



# YOUR GUIDE TO GETTING ACTIVE

with activeNewham

in partnership with



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## **activeNewham IS HERE TO HELP YOU TO GET ACTIVE**

Physical activity of any kind is good for your health and can make your life more enjoyable. Being active is good for both mind and body, can improve your social life and can help you to participate more in your local community. Whatever your age, interest or ability, we have an activity to suit you and your lifestyle.

Getting people active is not just about physical exercise and sport. It is also about bringing people together through participation in local activities and events. activeNewham is unique because we regularly engage with local people to find out how we can respond to your needs and help you to become more active.

## **OUR PROMISE TO YOU**

Our priority is making sure that you have every opportunity to get active in your community. The friendly and supportive staff at activeNewham have the skills, commitment and local knowledge to help you to make physical activity part of your everyday life.

From sports to community gardening, from volunteering to tidying up a park, we can guarantee to help you get more active than ever, either on your own or with your family and friends. Whether you want to take part in a fitness class, help out at a local charity, take on an allotment or even organise an event in your local park, activeNewham is here to help and support you.

This booklet explains how activeNewham is bringing together the very best that is on offer in our leisure centres, parks, sports facilities and community programmes – to help you to get up, get out and get active.

For further details about getting involved please call our Help Desk on **0844 414 2728** or visit **[www.activeNewham.org.uk](http://www.activeNewham.org.uk)**



BALAAM LEISURE CENTRE



EAST HAM LEISURE CENTRE



NEWHAM LEISURE CENTRE

## LEISURE CENTRES

activeNewham manages the 3 leisure centres in Newham.

### BALAAM LEISURE CENTRE

14 Balaam Street  
Plaistow  
E13 8AQ

### EAST HAM LEISURE CENTRE

324 Barking Road  
East Ham  
E6 2RT

### NEWHAM LEISURE CENTRE

281 Prince Regent Lane  
Plaistow  
E13 8SD

Our leisure centres offer you a wide range of opportunities to get fit and stay in shape. Run by a team of professional staff, our facilities and programmes are designed to help you reach your goals.

Each of our centres offers a fully-equipped gym where our friendly and qualified advisers are on hand to give you all the help you need to meet your fitness goals. Whether you are starting to exercise for the first time, training for a specific event or just want to be in peak condition, our experts will tailor your exercise programme and guide and support you so you get the results you want.

Our popular exercise classes are a fantastic way of getting fit and making new friends. We offer something for everyone from high impact, fat-burning workouts that sculpt your body to holistic classes like yoga and pilates that relieve stress while improving balance and flexibility.

We also offer a wide range of sports activities. From basketball and football to badminton and table tennis, these sociable sessions will give you a great mental and physical workout. Whatever your age and whatever your level of fitness, our centres have an activity to get you in the best shape of your life.

Our pricing policies ensure the centres are accessible to all, with a range of membership concessions available including those who are unemployed, on working tax credit, 16-21 year olds, over 55s and people with disabilities. In conjunction with Newham Council there is free swimming for Newham residents who are aged under 16 and over 60.

For further details about getting involved please call our Help Desk on 0844 414 2728 or visit [www.activeNewham.org.uk](http://www.activeNewham.org.uk).



## SPORT

Sport is at the heart of our community. We all share a passion for our favourite sports and the activeNewham sports team manage one of the biggest and most varied community based sports and physical activity programmes in the country.

We aim to provide Newham residents with as wide a range of sports and physical activity opportunities as possible - mostly free of charge. Our programmes operate at a "grass roots" level with taster sessions for beginners, but we also provide pathways through to higher performance levels for those of you who want to develop your skills.

Here are some of the most popular sports that we support in Newham. For further details about getting involved please call our Help Desk on 0844 414 2728 or visit [www.activeNewham.org.uk](http://www.activeNewham.org.uk).

## ANGLING

Angling is permitted on the lake at Beckton District Park North with a valid Environment Agency rod licence. You will need to be a member of the newly established Newham Angling Club to fish on the lake and have a Beckton Lake Angler's Card. This is free of charge, and everything you need to know about obtaining the card is on our website [www.activeNewham.org.uk](http://www.activeNewham.org.uk)

## ATHLETICS

Athletics is one of the easiest ways to enjoy sport, as well as being one of the most rewarding. It is also a great way of improving your fitness, meeting new people and getting involved in competitions. This is why activeNewham is doing so much to support everyone, of every age and ability, who wants to run, jump or throw. From beginners at primary school through to elite athletes at club level, our programmes are designed to help you to enjoy athletics and get the most out of everything that this exciting sport has to offer. Throughout the year there is a wide range of events and activities to take part in and our qualified coaches are always on hand to help you to develop your skills and improve your performance. Most of all, athletics is a fun way of getting active and staying healthy.

