



North Norfolk Healthy Ageing Programme

PROVIDING OPPORTUNITIES FOR **EVERYONE**
TO BE HEALTHIER AND HAPPIER



everyone
ACTIVE





Introduction

Everyone Active understands the importance of activity and the positive impact it has on healthy ageing; specifically our physical, mental and social wellbeing. Therefore, we are dedicated in supporting our community access exciting programmes and activities at local level.

We achieve the objective of “connecting EVERYONE to health” through co-collaboration with selective alliances. Our passionate individuals and organisations aim to create a more accessible health and wellbeing system which develops the relationship between physical activity and healthcare sectors, resulting in better health for EVERYONE!

Why get active?

Regular physical activity:

- Decreases the risk of depression and reduces stress and anxiety
- Builds Confidence and Self Esteem
- Enhance positive attitudes and social skills
- Reduces the risk of heart disease and strokes

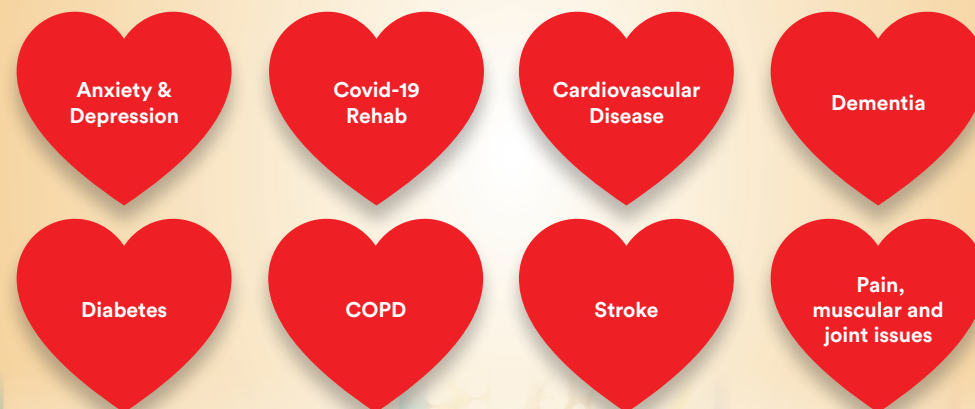
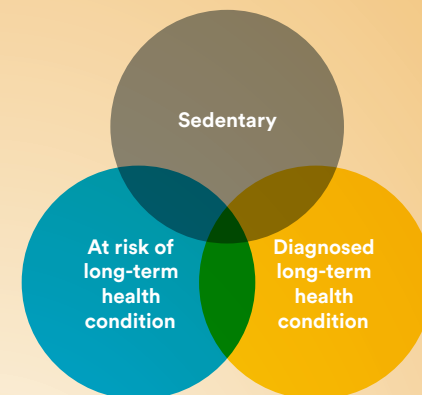
- Improve your sleep
- Helps reduce high blood pressure
- Helps control body weight
- Reduces the risk of colon cancer
- Reduces the likelihood of brittle bone disease (osteoporosis) in later life.

Designing Our Health Programmes

Everyone Active hosts a range of selected social activities and programmes that best support all low to high-risk long term health conditions. We are continually engaging with the alliance to improve, increase and extend our provision across the district.

