sessions allow you to continue doing something you love or a chance to try something new in a safe and supportive environment. All staff have completed dementia awareness training, and are always on hand to support you. Sessions take place at Fore Street Pool on Thursdays from 3pm to 3.15pm, and include refreshments and a chance to socialise.



A Float Fit class in action

Pictures: SUFFOLK COUNTY COUNCIL

FREE DANCE CLASS IN IPSWICH WITH JUST JAY DANCE

Just Jay Dance is offering a free class to anyone who hasn't been to one of its Gainsborough classes before, in celebration of Move Suffolk Week. With classes for children from ages three to 17, there's something for everyone. To book your free class, email justjaydance@hotmail.com, or call Jay on 07549 130959.

FREE ACTIVITY CLASS AT GAINSBOROUGH COMMUNITY LIBRARY

With activities for children, young people and adults, there's something for all ages at Gainsborough Community Library. Sessions include HIIT and boxing fitness, New Age Kurling, Boccia and street dance. Anyone new attending

during Move Suffolk Week will be entitled to a free session – just mention "Move Suffolk Week on arrival.

FREE NINE-WEEK 'MAKE A POSITIVE CHANGE' COURSE IN LOWESTOFT

The Sentinel Leisure Trust is offering a free nine-week course to help those who are looking to make a positive change in their life. The course is open to anyone over 19, who is unemployed, actively seeking employment, living with a learning disability, mental ill health or a physical disability, on JSA or ESA, from a rural area or area of deprivation, or with level two or less than five GCSEs.

FREE APP CHALLENGE FROM ABBYCROFT LEISURE

To celebrate Move Suffolk Week,

Abbecroft Leisure is challenging everyone! Simply download the free app and record your activity by just moving in one way or another and see how much ground you can cover. You could be in with a chance of winning a free month's membership at any of its 15 facilities too! You don't need to be a member of Abbecroft Leisure either – anyone can download and use the app.

FIELD FIT BOOT CAMPS

Field Fit is happy to offer all new clients a taste of its brilliant boot camps for just £5 during May, as part of Move Suffolk Week. Classes take place at the Field Fit site next to Suffolk Food Hall, on Wherstead Road, Ipswich. To take advantage of this offer, book online at www.fieldfit.co.uk, using the code MOVEFIT at the checkout.

50P OFF BECCLES LIDO

Enjoy 50p off admission prices at this beautiful open-air swimming pool in Beccles. The site boasts a 30 x 15 metre pool, and its separate toddler and paddling pools are heated to 27°C and are suitable for all ages. Just turn up and quote Move Suffolk Week on arrival to receive your 50p discount during May and June.

FREE TRIAL YOGA CLASS AT SUFFOLK YOGA

As part of Move Suffolk Week, Suffolk Yoga is offering a free trial class to anyone who hasn't been to the Ipswich-based studio before. The relaxing and rejuvenating classes run seven days a week, with a full class schedule available at www.suffolkyoga.com. You can book your free trial class by emailing info@suffolkyoga.com, where you can also discuss what might be the best class for you.

There are even more offers to be had at www.movesuffolkweek.com, including the chance to win a Haven Holiday family break with Everyone Active swimming lessons.



There's something to suit all ages this Move Suffolk Week

Why not take advantage of a free dance class?

WHAT'S ON THIS MOVE SUFFOLK WEEK

There are plenty of fun, free activities to get involved with this Move Suffolk Week. Here's a look at what's on soon...

SPECIAL OLYMPICS EASTERN REGION BADMINTON TOURNAMENT

MAY 18



On May 18, the Special Olympics Eastern region badminton tournament will be returning for its third year. The event, which is supported by Suffolk County Council as part of the 'Most Active County' initiative, will see over 40 entries from as far afield as Exeter, Lincoln, Bournemouth, Southampton and Scotland. For more information on weekly Special Olympics badminton classes, visit www.activlives.org.uk/event/special-olympics-badminton.

ACTIVLIVES FREE HEALTH WALK IN CHRISTCHURCH PARK, IPSWICH

MAY 20, 11AM-12PM



Join the fun at Ipswich's beautiful Christchurch Park on Monday, May 20. The free Health Walk involves 45 to 60 minutes of comfortable walking in a picturesque setting, and is a great way to get some exercise, enjoy the park in spring and meet some wonderful new friends. The group will be meeting at the Soane Street entrance at 10.45am, and there will be approximately 25 to 30 people in the group.

GOODGYM IPSWICH

MAY 20



The next GoodGym Ipswich session is coming up on the May 20, so it's time to dig out your running shoes again! The group will be meeting at 6.30pm at the University of Suffolk Waterfront Building at 19 Neptune Quay, Ipswich. GoodGym is a fun charity running event, with lots of friendly runners who like to keep fit and help people. The group stops off on their runs to do physical tasks for community organisations and to support isolated older people with social visits and one-off tasks they can't do on their own. It's a great way to get fit, meet new people and do some good. For further details visit www.goodgym.org/areas/ipswich.

