



ACTIVE WIRRAL

STRONGER HEALTHIER HAPPIER

WELLBEING PROGRAMME

- Are you pre or post operation?
- Are you beginning or re-starting your Health and Wellness journey but don't know where to start?

We're here to help you...

Welcome to the Active Wirral Wellbeing Programme

Active Wirral is on a mission to help people who live and work in Wirral boost their physical activity. If you're looking to move more, we're here to support you every step of the way.

We're making exercise and activity accessible to all, through free and affordable options at our leisure centres, golf courses, lakes, picturesque coastline, parks and open spaces. You can also take part in a fantastic variety of low to medium intensity group exercise classes across our facilities.

Over the following pages, you'll find lots of information about the wide range of options we have available that will hopefully inspire you to try something new, move more and start feeling the benefits of a more active lifestyle.



Visit [activewirral.com](https://www.activewirral.com) or call us on 0151 606 2010



Why take part?

The activities available through the Active Wirral Wellbeing Programme are:

- Easy to access for all levels of fitness and ability
- Active and fun to be part of
- Adaptable to ensure you work at your own pace
- Gentle on joints and beneficial for prehab and rehab



Call us on **0151 606 2010** or visit **activewirral.com**



What are the benefits of physical activity?

- Improves flexibility and strength
- Improves co-ordination
- Improves circulation
- Improves posture and balance
- Improves confidence and self-esteem
- Improves sleep quality and energy levels
- Improves mental health by reducing anxiety and depression symptoms
- Prevents and promotes recovery from operations, injuries, prehab and rehab
- Reduces the risk of developing illnesses such as heart disease, type 2 diabetes, stroke and some cancers
- Reduces risk of falling
- Social, fun and a great way to meet new people

Visit activewirral.com or call us on 0151 606 2010

Stronger, Healthier, Happier

Active Wirral is supported by three pillars:

Stronger

Regular exercise adds to life expectancy. The more you exercise, the greater the benefit. But as well as increasing muscle mass, strength training increases bone density and joint flexibility, helping joints stay flexible and keeping you active.

Healthier

Staying healthy physically can help you stay healthy emotionally too. If you're eating the right food and keeping fit, your body will be strong and help you to cope with stress, fight illness and will also help you stay in good health later in life.

Happier

Happiness lowers your risk of cardiovascular disease, lowers your blood pressure, enables better sleep, improves your diet, allows you to maintain a normal body weight through regular exercise and reduces stress.

Call us on **0151 606 2010** or visit **activewirral.com**

A-Z of low level activities

Take a look at the wide variety of activities on offer across Wirral and see which ones inspire you to get more active.

ACTIVITY	DESCRIPTION	LOCATION
ADULT SOCIAL BADMINTON	Enjoy a badminton session for mixed abilities. This is a chance to spend time with like-minded people in a relaxed and friendly atmosphere.	L
AQUA JOG	All the benefits of running but with less impact on the body. Water is denser than air, so you'll burn more calories. Buoyancy aids are provided.	GG
AQUA ZUMBA	Perfect for those looking to make a splash with a low impact exercise with the addition of water resistance, it's one pool party you shouldn't miss!	EU WK GG
AQUA	Aqua Aerobics is a low impact workout using traditional group exercise, but in the water, designed to tone and shape. Also suitable for non-swimmers.	EU O WK GG L
CARDIAC REHAB	A referral programme of support, exercise and education to strengthen your heart and help make long-term changes for better cardiovascular health.	O
CHAIR YOGA	A gentler approach to yoga that utilises a chair for those who have mobility issues, are new, or are looking for a less impactful approach to yoga.	O
CHAIR-BASED EXERCISE	Chair-based exercise classes improve your posture and reduce your risk of falling. They target cardio-vascular fitness, muscular strength and flexibility.	EU WK



ACTIVITY	DESCRIPTION	LOCATION
CIRCUIT LOW LEVEL	A less intense circuit class in which our instructors help you raise your heart rate and build strength in ways that are gentler on the body.	
CYCLING	A great way to keep active whilst avoiding any pounding on the joints. Routes vary across Wirral and are often traffic free.	
EASY LINE	Fitness equipment which utilises hydraulic resistance pistons to provide extra support while exercising, providing cardio and strength training.	 
ESCAPE PAIN	6-week programme for anyone with chronic joint pain, focusing on either backs or hips and knees. It combines learning with personalised exercise plans.	 
LADIES FITNESS	An instructor led gym-based session, solely for women. It will give you a great workout, whilst improving your confidence with the gym environment.	 
LINE DANCING	A dance-based exercise class. Whether you want to get your heartbeat racing or just get your body moving gently, this is the class for you. Yee-Haa!	
NORDIC WALKING	Outdoor walking with Nordic walking poles, which aid in reducing strain on knees and joints, making for a less impactful approach to walking.	
OTAGO	A strength and balance retraining programme, designed to increase daily activity and reduce the risk of falls.	Email activeyou@wirral.gov.uk for details