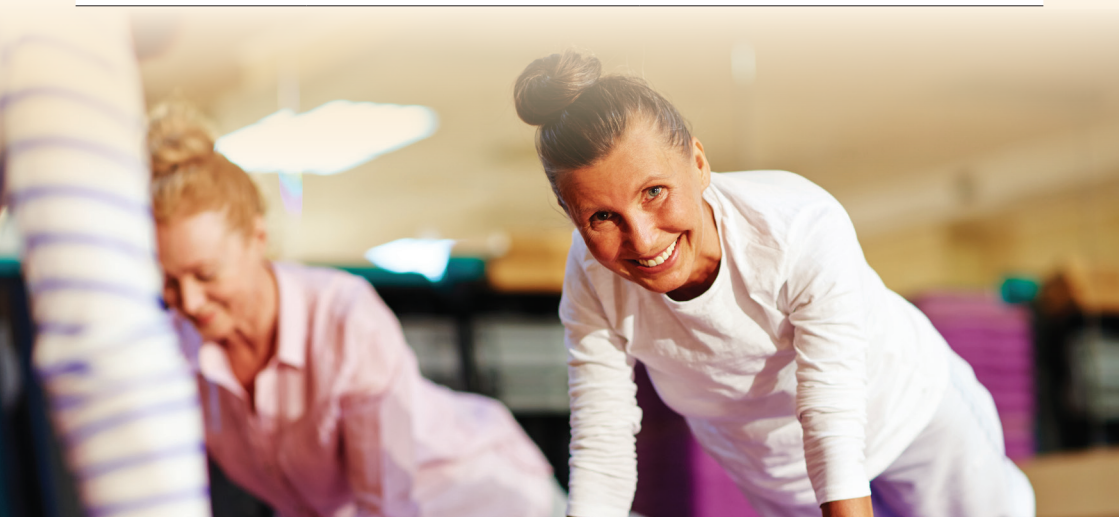
There are 24 Health conditions our co-provided healthy ageing provisions will target. Some of those conditions are listed below. If you are currently living with a long-term health condition and concerned about what you can and can't do, this programme has been designed for you and is delivered by our specialised staff.

We are continually engaging with our partners and customers quarterly in structured strategic meetings to improve, increase and extend our provision to best address individual health needs.



Our Everyone Healthy Programmes

When	Session	Location
Monday		
8am - 9am	Senior Swim Time	The Reef Leisure Centre
11am - 12pm	Senior Move and Dance	Fakenham Sports and Fitness Centre
1pm - 2pm	GP Pulmonary Rehab	Victory Swim and Fitness Centre
2.30pm - 3.30pm	GP Cardiac Rehab	Victory Swim and Fitness Centre
6pm - 8pm	Adult Pickleball	North Walsham Sports Centre
8pm - 10pm	Badminton	North Walsham Sports Centre
8pm - 9pm	Senior Swim Time	The Reef Leisure Centre
8pm - 10pm	Adult Badminton	Cromer Sports Centre
Tuesday		
7am - 8am	Senior Swim Time	The Reef Leisure Centre
10am - 10.45am	Good Boost Land Based	Victory Swim and Fitness Centre
1pm - 2pm	Senior Move and Dance	Fakenham Sports and Fitness Centre
2.30pm - 3.15pm	GP Aqua	Victory Swim and Fitness Centre
Wednesday		
8am - 9am	Senior Swim Time	The Reef Leisure Centre
10.45am - 11.45am	Adult Ballet	Fakenham Sports and Fitness Centre
10am - 11am	Good Boost Pool Based	Victory Swim and Fitness Centre
10am - 11am	Table Tennis	Victory Swim and Fitness Centre
10am - 11am	Senior Swim Time	Victory Swim and Fitness Centre
1pm - 2pm	GP Pulmonary Rehab	Victory Swim and Fitness Centre
6pm - 7pm	Senior Racquets	Fakenham Sports and Fitness Centre



Scan QR
code to enrol.
Only £29.99
for 12 weeks

When	Session	Location
Thursday		
7am - 8am	Senior Swim Time	The Reef Leisure Centre
9am - 9.45am	Aqua Therapy	Victory Swim and Fitness Centre
10.30am - 11.15am	Chair Based Exercise	Victory Swim and Fitness Centre
11am - 12pm	GP Stretch and Mobility	The Reef Leisure Centre
11am - 12pm	Senior Swim Time	Victory Swim and Fitness Centre
1pm - 1.45pm	GP Circuits	The Reef Leisure Centre
2.30pm - 3.30pm	GP Cardiac Rehab	Victory Swim and Fitness Centre
Friday		
8am - 9am	Senior Swim Time	The Reef Leisure Centre
2pm - 3pm	Chair Based Exercise	Fakenham Sports and Fitness Centre
3pm - 4pm	Senior Swim Time	The Reef Leisure Centre
6pm - 7pm	Walking Football	Cromer Sports Centre
7pm - 8pm	Senior Badminton	Fakenham Sports and Fitness Centre
Saturday		
12pm - 1pm	Senior Swim Time	The Reef Leisure Centre
Sunday		
9am - 10am	Walking Football	Fakenham Sports and Fitness Centre
10:30am - 11.30am	Senior Gym	Cromer Sports Centre

The timetable of listed activities are available to
#EVERYONE aged 66+ residing in North Norfolk!