WALK TO SCHOOL WEEK

MAY 20 - 24



Pupils and parents around the country are getting ready for one week of walking to school. From May 20 - 24, this week-long walking challenge encourages children and adults to walk more, with hopes that the challenge will inspire people to change their morning routines for good. Get your trainers out and get walking!

WORKPLACE HEALTH CAMPAIGN MAY - JUNE 2019

OneLife Suffolk is preparing to launch a new campaign this May inviting businesses across the county to work towards achieving a healthier workforce. The campaign will launch during Move Suffolk Week, and will invite employers to encourage and inspire staff to make a pledge towards fulfilling a healthier lifestyle. Over a six-week period, employers that choose to sign up to the campaign will be provided with tips, advice and resources that will support them to improve the health and wellbeing of their employees. Visit www.onelifesuffolk.co.uk/workplacecampaign for more details.



WALKING BRISKLY FOR 10 MINUTES COUNTS AS EXERCISE

It gets your blood pumping faster and clears your head, as well as reducing your risk of heart disease and some cancers. So, take the first step and download the free Active 10 app today.



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MOVE MORE

A healthier you at your fingertips. Search **One You** apps.

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Move Suffolk Week - www.movesuffolkweek.com

GOLDEN GAMES MAY 20, 23 AND 25



The Golden Games are an opportunity for older people (aged 55+) to find out more about Sporting Memories - a reminiscence project centred around memorable sporting moments. The first Golden Games session will be held on Monday, May 20 at Hadleigh Pool &

Leisure Centre, the next on Wednesday, May 23 at Ipswich's Whitton Sports Centre, and the last on Friday, May 25 at Waterlane Leisure Centre in Lowestoft. For more information, visit the Move Suffolk Week website (www.movesuffolkweek.com).

ACTIVFRIENDS WEEK MAY 20 - 24



ActivLives is hosting an 'ActivFriends Week' from Monday, May 20 to Friday, May 24, and is inviting new participants to come and try one of its inclusive sport and physical activity sessions in Ipswich. All of these sessions are targeted at people aged

over 50 (with no upper age limit), and include activities such as Boccia, walking football, beginner's yoga, badminton and ping pong. For more information about ActivFriends week call 01473 345350, or email mike@activlives.org.uk.

SUDBURY MEMORY WALK MAY 25

Get our walking boots on and join in the fun at Sudbury Memory Walk on Saturday, May 25. Walkers of all ages are invited to step out in memory of all those families living with or having lost someone with dementia at this event organised by Abbeycroft Leisure. The free walk starts and finishes at Kingfisher Leisure Centre on Station Road in Sudbury, with walkers enjoying the beautiful Stour Valley trail. The first walk will start at 11am, with further walks planned to take place at staggered times. There are four routes: ½ mile, 1 mile, 3 miles and 5 miles.



FREE RUNNING VARIOUS DATES



Parkrun and Great Run Local events provide free timed running events for adults and children in parks and communities right across Suffolk. Supported and organised by fantastic local volunteers, they are open to everyone and provide a brilliant environment to get active and stay active. They take place in pleasant

parkland surroundings and are open to people of all abilities, from those taking their first steps in running to Olympians, from juniors to those with more experience - everyone is welcome to participate. To find out where your nearest run is, visit www.parkrun.org.uk and www.greatrunlocal.org.

SUFFOLK POSITIVE FUTURES FREE SESSIONS VARIOUS DATES



All of Positive Future's events are free, so young people can simply turn up and join in with activities such as boxing, football and multi-sports. All sessions are delivered by qualified governing body sports coaches, with the emphasis on fun and engagement rather than formal coaching. For more information about the various sessions available, visit the Move Suffolk Week website (www.movesuffolkweek.com).

SUFFOLK'S HEALTH WALKS VARIOUS DATES



Walking is a fantastic way to get moving more and feeling fitter. OneLife Suffolk offers over 200 free, volunteer-led Health Walks across the county. There's no need to book, and it's a great way of getting more active, meeting new people and exploring the beautiful county. All walks are graded from 1-5 based on their difficulty, ensuring there is a walk suitable for everyone. Visit the Move Suffolk Week website (www.movesuffolkweek.com) for more details of the walks available.

SUFFOLK WALKING FESTIVAL VARIOUS DATES



Discover parts of Suffolk you never knew existed with Suffolk Walking Festival. There is an amazing array of walks and events coming up, including short walks, long walks, walks with a sheepdog, walks with a boat cruise, walks with a jeep ride, walks with owls and walks with nightjars. There's also a night safari, a wild crafting day, tales by the riverbank, along with art and photography workshops. Find out more and book your tickets at www.suffolkwalkingfestival.co.uk.

Join us on the 12th Suffolk Walking Festival and discover parts of Suffolk you never knew existed! With short walks, long walks, town strolls, countryside rambles, an 80-mile Challenge, storytelling on a riverbank, a night safari, photography workshops, art in the wild, cream teas and boat trips, the Suffolk Walking Festival has something for everyone.

www.suffolkwalkingfestival.co.uk

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