**Menu of Opportunity for Sport and Physical Activity**

**Brentwood and Basildon**

**Who is this for?**

Health care professionals that want information on local opportunities and support networks to signpost residents to be more active.

Guidance for having a conversation about being active can be found: <https://www.activeessex.org/physical-activity-everyones-business/>

You will also find our one page resource with tips and guidance on how to start a conversation about staying well and being active: <https://www.activeessex.org/wp-content/uploads/2020/07/DE_Starting-the-Conversation-FINAL_V1.0.pdf>

For a reminder about importance of physical activity for health and wellbeing please see the following infographic: <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/829884/3-physical-activity-for-adults-and-older-adults.pdf>

**What opportunities have been included:**

Local trusted organisation and opportunities that have established working relationship with Active Essex (Active Partnership for Greater Essex) and are accredited through their local Active Networks. This means this list is not exhaustive, to find more local opportunities please visit our Activity Finder <https://www.activeessex.org/activity-finder/> or email [admin@activeessex.org](mailto:admin@activeessex.org)

**Who are these opportunities aimed at:**

All these opportunities are inclusive and cater for all ages and abilities. However, many of them specialise in helping those at the beginning of their activity journey or those that need support getting more active to improve their health and wellbeing.

**Each symbol reflects who the group is for. Below is the key:**

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Mental health focused

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Elderly

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Social

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Support throughout provided

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Inclusive

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Long term health specific support

**BRENTWOOD**

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**Chat 1st**

The Chat 1st Mental Wellbeing programme at the Brentwood Centre runs 12week courses with the aim of improving physical, mental and social wellbeing. The programme supports anyone who may be struggling with their mental wellbeing; whether it’s stress, anxiety, depression, bi-polar or any other undiagnosed mental health condition. A mental health diagnosis is not required and there are no waiting lists.

All sessions are exclusive to Chat 1st members and are supported by a Chat 1st Team Activator (who are all fully trained in peer support and mental health first aid). The Activator will be in reception for 30 minutes before each class for a chat.

You can turn up on the day or register online. The cost is £2 per session. It is free for anyone on means tested benefits.

Contact email: [chat1st@brentwoodleisure.co.uk](mailto:chat1st@brentwoodleisure.co.uk)

Contact phone number: 01277 215151

Location: Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN

Website: http://www.brentwood-centre.co.uk/sport-and-leisure/chat1st

Facebook: <https://www.facebook.com/BLTChat1st/>

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**Weald Park Run**

Parkrun is a 5km jog (on your own pace) held at Weald Park every Saturday at 9am. You can run for FREE on Saturdays by registering at [www.parkrun.org.uk/brentwood](http://www.parkrun.org.uk/brentwood). Parkrun is a

positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

Registration is completely free and only needs to be done once! Simply complete the [registration form](https://www.parkrun.org.uk/register), print your barcode and head down to your local event.

Contact email: [brentwood@parkrun.com](mailto:brentwood@parkrun.com)

When is it? Every Saturday at 9:00am.

Where is it? The event takes place at Weald Country Park, South Weald, Brentwood, CM14 5QS

Website: [www.parkrun.org.uk/brentwood](http://www.parkrun.org.uk/brentwood)

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**Trailnet**

Trailnet are dedicated to encouraging and supporting people of all ages and abilities to become more active. Working mainly from Thorndon Park in Brentwood, most of their activities are cycle-related with recreational group rides, inclusive cycling sessions, cycle training and a range of cycle events and services. Sessions cater for complete novice through to competent riders looking to increase stamina. For those that don’t own a bike they also offer bike hire. For non-cyclists they also organise deliver geocaching, orienteering, walking, jogging and outdoor exercise trail opportunities.

Contact Email: [info@trailnet.org.uk](mailto:info@trailnet.org.uk)

Contact Number: 01277 811012 | 07939 249980

Location: Thorndon County Park, Brentwood, Essex CM13 3RZ

Website: <https://www.trailnet.org.uk/>

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**Brentwood Health Trax**

Walking is a free and easy way to better health, it's safe and simple way to meet new people and make friends. Brentwood's Healthy walking scheme Health Trax is a free health walk programme. Health Trax provides safe walking routes around local parks and countryside

led by trained volunteers. Each walk has at least two trained leaders to take up front and back stop, which means you can walk at a pace that suits you.

