

ACTIVITIES FOR WHICH YOU HAVE TO PAY

GENERAL CONTACT FOR AGE UK - OXFORDSHIRE

Generations Games for the over 50s: to check availability

Contact: 01235 845403 See various locations below.
The first session is usually free for you to try.

BICESTER METHODIST CHURCH HALL

Victoria Road, OX26 6JQ **Behind** the church.

Age UK Strength and Balance

Mondays (2 sessions) 12.15 - 1:15 & 1:30 - 2.30 pm
For the over 60s £4.00 per session

Tai Chi (Not Age UK)

Tuesdays 2.00-3.00 & 3.10-4.10pm
£5.00 a session

Contact: Amy Thakurdas 07860 217771
athakurdas@gmail.com

KINGSMERE COMMUNITY CENTRE

Whitelands Way, Bicester, OX26 1EG

Age UK Strength and Balance

Thursdays 2.45 - 3.45 pm
6 weeks free if a GP referral £4.00 per session

Age UK with Parkinson's Oxfordshire - Big, Bold and Balance

Thursdays 1.30 - 2.30 pm
Cost depends on diagnosis £3.00 - £5.00 per session

Dance for Life Bicester - Gentle Dance for Strength, Balance and Fitness

Tuesdays 1.15 - 2.30pm £5.00 per session
Contact: Caroline Moss 07815 120727 or dancecreative@outlook.com

Felicity Wood - Yoga Various classes for different needs and age groups

Including Yoga for Beginners a 7-week Course
Website: felicitywood.co.uk/workshops/yoga-for-beginners
Contact: 07980304590 or felicity@felicitywood.co.uk

PIDDINGTON VILLAGE HALL

Ludgershall Road, Piddington Bicester OX25 1PU

Age UK Mature Movers Classes Contact Maggie Pearce 01844 237688

Mondays 2.00 - 3.00 pm £4.00 per session

HEYFORD PARK COMMUNITY CENTRE

Brice Road, Upper Heyford OX25 5TF

Age UK Strength & Balance For the Over 60s

Thursdays 10:45 - 11:45 am £4.00 per session

ACTIVITIES FOR WHICH YOU HAVE TO PAY

BICESTER LEISURE CENTRE

Different activities are available e.g.: Zumba, Yoga, LBT, aerobics, Walking Football for over 50s, swimming for over 50's, cardiac rehab, GP referral Gym, Senior Citizen fitness.

Various days and times

Monthly or annual membership. Many activities are available per session or group of sessions without membership.

Prices vary per session.

Contact: www.leisurecentre.com, type in "Bicester"
or call 01869 253914

EAST BICESTER COMMUNITY CENTRE

Keble Road, Bicester, OX26 4TB

07934 4270291 or

www.facebook.com/BicesterEast

Pilates/Zumba

Various days and times see

Ros White 07801 896295 or

www.realresultsbicesterfitness.co.uk

South Indian Classical Dance

(Bharatanatyam) Exercise dance for any age group

Thursday and Friday evenings, £6.00 per lesson

in a group with fully qualified dance instructor.

Shahila Gokulakrishna

gokulashahi2009@googlemail.com

WHITELAND FARM SPORTS CENTRE

Whitelands Way, Bicester OX26 1AJ

General Contact www.leisurecentre.com - Bicester

Choose - Whitelands or call 01869 814327

Bicester Fossils Walking Football Club for ages 50+

Contact: Steve 07447 908728 or stevempayne1@gmail.com

3 sessions per week for £3.00 a session with hot drink.

First session free

Mon 2.30-3.30 pm **Wed** 10.30 - 11.30 am **Fri** 6.30 - 7.30pm

VARIOUS LOCATION

YOGA, QIGONG & PILATES

Classes at various locations in Bicester,

Day & Evening options. See www.yogabeing.co.uk

Drop in/weekly price is £8 for daytime classes, £9 for evening ones

4 consecutive weeks, day or evening: £29

Contact: Elaine Whittaker: 07917 453224 elaine@yogabeing.co.uk

ONE STEP AT A TIME



**A GUIDE TO
PHYSICAL ACTIVITIES
FREE or for a small charge
at home or in the area
on your own or with others**



*This leaflet is one of the projects by the
Bicester Health Centre PPG
to help practice and patients.
Each GP practice in England has a
Patient Participation Group
which you can join.*

Edition 3: January 2020

FREE ACTIVITIES

AT HOME using information from NHS on line and/or information from your GP or physiotherapist.

