



## Physical Activity Resources in Swindon

**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. These can be in 10 minute 'blocks'.

Activity	About	When?	Where?	How?
<b>Step out Swindon</b>  Volunteer led walks	9 Swindon weekly walks.  Most last 1 hour. There is a 'Gentle Walk' of 30 minutes.  This is a self- funding volunteer led scheme.	Monday to Friday	Various locations around Swindon	Visit: <a href="http://www.walkingforhealth.org.uk/walkfinder/step-out-swindon">www.walkingforhealth.org.uk/walkfinder/step-out-swindon</a>  Grahame Lee, Volunteer Scheme Co-ordinator- 07932 109209 <a href="mailto:gcleecplee@btinternet.com">gcleecplee@btinternet.com</a>



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<b>Park Run</b>	A free weekly timed 5km run.	Saturday 9am	Lydiard Park	Visit: <a href="http://www.parkrun.org.uk/swindon">http://www.parkrun.org.uk/swindon</a> and register before your first run and then turn up
<b>Shin splints</b>	A free weekly running club who support those who want a gentle introduction to running.	Wed 6:30pm Saturday 9am	Base point: Coate Water Car Park	Visit: <a href="http://gouldings.wixsite.com/swindon-shin-splints">http://gouldings.wixsite.com/swindon-shin-splints</a>
<b>Cycling for health</b>	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 10-11am Thursday 1-2pm Friday 10-12am	County Ground Athletics Track	Contact Lewis Bird on 07976 909660 or email <a href="mailto:lbird@swindon.gov.uk">lbird@swindon.gov.uk</a>
<b>Football Fans in Training</b>	13 week weight management and lifestyle programme running weekly for men and women aged 35-65 years with a BMI of >28 kg/m <sup>2</sup> 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.	6 programmes per year:  Jan-April Sep-Dec  3 weekday nights - 6.30-8.00pm	Legends Lounge, Country Ground	Email <a href="mailto:jon@stfc-fitc.co.uk">jon@stfc-fitc.co.uk</a> with Football Fans in Training as the subject line  Or visit <a href="http://stfitc.co.uk/?p=5395">http://stfitc.co.uk/?p=5395</a>  Or call <b>01793 421303</b> (Swindon Town Football Club)



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<p><b>Hydrotherapy</b></p>	<p>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</p>	<p><b>Monday-Friday 3pm-6/8pm and weekends 9am-1pm</b></p>	<p><b>Thamesdown Hydrotherapy Pool, Stratten,</b></p>	<p>Ring 01793 496002 or visit <a href="http://www.thamesdownhydrotherapy.com">www.thamesdownhydrotherapy.com</a> to download a referral form or see your GP/physiotherapist</p>
<p><b>Disability Sport Swindon</b></p>	<p>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.</p>	<p><b>Throughout the week</b></p>	<p><b>Various Locations around Swindon</b></p>	<p>Visit <a href="http://www.disabilitysportswindon.co.uk">www.disabilitysportswindon.co.uk</a> or contact Ben on 01793 465404 or email <a href="mailto:bhumphrey@swindon.gov.uk">bhumphrey@swindon.gov.uk</a></p>
<p><b>Sport club for people with learning disabilities</b></p>	<p>Swindon Champions is a weekly multi-sport club, £1.50 a session</p>	<p><b>Thursdays 6:30—8pm</b></p>	<p><b>Dorcan Recreation Club</b></p>	<p>Visit <a href="http://www.disabilitysportswindon.co.uk">www.disabilitysportswindon.co.uk</a> or contact Ben on 01793 465404</p>
<p><b>Group exercises arranged by the Swindon Health Improvement Team</b></p>	<p>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</p>	<p><b>Monday-Friday daytimes</b></p>	<p><b>Various locations including Hayden Centre, Ellendune Community Centre</b></p>	<p>For a timetable and more information contact Ros Hughes on 01793 464907 or email</p>



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	required from a medical professional), chair-based exercises among many others. Costs £3-£3.15 a session			<a href="mailto:rhughes@swindon.gov.uk">rhughes@swindon.gov.uk</a>
<b>Technology</b>	<ol style="list-style-type: none"> <li>1. Swindon travel choices offer a comprehensive range of information on walking and cycling in Swindon, including a walking journey planner, a Swindon cycle map and ideas for local, circular walks.</li> <li>2. NHS choices- information on getting fitter, including home exercise workouts, podcasts to increase flexibility or to help you to start running (from couch to 5K).</li> <li>3. Swindon diabetes website has local physical activity information.</li> <li>4. The Mental Health Foundation offers a range of free wellbeing audio podcasts, which include physical activity.</li> <li>5. Walking apps and pedometers- a fun way to increase walking is to get a smartphone app (many are free) or</li> </ol>			<a href="http://www.swindontravelchoices.co.uk/">www.swindontravelchoices.co.uk/</a>  <a href="http://www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx">www.nhs.uk/livewell/fitness/Pages/Fitnesshome.aspx</a>  <a href="http://www.swindondiabetes.co.uk/diabetes-care-swindon/services/physical-activity-services/">www.swindondiabetes.co.uk/diabetes-care-swindon/services/physical-activity-services/</a>  <a href="http://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing">www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing</a>  If you are inactive, a good app is the free Public Health England



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	<p>pedometer to track your steps and then try to increase them on a weekly basis</p> <p>6. Virtual online challenges- there are many choices online.</p>			<p>Active 10 app- <a href="http://www.nhs.uk/oneyou/active10/home#JB8wVi93wosAauPv.97">www.nhs.uk/oneyou/active10/home#JB8wVi93wosAauPv.97</a></p> <p>2 good options are <a href="http://www.raceatyourpace.co.uk/">www.raceatyourpace.co.uk/</a> (has a cost, but you get medals) and <a href="https://worldwalking.org/about">https://worldwalking.org/about</a> (this is free).</p>
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**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](mailto:livewell@swindon.gov.uk) or [livewellswindon@nhs.net](mailto: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 463840



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*Leaflet prepared by Dr L Maycock GPST2 and  
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November 2018 by Swindon Public Health Department.*

**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](mailto:patient.information@gwh.nhs.uk)**

**Document Control**

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