Everyone is welcome especially if you have or have experienced:

* High blood pressure/cholesterol
* Diabetes
* Coronary heart disease/stroke
* Inactivity/lack of energy
* Asthma
* Recovering from surgery

For more information on weekly walks please visit <http://www.brentwood.gov.uk/index.php?cid=352>

Contact email: [sarah.walmsley@brentwood.gov.uk](mailto:sarah.walmsley@brentwood.gov.uk)

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**Brentwood Leisure Centre**

Brentwood Centre (managed by Brentwood Leisure Trust) is an Inclusive Fitness Initiative facility providing a wide range of affordable and inclusive sport and leisure opportunities. As well as their general swim, gym, exercise class offer they also provide specific programmes of support for those with long term health conditions.

There rehab services are for individuals at all stages of Cancer and Cardiac recovery. Referral from the hospital or GP is required.

Contact email: [chat1st@brentwoodleisure.co.uk](mailto:chat1st@brentwoodleisure.co.uk)

Contact phone number: 01277 215151

Location: Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN

Website: <http://www.brentwood-centre.co.uk/sport-and-leisure/chat1st>

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**Outdoor Gyms**

Brentwood currently has 3 outdoor gyms at Warley Play Fields, Mountnessing Coronation Playing Fields and West Horndon. They are free to use with equipment very similar to normal indoor gyms with the added benefit of exercising in the fresh air. Using a local gym is a convenient low-cost way to achieve the recommended 30 minutes of daily activity, meet new friends and build confidence.

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**Further fitness opportunities with social focus in Brentwood**

For further information on social, fitness and health opportunities for seniors in Brentwood visit Brentwood CVS [website](https://cdn.website-editor.net/0124bbcb92324016a2666f065357cc8d/files/uploaded/2019%2520Social%2520activities%2520fitness%2520%2526%2520health%2520publicaton.pdf).

**BASILDON**

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**Sport 4 Confidence**

Sport for Confidence aim to fuse local health and sport sectors to tackle inequalities in sport and physical activity participation. They achieve this by placing health professionals in leisure centres directly alongside sports coaches and leisure centre staff to make adjustments that create accessible and inclusive sport and physical activity opportunities.

Sessions are open to anyone, they are attended by people who have a learning disability, mental health issues or physical disabilities. The groups are specifically adapted to cater for a wide range of needs.

Sessions in Basildon are currently run at Basildon Sporting Village and Eversley Leisure Centre with a wide range of physical activity opportunities on offer.

Email Contact: [info@sportforconfidence.com](mailto:info@sportforconfidence.com)

Website: <https://www.sportforconfidence.com/>

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**Motivated Minds**

Motivated Minds offers a range of services to support mental health and well-being. Their core mission is to build mental health and wellbeing across the life course and equip people with skills to build positive mental health and help them grow through life’s challenges.

They offer a variety of support services both on a 121 and group level. They have many “Positive Activites” that they deliver on a weekly basis including Walk 4 Wellness, Men’d, exercise buddies and cup of kindness. To find out more about activities and support on offer please visit:<http://www.motivated-minds.co.uk/>

Contact email: [admin@motivated-minds.co.uk](mailto:admin@motivated-minds.co.uk)

Contact Number: 01268 520 785

Location: HAPPY Hub, Eastgate Shopping Centre, Basildon, Essex, England

Facebook: <https://www.facebook.com/Wellbeing4LifeCIC>

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**Everyone Active**

Everyone Active manage the 3 main leisure centres in Basildon, Basildon Sporting Village, Eversley Leisure Centre and Wickford Leisure Centre. All the centres provide a wide range of affordable and inclusive sport and leisure opportunities.