ACTIVITY	DESCRIPTION	LOCATION
OUTDOOR GYM EQUIPMENT	Wirral has several outdoor gyms at various locations, all with a great choice of equipment to keep you fit for free! Visit Outdoor gyms in Wirral parks. Search 'Wirral outdoor gyms' to find a location near you.	V
PILATES	Pilates uses strengthening and elongating exercises to improve your body's balance, posture, strength and flexibility.	B EU WK GG L
PILATES INTRO	This class is aimed at beginner levels, starting with accessible movements. Go at your own pace and build up slowly.	WK
RUN IN WIRRAL	Sessions cater for the complete beginner, mixed jogging and walking, to the more experienced runner. Our very friendly qualified run leaders are keen to help you get going. Search 'Run in Wirral' for more information and session times.	V
SANDCRUISER WHEELCHAIR HIRE	Uniquely designed wheelchairs that help people with mobility difficulties and physical disabilities access the beach and coastal areas. Please call ahead to book on 0151 929 7707 or 0151 606 2010.	WK FP
SWIMMING	Being low impact, swimming is a great way to improve cardiovascular strength. Active Wirral offers public, family and lane swimming. All pools have disability access meaning anybody can take a dip!	EU O WK GG L
TAI CHI	A class combining deep breathing and relaxation with flowing and gentle movements. This may help reduce stress, improve posture, balance and general mobility.	B EU O WK GG L

ACTIVITY	DESCRIPTION	LOCATION
THIS GIRL CAN	Originally launched by Sport England, this type of class encourages and inspires women to get active without embarrassment or judgement, no matter their size, shape, or background.	
TONING TABLES	Toning tables work on various parts of the body, stretching and tightening your muscles without stress or strain.	
TRANQUIL SWIM	Ideal of anyone who may feel anxious, have a health condition or are pre/post operation. This session provides a peaceful and relaxing environment.	
WALKING ROUTES	Wirral offers a wide range of walking routes so you can keep fit while exploring our beautiful peninsula. For more info search 'Walking in Wirral'.	
WELLBEING WALKS	Low impact walks in Wirral's fantastic green and outdoor spaces. Walks are graded, ranging in duration and intensity and take place weekly. Search 'Run in Wirral' for more information and session times.	
YOGA	A combination of movement, focus, breath control and meditation. The adoption of specific body postures helping to promote physical and mental health and relaxation. Namaste.	
YIN YOGA	Unlike standard Yoga, Yin Yoga is practised with the muscles relaxed and the postures held for a few minutes, making it a gentler approach to stretching and strengthening the body.	

Low level activity timetable (Afternoon and Evening)

MON		AQUA JOG Guinea Gap Pool 3pm-3.45pm Jean	YOGA Leasowe 4pm-5pm Colin		NORDIC WALKING West Kirby 6.30pm-7.30pm Jenny	YOGA Guinea Gap 6.45pm-7.45pm Paul	AQUA Guinea Gap Pool 7.15pm-8pm Lynn		
TUES	YOGA West Kirby 2.40pm-3.40pm Colin	AQUA Guinea Gap Pool 3pm-3.45pm Jean	ESCAPE PAIN Bidston 4pm-5pm Becky	PILATES Oval 5pm-6pm Kat	YOGA West Kirby 6.40pm-7.40pm Nikki		AQUA Europa Pool 8.15pm-9pm Lynn		
WED	ESCAPE PAIN Guinea Gap 2pm-3pm Frank	TAI CHI West Kirby 3.40pm-4.40pm Xingbo	BREATHWORK Bidston 5pm-6pm Diane	PILATES Leasowe 5.30pm-6.30pm Colin	THIS GIRL CAN West Kirby 6pm-6.45pm Louise	GENTLE YOGA Bidston 6pm-7.15pm Diane	NORDIC WALKING West Kirby 6.30pm-7.30pm Jenny	AQUA West Kirby 7.30pm-8.15pm Nichola	
THUR	TAI CHI Bidston 2.30pm-3.30pm Xingbo	YOGA West Kirby 2.40pm-3.40pm Colin	YOGA Bidston 4.45pm-6pm Diane	YOGA Leasowe 5.45pm-7pm Paul	YOGA West Kirby 6pm-7pm Neil	LOW LEVEL CIRCUITS Europa 6pm-6.45pm Shelagh	LADIES FITNESS Europa 7pm-8pm Shelagh	AQUA Oval Pool 7.30pm-8.15pm Sarah	AQUA Europa Pool 8.15pm-9.15pm Shelagh
FRI	ESCAPE PAIN Guinea Gap 2pm-3pm Frank	TAI CHI West Kirby 3pm-4pm Xingbo	AQUA Guinea Gap Pool 3.15pm-3.45pm Jean						
SAT									
SUN					INTRO TO PILATES West Kirby 6pm-7pm Nick				