From the multiple requests we receive daily, we know there is a high demand from people with disabilities or limited mobility in North Norfolk for accessible transport. We can offer lifts to medical appointments, but also to visit to friends and family, or attend social activities.

The service is bookable Monday to Friday (subject to availability) and charged at 45p per mile + VAT from our depot in North Walsham and back again. Payment will need to be made to the driver on the day of travel.

Supported by:



North Norfolk Community Transport, 15 Cornish Way, North Walsham NR28 0AW
Company Ltd by Guarantee 3924074 Registered Charity 1081117

North Norfolk Community Transport is a registered charity improving wellbeing and accessibility in the community, and reducing social isolation. We do this through running friendly, inclusive and cost effective transport schemes.

Journeys include a waiting time of 2 hours. Each additional half hour is charged at £5 to cover additional driver costs.

The vehicle can also accommodate a carer/friend/family member, as required.

**To book a journey
or to find out more:**

Call: **01692 500840**

Email: info@nnct.org.uk

Web: www.nnct.org.uk



Do you want to attend an Everyone Active activity but have no suitable transport?

North Norfolk Community Transport has a range of options which may be able to help. Please contact us to find out more on **01692 500840**.

Alternative Supportive Programmes



EVERYONE

LOVES THEIR COMMUNITY

North Norfolk's community outreach programme provides a variety of introductory sessions which are designed to offer fun and convenient ways to keep active. Many of the contained programmes are operated or endorsed by Everyone Active.

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SUBSCRIPTIVE CHARGES APPLY.

GP Exercise Referral

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GP Exercise Referral supports individuals with long term health conditions to move more.

Suggested activities are individual to your goals and needs and may include; walking, walking sports, pool activities and meeting other people with long term health conditions.

Ask your healthcare professional to make your referral on your behalf or for more information, visit everyoneactive.com/GPReferral

Benefits are:

- Maintain a healthy weight
- Manage and reduce pain
- Stay mobile
- Sleep better
- Improve your mood
- Sharpen your memory
- Have healthy muscles and bones
- Meet like-minded people

EVERYONE IS STAYING ACTIVE



everyoneactive.com

Pace of Mind Norfolk

Friendly walking and running groups across Norfolk!

Friendly running and walking groups for all abilities, in green spaces across Norfolk.
Develop your fitness.
Increase your sense of wellbeing.
Boost your connection with nature.

For more information:

Email: paceofmind@norfolkandwaveneymind.org.uk

Call: 0300 330 5488

Website: norfolkandwaveneymind.org.uk/pace-of-mind



Mind Norfolk and Waveney
Registered charity - No. 1118449

Norfolk
Community
Foundation

Live
West Norfolk

N&N
Norfolk & Norwich
Hospitals Charity

NHS CHARITIES
TOGETHER



Singing and music-making for better health and wellbeing

Get active – get singing!

Various regular, fun and friendly groups to join in Sheringham and North Walsham

- Singing for Health, Wellbeing and Fun
- Singing for Breathing (includes targeted exercises to help people with breathlessness)

All ages and abilities welcome including carers and the cared-for.