## BADMINTON

Badminton is one of the most popular participation sports in Newham and is extremely well supported by first class clubs offering tuition and training from beginners to advanced level. activeNewham provides a year round programme of badminton sessions for all ages and abilities, and we have noticed a huge increase in participation by young children, who want to learn about badminton after seeing it at the Olympics.

## BASKETBALL

Whether you are a dedicated athlete looking for a way to spice up your fitness programme or a casual exerciser looking for a fun way to keep fit, then basketball may be the answer. It provides a great workout, is lots of fun and the facilities in Newham are superb. This may explain why basketball in Newham is going through a very exciting period, with more people than ever getting involved, and with our local clubs enjoying considerable success in local and national competitions. It has never been easier to get involved in this incredibly popular sport, and activeNewham is here to help you!

## BOWLS

Lawn bowls is a very popular sport in Newham. There are four locally based bowls clubs who run free taster sessions for all ages and abilities, where you can learn about the sport. No previous experience is necessary, just lots of enthusiasm. If you are looking for a way to keep active and socialise with people in your community, then bowls could be for you.

## BOXING

Amateur boxing in Newham has never been more popular and is continually attracting new youngsters into the sport. There are five clubs in the borough. West Ham and Newham ABCs consistently produce national champions and finalists each season across the range of UK competitions. We also run a programme of non-contact boxercise sessions – which are great fun and a great way to get fit.

## CHEERLEADING

activeNewham is very proud to be working in partnership with Britain's best cheerleaders, the Ascension Eagles, who have been national senior co-ed champions for the past 16 years. Ranked the best cheerleaders in Europe and the 6th best in the world, the club not only coordinates mass participation events such as the FA Cup Final performances but they also deliver one of the UK's most ethnically diverse and most effective youth programmes serving over 1000 young people weekly in over 40 schools and clubs.

## CRICKET

activeNewham works closely with the three cricket clubs in Newham, providing facilities and coaching support for all ages and abilities. There are cricket squares at Flanders Field and West Ham Park plus a new square being developed at Gooseley Playing Fields. Cricket is also delivered as part of the Neighbourhood Sports Programme and you will find lots of informal recreation cricket being played in parks and open spaces across Newham.

## CYCLING

Cycling in Newham has seen major developments recently with the establishment of the new BMX track and club based at Gooseley Playing Fields. This is now used throughout the year. London's only cycle speedway track is based in Newham and is the home of East London Cycle Speedway Club. activeNewham also offers young people opportunities to take part in road, track and mountain biking with trips to venues out of the borough and also has cycling as part of our triathlon club. After school bike clubs and bike ability courses continue to be very popular and adults can also take advantage of free cycle training in the borough.

## DANCE

activeNewham works closely with East London Dance, based at Stratford Circus, to provide exciting dance projects in the borough. We also work closely with Independence to deliver a successful Dare2Dance programme aimed at young females aged 14-24 which encourages girls to get active through the medium of street dance. All of our programmes aim to increase participation in dance and physical activity, to develop pathways for progression and to develop more opportunities to access dance.

## FENCING

activeNewham is working with our partners to develop our fencing programmes to improve participation and performance at every level. At grassroots level we are introducing young people to fencing through our Every Child a Sports Person programmes and at coaching sessions at community events. At a higher level we are supporting the work of the highly successful Newham Swords Fencing Club, with the aim of helping them to become the best fencing club in the UK

## FOOTBALL

Here in Newham there are ample opportunities to get involved with the world's most popular sport. Football is exciting and challenging and has a whole host of benefits. Physically, it makes you stronger, faster and more coordinated. Socially, it improves communication skills, team work and cooperation. Football is great for keeping you fit and toned, perfect for making new friends and above all its fun. Run by qualified and enthusiastic coaches, activeNewham's football sessions take place throughout Newham and cater for children through to adults. Whether you want to play competitively or just enjoy a kick about, there is a football session to suit you.