When: Any time to suit **YOU**

If you are not sure: you may need to check what is suitable for **YOU** at your next GP appointment

Where:

<https://www.nhs.uk/conditions/nhs-fitness-studio/> or type into a search engine: NHS Fitness Studio, to choose exercise videos which you would like to try or which go with your existing exercise programme.

GETTING OUTSIDE with other people in a small group - become more confident

CHERWELL HEALTH WALKS

All Walks are accompanied. There is tea or coffee afterwards.

Contact

Jo Round, Physical Activities Project Support Officer
01295 221715 or jo.round@cherwell-dc.gov.uk

Grade 1 - up to 30 minutes on flat ground, or gentle slopes, with mainly firm surfaces and no steps or stiles.

Grade 2 - between 30 and 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

Grade 3 - between 45 and 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.

Where: BICESTER

Coker Close

Saturdays 11.30am Meet in the Health Centre car park Grade 1/2

Langford Village

Sundays 11.30am Meet outside Langford Medical Centre Grade 1/2

FREE ACTIVITIES

CHERWELL HEALTH WALKS (cont.)

Where: BICESTER (cont.)

Bure Park

Tuesdays 6.30 pm – meet outside former Busy

Bees and Church Grade 1 / 2

Thursdays 11.30 am – meet outside the chip shop and Co-op Pharmacy Grade 1 / 2

Whitelands Farm Sports Ground

Thursdays 10.00am Meet outside or look in café

Launton - The Bull Inn

Tuesdays 2.00 – 3.00 pm Grade 1 / 2

Where: AYNHO, South Northants (outside Bicester GP practice area) 01327 322267

Thursdays 10am Meet at the sports pavilion, off Charlton Road for all walks. Grade 1,2 or 3

BUCKS WALKS

Where: Marsh Gibbon

Mondays – 10.15 ready to walk 10.30

Meet outside United Reform Church, Tompkins Lane, Marsh Gibbon, OX27 0EX

Free parking

1. 30-40 minute walk – flat surfaces no stiles

2. 60-90 minute walk

Contact: Fiona Broadbent 01494 475367

simplywalks@buckscc.gov.uk

RAMBLERS

Contact: Mary Gough 07939 826412 or

www.ramblers-oxon.org.uk/bicester-kidlington

BICESTER GREEN GYM

Outside conservation work at your own pace.

Skills taught and tools provided.

Various days and depending on the seasons, various places e.g. Bure Park, Langford Village,

Car sharing if going outside Bicester

Contact: Secretary 01869 600952

www.bicestergreengym.org.uk

FREE ACTIVITIES

BICESTER NEIGHBOURHOOD GREEN SPACES

Whenever you want to go; you will see people walking slowly or jogging or perhaps running.

You do what you feel you can. **Where:** Bure Park, Shakespeare Drive, Southwold, Pingle Field, Garth Park, alongside the new Sports Village at Whitelands Farm Sports Ground, Jubilee Lake, Langford Community Orchard, Langford Village, Launton Meadows.

BICESTER BLUE LINE

HEALTH ROUTES

There are THREE 5km routes

Contact: for maps to follow the BLUE lines

www.cherwell.gov.uk/downloads/237/walking

BICESTER TOWN CENTRE

DISCOVERY WALK

1.5km only. 15-20 minutes. Map on display in Sheep Street – near the sheep sculpture. Follow stencils of 2 blue feet in a blue circle.

BICESTER SOCIAL CYCLING

Meet 9:30a.m. on the 1st Saturday of the month, outside The Lamb in Sheep Street. Cycle and coffee. Distance variable. 07974 821009 for info.

FOR ALL WALKS & OUTSIDE ACTIVITIES

Wear suitable footwear & clothing; take a stick if you need one. Take water too, if a longer walk.

NOTE: *The information presented in this leaflet is provided in good faith and is accurate and reliable to the best of our knowledge and belief, but is not guaranteed to be so. It is the responsibility of the reader to verify the information and to establish the suitability of any activities. Nothing herein is to be construed as recommending any activity organiser or provider.*