More details: www.playingforcake.uk / info@playingforcake.uk
Tel: 07795 374418 / 07771 605 188



Supported
by a grant from
NORTH
NORFOLK
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Arts & Culture Fund

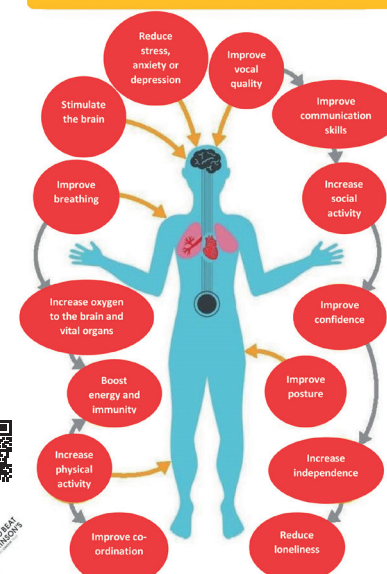
ASTHMA+
LUNG UK

SPORT
ENGLAND
TESCO Bags of Help

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Community
Foundation

TWO GREAT
PARTNERSHIPS

Singing and music-making with others can:



Scan QR code to watch a Good Boost video



EVERYONE BENEFITS FROM A BOOST



Is joint pain affecting your mobility?

Good Boost creates personalised exercise so you can move more, have fun and feel better.

- 1 Join one of our Good Boost classes (ask reception or book on the app)
- 2 Good Boost's technology creates an individually-tailored programme designed around your needs and preferences
- 3 You can follow the exercises at your own pace on a Good Boost tablet

Land based
Tuesday 10am
Pool based
Wednesday 10am
Aqua Natal
Thursday 5pm
Price £4.50

Please arrive 30 minutes early for your first session for registration.

Victory Swim & Fitness Centre
North Walsham
01692 409370



North Walsham Good Neighbours

A volunteer run scheme to provide practical support to the people of North Walsham.

Do you need some kind of practical help at home?

Maybe a lift somewhere, or someone to talk to?

The Good Neighbour Scheme offers support to people in North Walsham with one-off jobs like:

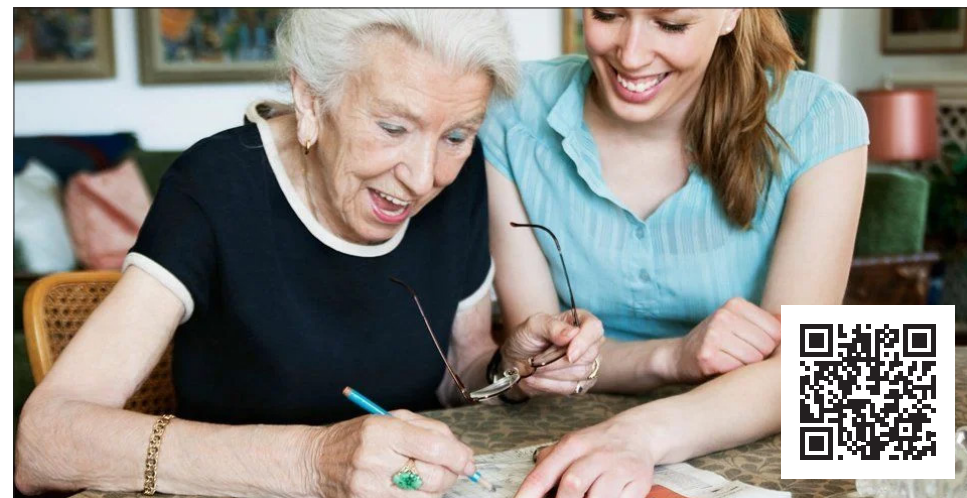
- Mowing the lawn
- Changing a light bulb
- Retuning the TV
- Taking you to an appointment or shopping
- Collecting library books
- Filling in forms or writing letters
- Helping you tidy up
- Walking your dog
- Just listening and having a chat
- Giving information about local services



www.nwgoodneighbour.org.uk

Telephone: 01692 558321 Mobile: 07468 109227

Email assistance@nwgoodneighbour.org.uk



If you are looking for a friendly and welcoming day care service, look no further than AGE Concern North Norfolk.

Services include meals on wheels, mental stimulation, quizzes, games, arts and crafts, visits of small animals such as mini donkeys, guinea pigs, and reminiscence sessions.