## GYMNASTICS

activeNewham is in partnership with a specialist gymnastics facility in the borough which provides opportunities for beginners through to elite gymnasts. East London Gymnastics Club, based in Beckton, is Club Mark accredited and not only provides gymnastics coaching, but also the opportunity to learn parkour, the popular free running sport. For beginners we also host Amplituvv Gymnastics Club at Cumberland School who help deliver the borough's London Youth Games squads.

## HANDBALL

activeNewham has been very successful in developing and encouraging participation in handball in Newham. We work with our partners to develop and increase the number of participants through our work with schools, local communities and competitions and to link present clubs with the England Handball Association.

## MARTIAL ARTS

activeNewham works in partnership with the many martial arts clubs in Newham. The range of clubs is enormous – so if you are looking for Aikido, Arnis, Judo, Ju-Jitsu, Kung Fu, Karate, Kickboxing, and Taekwondo we can help you to find a club that meets your needs.

## SWIMMING

Swimming is a healthy activity for all ages and abilities. As well as being fun, swimming is a great way to keep fit and stay active. This low-impact workout burns calories and tones your whole body. And it's an activity you can enjoy your whole life long. It's also an important life skill and we believe every child in Newham should be able to swim. This is why we offer free swimming for children up to the age of 16. If you can't swim, don't worry. We offer lessons for people of all ages as well as free swimming for adults over the age of 60. We have some of the best facilities around with large swimming pools and smaller teaching pools at all of our centres. It's never too late to take up swimming and enjoy the benefits of this popular activity.

## TENNIS

activeNewham caters for recreational tennis by providing a free tennis offer with all courts in local parks free to play with a no booking policy. For those that want to join a club, Langdon City Tennis club offers membership for young people and Love Tennis Academy caters for both children and adults. Adults can play both social and competitive tennis, with singles and doubles matches as part of tennis leagues at West Ham Park.





## SPORTS PROGRAMMES

### DISABILITY SPORTS PROGRAMME

activeNewham is very proud of our commitment to developing and supporting wider participation in disability sports in Newham. We have recently established Newham's first Pan Disability Sports Club, which provides coaching and competitions in a number of sports including goalball, boccia, handball and cricket. Throughout the year we also run training and coaching sessions across the borough in popular sports such as athletics, football and basketball.

### EVERY CHILD A SPORTSPERSON (ECASP)

This programme creates opportunities for young people to participate in sport and is targeted at year 7 students in Newham. activeNewham gives them the opportunity to take part in sport and become physically active – the focus being on “have a go at sport”. Pilot sessions in a wide range of sports have already been held at many schools in Newham followed by activity days at the University of East London. We are committed to providing all of the support and guidance that the children need to develop an interest in whatever sports they enjoy.

### LET'S GET MOVING

activeNewham recognises that physical activity is a crucial way of improving health and well being – and this programme supports people who have health problems caused by lack of exercise. This includes medical conditions such as cardiovascular disease, diabetes and obesity, and our team works with residents to change their behaviour and lifestyle to help them benefit from being more active. activeNewham is also proud to be working in partnership with Sport England, British Heart Foundation and Intelligent Health in helping people to get back into playing sport as a social activity.

## FEMALE SPORT & FITNESS

Research shows that women are generally less physically active than men, so at activeNewham we are working with a range of partners to increase the physical activity levels of females who live in the borough.

This year we launched a new and exciting programme of female only sport and physical activity sessions under the title Us Girls Newham. We also run female only multi sport sessions in partnership with the Muslim Women's Sports Foundation, cheerleading and fitness sessions with Ascension Eagles Cheerleaders, Street Dance sessions through Dare2Dance, multi activity sessions with Newham Sixth Form College and Newham College of Further Education. Whatever your age or ability, we will have something for you!

## NEIGHBOURHOOD SPORTS

Our Neighbourhood Sports Programmes provides a huge variety of local sports activities throughout the year for young people in Newham, aged eight to 19 years old. Sessions include coaching, tournaments and leagues in a range of popular sports and are open to all abilities – so come and improve on existing skills or try something new. All sessions are delivered by National Governing Body (NGB) qualified coaches and can provide a pathway to developing your skills at a local sports club. There is no need to book – just turn up! Girls and boys are both welcome and many of the sessions are free. You can find out more by going to our website: [www.activeNewham.org.uk](http://www.activeNewham.org.uk).



