**Recommendation:** 150 minutes of moderate activity (raises heart rate) per week (e.g. 30 minutes, 5 days a week) or: 75 minutes of vigorous activity spread.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity** | **About** | **When?** | **Where?** | **How?** |
| **Swindon Health Walks** | Fourteen free weekly walks. Usually last 40-60 minutes, or the ’Gentle Walking Group’ offer shorter walks up to 20 minutes and also offer a seated exercise session which can be useful for people with certain disabilities. | Monday to Friday | Various locations around Swindon | Visit: <https://www.walkingforhealth.org.uk/walkfinder/south-west/swindon-health-walks> Call **01793 465413** or email ESperring@swindon.gov.uk |
| **Park Run** | A free weekly timed 5km run. | Saturday 9am | Lydiard Park | Visit: <http://www.parkrun.org.uk/swindon> and register before your first run and then turn up |
| **Shin splints** | A free weekly running club who support those who want a gentle introduction to running. | Wed 6:30pmSaturday 9am | Base point: Coate Water Car Park | Visit: <http://gouldings.wixsite.com/swindon-shin-splints>  |
| **Cycling for health**  | Friendly, safe environment—cycle around the athletics track. No need to book—cost £3.15 for age 16+ or supervised children by prior arrangement | Monday 10-11amThursday 1-2pm | County Ground Athletics Track | Contact Ros Hughes on **01793 464907** or email rhughes@swindon.gov.uk  |
| **Football Fans in Training** | 13 week weight management and lifestyle programme running weekly for men aged 35-65 years old with a BMI of >28 kg/m2 or a waist circumference of >38 inches. Training is by club community coaches and you will also receive a programme of advice on how to eat more healthily and become more active, including being given a pedometer to count the number of steps walked each day. Cost £5/ session. | 2 programm-es per year:Jan-AprilSep-DecThursday 6.30-8.00pm | Legends Lounge, Country Ground | Email jon@stfc-fitc.co.uk with Football Fans in Training as the subject lineOr visit <http://stfitc.co.uk/?p=5395>Or call **01793 421303** (Swindon Town Football Club) |
| Hydrotherapy  | Referral from GP/physiotherapist with suggested gentle exercises for unlimited sessions within a 3 month—1 year period (£6 a session). Hydrotherapy has been shown to have many health benefits and can be particularly helpful to those with physical disabilities | Monday-Friday 3pm-6/8pm and weekends 9am-1pm  | Thamesdown Hydrotherapy Pool, Stratten,  | Ring 01793 496002 or visit [www.thamesdownhydrotherapypool.com](http://www.thamesdownhydrotherapypool.com) to download a referral form or see your GP/physiotherapist  |
| Gentle Aqua Classes  | More structured hydrotherapy class at the hydrotherapy pool for £3.15 a session, gentle exercise in water. You will need to be referred by a weight management group  | Thursday 12-1pm  | Hydrotherapy pool —Gorse Hill  | Contact Ros Hughes on 01793 464907 for more details  |
| Disability Sport Swindon  | Exercise classes available for people with learning or physical disabilities including swimming, cycling, climbing, walking, tennis (cost: free to £3.50 a session. Visit the website for full timetable.   | Throughout the week  | Various Locations around Swindon  | Visit [www.disabilitysportswindon.co.uk](http://www.disabilitysportswindon.co.uk) or contact Ben on 01793 465404 or email bhumphrey@swindon.gov.uk   |
| Sport club for people with learning disabilities  | Swindon Champions is a weekly multi-sport club, £1.50 a session  | Thursdays 6:30—8pm  | Dorcan Recreation Club  | Visit [www.disabilitysportswindon.co.uk](http://www.disabilitysportswindon.co.uk) or contact Ben on 01793 465404  |
| Group exercises arranged by the Swindon Health Improvement Team  | Various group exercises Monday-Friday lasting an hour for all abilities/disabilities. Examples include cardio care (circuits at the Hayden Centre) exercise to music (for older adults), supervised gym session (referral required from a medical professional), chair-based exercises among many others. Costs £3-£3.15 a session  | Monday-Friday daytimes  | Various locations including Hayden Centre, Ellendune Community Centre  | For a timetable and more information contact Ros Hughes on 01793 464907 or email rhughes@swindon.gov.uk   |

**For more information about everything detailed here**

The **Live Well Hub** is a one stop shop for Swindon residents to access a range of lifestyle programmes including stopping smoking, weight management, walking groups, cycling, supervised gym sessions, disability sport and other wellbeing support services.

**Individuals can self-referral to Live Well Swindon by contacting the Hub**

**Contact: Tel 01793 465513 or email** **livewell@swindon.gov.uk** **or** **livewellswindon@nhs.net**

**visit:**

[**www.swindondiabetes.co.uk**](http://www.swindondiabetes.co.uk)

**Contact**

Swindon Community Diabetes Service

Eldene Health Centre

Colingsmead

Eldene

Swindon

SN3 3RZ

Telephone: 01793 696621

*Leaflet prepared by Dr L Maycock GPST2 and*

*Dr V Vaks Consultant in Diabetes/Endocrinology, Great Western Hospitals NHS Foundation Trust, February 2017*

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email** **patient.information@gwh.nhs.uk**

**Document Control**

Division: Swindon Community Health Services

Department: Diabetes Service

Approved Date: May 2017

Next Review Date: May 2019

Document Number: SCHS-PIL0071