NHS

iapt

wellbeing
Helping you live your life

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norfolk

NORTH
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DISTRICT
COUNCIL

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YOU COULD BE ENTITLED TO A DISCOUNTED GYM & SWIM MEMBERSHIP

Everyone Active offer discounted memberships to a large proportion of society, including:

- Blue Light card holders (employed by the NHS, Police or Fire department)
 - Army veterans
 - Those in receipt of Employment Support Allowance Income Related (ESA) or Pension Credit
 - Those in receipt of Disability Living Allowance or Attendance Allowance
 - Carers
 - Cared for Children
 - Cared experienced young people
- Proof of concession will be required on first visit.

KEEPING **EVERYONE** FIT AND HEALTHY



SCAN THE QR CODE TO FIND
OUT MORE OR VISIT YOUR LOCAL
EVERYONE ACTIVE LEISURE CENTRE

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ALL TO PLAY FOR

Finding life difficult at the moment? Unite with other blokes who feel the same and have a shared love of the beautiful game

Free weekly football sessions for men aged 18+

Meet new friends & get access to the support you need.

Simply wear appropriate clothing and trainers!



Where:

Sheringham Recreation Ground,
Weybourne Rd, Sheringham, NR26 8WB

When:

(Starting 25th July 2023)
Tuesdays 10am - 11am

No booking necessary - just turn up!

If you have any questions, please email Sam Watts on
sam.watts@activenorfolk.org or Sean Pasque on
sean.pasque@activenorfolk.org

www.wellbeingnands.co.uk



FREE PARKINSON'S MEMBERSHIP

We are now offering complimentary memberships for people living with Parkinson's. Free membership will be given to carers to provide support if needed.

Carers are welcome to access the facilities for their own physical and mental wellbeing while they're with the person they support.



Scan QR code to
find out more.

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

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Providing physical activity opportunities for people with Parkinson's.



ADULT QUIET SWIMMING

EVERYONE CAN SWIM PEACEFULLY

Quiet swimming sessions for adults only with no lanes. Suitable for those living with dementia, neurodivergence and other long term health conditions.

Operating at all Everyone Active leisure centres in accordance with the Healthy Ageing Programme Subscription.

The Reef (Sheringham) 01263 825675
Victory Swim and Fitness (North Walsham) 01692 409370

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escape pain

Everyone should live pain free! ESCAPE-pain is a group rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regime individualised for each participant.

It helps people understand their condition, teaches them simple things they can help themselves with, and takes them through a progressive exercise programme so they learn how to cope with pain better.

Victory Swim and Fitness Centre • Fridays 2pm, Escape Pain for Backs
Visit www.everyoneactive.com/Victory or call 01692 409370

The Reef Leisure Centre • Tuesdays 2pm, Escape Pain for Knees/Hips
Visit www.everyoneactive.com/TheReef or call 01263 825675

Waterlane Leisure Centre • Tuesdays 1pm, Escape Pain for Knees/Hips
Visit www.everyoneactive.com/Waterlane or call 01502 532540

Waveney Valley Leisure Centre • Thursdays 1pm, Escape Pain for Backs
Visit www.everyoneactive.com/Waveneyvalley or call 01986 895014

JUST £4 PER SESSION!



TESTIMONIALS

"The good boost class is brilliant!!! It has definitely benefitted me."

Claire Peat

Over the past few months Claire has attended Good Boost sessions at Victory Swim and Fitness Centre. Her subsequent hip pain has improved so much she is now able to take her dog for regular walks, which was something she was unable to do before starting the programme.

At the beginning of the Good Boost sessions Claire struggled to use the tablet or technology, but quite quickly became independent and is now able to login and create bespoke programmes based on her specific needs. Not only has Claire's balance improved but her range of motion has increased significantly.

Claire highly recommends Good Boost to all people with musculoskeletal problems and attends weekly each Wednesday at Victory Swim and Fitness Centre.

"I really enjoyed it and I liked how it was personalised to a person. I will definitely be coming again, and I would highly recommend it for people with similar health problems. The tablet was easy to use, especially as I had an instructor with me to help." Paula Pellin

Paula has arthritis in her knees and has been using the pool based Good Boost for rehabilitation and pain management. Paula wishes everyone who has similar pain and mobility issues to give it a go.