## PARKS

Some of the best parks in the country are right here on your doorstep. They are clean and safe, making them the perfect place for you to get active. With 22 parks, a range of open spaces, community gardens and allotment sites to choose from, we offer something for everyone. Whether you want to play football with your friends, let your children explore our playgrounds, plant a tree, try out an outdoor gym or simply take a healthy walk, our award-winning parks offer countless opportunities for you to get fit, tone up and stay healthy. Best of all they're free.

**Here are some of the fantastic activities that activeNewham provides for you to enjoy in our parks:**

## BUSHCRAFT

Get back to nature and learn survival skills that were used by our ancestors. Learn how to forage for food in the park, build shelters and create fire using natural materials. This is a hands on activity session that we organise during the school holidays, and is particularly popular with families with young children.





## DOG AGILITY

activeNewham works in partnership with The Dog's Trust to promote responsible dog ownership and to provide advice on animal welfare. The dog agility sessions enable the Dog's Trust staff to meet local dog owners and show that with just a small amount of encouragement your dog can be trained to perform simple tasks, such as jumping over fences and weaving through poles. The sessions also offer a free micro-chipping service.

## EVENTS

Our award-winning parks are ideal venues for hosting events. Whether your event is large or small we can help you plan it and book an appropriate venue. You can do this by going onto our website at [www.activeNewham.org.uk](http://www.activeNewham.org.uk)

## GET GROWING

If you are interested in gardening then this could be for you! Regular gardening not only gets you physically active, keeping you fit and toned, it has also been shown to reduce stress and anxiety. activeNewham can teach you how to grow your own fruit and vegetables in a range of activities in your local community. See our website for details.

## GET INVOLVED

Learn new skills and make new friends by volunteering in a Newham park. Whether it's planting trees, helping out at one of our community clear up days, looking after ponds and lakes or building homes for wildlife there will always be something for you to get involved in.

## GO WILD

Explore the outdoors and discover the excitement of nature on your doorstep. We offer activities from tree planting to making wildlife homes and learning about the wildlife that lives in your local park. Young children particularly enjoy these activities.

## PLAY

Newham's parks have many exciting play areas where children can enjoy the great outdoors, have fun with their friends whilst getting valuable exercise. Children need at least 60 minutes activity a day to keep healthy, so come along to our parks and see how easy it is to achieve.

## THE OUTDOOR CLASSROOM

Our parks are a great place for youngsters to explore the outdoors while learning about the environment, their local heritage and local culture. The outdoor classroom helps children to make sense of the world around them while building their confidence, social and environmental awareness and broadening their horizons. We offer a range of learning and activity options, which can be adapted to suit any number of pupils, both primary and secondary. Whether you want to organise a school or group visit, go on a park walk and talk or take a self-guided stroll along a tree trail, we have something to suit you.



## VOLUNTEERING

activeNewham manages one of the largest and most exciting volunteering programmes in the UK. Newham's Volunteers offer a host of both short and long term opportunities to volunteer, allowing you to give a little or as much time as you can spare. It's open to everyone – from the young to the retired, those with a disability to refugees and asylum seekers. Whatever your background we will provide training and support to help you develop your skills and experience, whilst also helping others.

### MAKE A DIFFERENCE TODAY

Giving up your time to help others is rewarding in more ways than one. Not only does it make a difference to your local area and the people who live there, but it also allows you to meet new people and learn some valuable new skills.

Volunteering is also a great way of impressing potential employers. Helping out at a local charity or organisation can fill gaps in your work experience to boost your CV, allow you to try different types of work and get you a reference.

Whether you have days to spare or just a few hours, we have something to suit you. Everyone has skills to offer and we work hard to match your skills and aspirations to the needs of local organisations. Many of our volunteers have gone on to employment and training as a result of their volunteering.

To date we have supported over 7,500 events varying from local community events to large national events such as the London Triathlon and London Marathon. We ran the largest complementary host borough 2012 visitor welcome programme for which we received the Queens Diamond Jubilee Volunteering Award.

If you would like to be part of our volunteering programme visit our website [www.activeNewham.org.uk](http://www.activeNewham.org.uk).

## HOLIDAYS & HALF TERM

Make the most of your holidays with a host of ideas and activities for children, young people and families that activeNewham provides.

During every school holiday and half-term activeNewham puts on a huge programme of activities across Newham.

Many of the activities are free and all are provided by friendly, highly qualified coaches and staff who will ensure that you and your family have the best possible experience, make new friends and have bags of fun.



RECOGNITION AND AWARDS:



WE'RE PROUDLY WORKING WITH:



Serving the heart of East London



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