They also have an exercise referral scheme<https://www.everyoneactive.com/content-hub/home-workouts/gp-exercise-referral/>

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**Club Kingswood**

Club Kingswood is an independent gym facility in Nethermayne, Basildon. As well as offering club membership options they also run several health focused initiatives outside this membership package. These include their weekly free health walk <https://www.facebook.com/groups/healthywalks>, Cancer Rehab sessions <https://www.clubkingswood.co.uk/rehabilitation/cancer-rehabilitation> and Cardiac Rehab session <https://www.clubkingswood.co.uk/rehabilitation/cardiac-rehabilitation> . Referral from the hospital or GP is required.

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**Run Fit Club**

A friendly supportive running group for everyone from all walks of life. Sessions for both beginners and improvers with a focus on using running to improve mental wellbeing. Weekly walking sessions also take place, all in northlands park.

<https://www.walkingforhealth.org.uk/walkfinder/run-fit-club-walking-group>

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**Basildon, Wickford and Billericay Park Runs**

Parkrun is a 5km jog (on your own pace) held every Saturday at 9am. In Basildon there are 3 weekly Park Run opportunities in Basildon, Billericay and Wickford local parks. Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one

finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

Registration is completely free and only needs to be done once! Simply complete the [registration form](https://www.parkrun.org.uk/register), print your barcode and head down to your local event.

Contact email: [basildon@parkrun.com](mailto:basildon@parkrun.com); [billericayhelpers@parkrun.com](mailto:billericayhelpers@parkrun.com); [wickfordmemorial@parkrun.com](mailto:wickfordmemorial@parkrun.com)

When is it? Every Saturday at 9:00am.

Where is it?

Basildon: Northlands Park, Felmores Road, Basildon, Essex, SS13 1SD

Billericay: Lake Meadows Park, Radford Crescent, Billericay, CM12 0BW

Wickford: Wickford Memorial Park, Rettendon View, Wickford, SS11 8JE.

Website: <https://www.parkrun.org.uk/basildon/>

<https://www.parkrun.org.uk/billericay/>

<https://www.parkrun.org.uk/wickfordmemorial/>

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**Activity Centres for the over 50s**

Basildon Activity centres provide day-time activities and social events that aim to enhance the quality of life for over 50s residents. There are 3 activity centres with currently over 3000 members (The George Hurd Centre, The Laindon Centre and The Pitsea Activity Centre) that deliver timetable of various activities and social events which give members the opportunity to make new friends, explore their creative side and develop new skills.

<https://www.basildon.gov.uk/article/2728/Activity-Centres-for-the-over-50s>

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**Essex shed network/ Billericay Shed Inside**

The Essex Shed Network is a non-for-profit partnership aiming to support set up and sustainability of Men’s Shed or Shed inside Projects. All project are set up as a safe space for men to come together and share conversation and tools whilst engaging in practical projects (most commonly wood craft).

For more information: <https://essexshednetwork.co.uk/home>

Telephone: 01621 851891

Email: [info@essexshednetwork.co.uk](mailto:info@essexshednetwork.co.uk)

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**Essex Fit Mums**

Child friendly exercise classes, giving people an opportunity to get fit and have fun with other mums without having to worry about childcare. Various activities throughout the week.

<https://www.essex-fit.com/>

Other advice and guidance groups on health and wellbeing:

* Essex Better health Campaign <https://www.activeessex.org/better-health/>
* Livewell Essex <https://www.livewellcampaign.co.uk/>
* NHS weight loss support groups <https://www.nhs.uk/service-search/other-services/Weight%20loss%20support%20groups/LocationSearch/1429>
* Connect well Essex County Council [https://connectwellessex.org.uk/#](https://connectwellessex.org.uk/)
* Support for Carers through Feeling good caring well <https://affc.org.uk/services/adult-carers/feeling-good-caring-well>

Mental health and wellbeing groups:

* Motivated minds <http://www.motivated-minds.co.uk/>
* Essex Community Tree network <https://www.essexcommunitytree.net/>
* Meditation at merrymede <https://www.brentwoodbuddhistcommunity.com/>
* Cancer support group Brentwood <https://www.essexmap.co.uk/listings/tea-and-talk-at-tobys/>