"Now I am getting slightly older I've had to stop running because of my knees, so with help I focus on doing the right exercises. I find the facilities to be clean with good music! The staff are fantastic, they are extremely friendly and they can't help you enough!"

Now I am recently retired I enjoy the early mornings at Fakenham! Without exercise I don't think I would still be living, it's a daily routine and social for me." Terrence Brown

Terrence is a pensioner that attends Fakenham Sports and Fitness Centre 3 x a week. He has always been active and has over 80 years of life experience.

Strength and movement are now Terrence's main focus, so he is able to live life to the fullest and enjoy being pain free.



Scan QR code to find out more.

Not every disability is visible – some are hidden

The Hidden Disabilities Sunflower will let us know that you may need some additional support

Living with a hidden disability can make daily life more demanding for many people, but it can be difficult for others to identify, acknowledge or understand the challenges you face.

The Hidden Disabilities Sunflower makes you visible

It is a discreet sign to indicate to people around you including staff, colleagues and health professionals that you have a hidden disability and may need additional support, help or a little more time.

How can wearing the Sunflower benefit you?

- People around you may ask what they can do to assist you
- You or your carer can use your Sunflower to tell us about the additional help you may need

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Everyone Active is proud to support the Hidden Disabilities Sunflower. We are trained to acknowledge the Sunflower and may ask what we can do to assist you. If you require further information, please ask any member of staff.



Making the invisible visible
hiddendisabilitiesstore.com

HIDDEN
disabilities 



Are you feeling lonely or isolated?

We can help to connect you with people and activities in your community as well as provide a range of support to help you achieve your goals. We also provide support for the community itself. Helping organisations and people make the places we live, stronger, friendlier and more resilient.

To access the helpline call 0300 303 3920.

Connecting People, Connecting communities.



REST Aylsham

REST is a partnership project that brings together mental health support, local services and a place where everyone can feel welcome.

 **mind** Norfolk and Waveney



How to get involved

To enrol onto the 12-week Healthy Ageing Subscription please use the attached QR code; alternatively, you can call any Everyone Active operated leisure centre for additional guidance or support.

Our alliance and partners that can promote and signpost are;

- Birchwood Medical Practice
- Active Norfolk
- Age Concern North Norfolk
- East Coast Community Healthcare (MSK)
- Community Connectors
- North Norfolk Community Transport,
- Community Action North Norfolk

For our GP Exercise referral scheme all referrals will need to be received by a registered GP or medical practice. The literature contained in this information will allow any unaffiliated surgery to sign up to this referral process, by using the attached QR code. Please note this is a subscription service which follows a staggered pricing structure.

Registration

Your details will be received and reviewed by Everyone Active to progress all subscriptions. Following the successful completion of the required enrolment surveys you will be notified via email or telephone when your subscription has been activated and the next steps.

Once successfully set up, you can then utilise and enjoy the specified programme in safe active spaces.

If you require assistance, we have staff available to help throughout your health journey.

From time to time, we will review the programme and measure outputs, so please complete the automated health questionnaires when receive. We also enjoy hearing about your unique experiences as contained in our testimonial page.

Considerations

We understand enrolment may be difficult and technology can be daunting. To remove any unnecessary issues that may prevent uptake, we can support you personally at all our venues; along with our affiliated partners who are able to make referrals on your behalf.

Please do ask for help or call our friendly staff if required, there is never a silly answer, and we want to support you from day one. Once referred its simple to book and attend sessions. This can be done directly over the phone, website, or face to face at all our venues.



Scan here to find out more



Contacts

The Reef Leisure Centre

01263 825 675

Victory Swim and Fitness Centre

01692 409 370

North Walsham Sports Centre

01692 402 293

Cromer Sports Centre

01263 515 669

Fakenham Sports and Fitness Centre

01328 850 010

*Additional activities outside of this programme may carry charges.
Information accurate as of 30/06/23