Outdoor Activities

Outdoor sessions can be a great way to get moving. Getting active outdoors can help you to stay motivated, as you breathe in fresh air and some of the beautiful sights our peninsula has to offer at the same time. As well as the options below, you can try self-led activities like walking and cycling, or join us for Wellbeing Walks or Nordic Walking sessions.



Wirral Watersports Centre

Based at West Kirby Marine Lake, you can try a variety of activities at Wirral Watersports Centre or simply enjoy a peaceful walk to relax and unwind, while taking in the beautiful views of the River Dee.

- Stand up paddle boarding
 - Kayaking
 - Sailing
 - Windsurfing
 - Use of beach wheelchairs
- and much more.

Visit and help out at our Allotment

Active Wirral has an allotment plot in Birkenhead Park. Why not join with the group for some alternative 'down time'.

You can find out more about these on our website.

Call us on **0151 606 2010** or visit **activewirral.com**

Disability & Accessibility

All our leisure centres and facilities are accessible to those with disabilities and additional needs. This includes aspects such as disabled toilets and changing facilities. Support equipment and pool hoists are also available for access into, and out of swimming pools. Please call us to find out the latest timetables for the following activities.

Tennis sessions

Our tennis operator Play Point Sports delivers coached sessions to people with disabilities or mental health issues at various locations across Wirral. Contact Play Point Sports for more information on info@playpointsports.co.uk or 07872 161712.

Swim sessions

Join us on our specialised swim sessions designed for those with additional needs. Whether it's for exercising, for training or to simply feel more comfortable in the water, Active Wirral can cater for your needs.

Beach wheelchairs

Enjoy the natural beauty of our beaches, on a beach wheelchair. Simply call ahead to book. These are available free of charge.

Wirral Watersports Centre, West Kirby
0151 929 7707

Floral Pavilion, New Brighton
0151 606 2010

Beach wheelchair rental:
activewirral.com/beach-wheelchair-rental

Further support

Active Wirral has a dedicated Disability Officer should you have any additional questions.

To get in touch please contact:
catherinedunn@wirral.gov.uk

Visit activewirral.com or call us on **0151 606 2010**

Next steps

If any of these activities catch your eye, please visit the Active Wirral website, or phone our call centre to see where and when an activity is hosted and get yourself booked on.

We advise that you consult your doctor if you have any concerns about taking part in any form of physical activity.

Most of the activities in this brochure are available to attend as a casual user or as an Invigor8 member. You'll find more details of the Invigor8 membership scheme below. As an Invigor8 member, some activities may be included within the membership or at a discounted rate.

Casual user prices are:

Gym: £7.90

Swimming: £6.20

Exercise class: £6.10 (dry), £7.10 (wet)

Wirral Passport

Sign up for the Wirral Passport to get 25% off every class you attend for just £7.50 per year, subject to eligibility. To find out more and sign up speak to any of our receptionists or call 0151 606 2010.

What is best for me?

Our instructors will always try to accommodate you and any additional support you may need, but you'll find that some classes and instructors are easier than others. We'd encourage you to try a variety at first to find the right level for you. We can arrange for you to observe any classes you might be interested in. Please speak to reception at the relevant leisure centre to arrange this.

Our friendly staff are here to help and support you in any way they can. If you get hooked and want to continue your journey of physical activity, maybe one of our memberships would suit you best.

Call us on **0151 606 2010** or visit **activewirral.com**

Invigor8 Memberships

Invigor8 is the fitness subscription available to buy from Active Wirral. Our memberships provide access to our wide range of facilities across our leisure centres - from our gyms to our pools, with classes and activities included free of charge, or at a discounted rate.

We offer a range of membership options, including off-peak Saver Memberships and discounted Local Memberships for your nearest centre. We also run a Health Membership for those living with a health condition, which is explained below. Our memberships require only 10 working days' notice to cancel.

Invigor8 currently offers a **FREE 3 DAY PASS** so you can come and find out what you enjoy most, at no cost to you.

Invigor8 Health Memberships

Invigor8 Health is accessible via a referral form from your GP practice, social prescriber or health coach. This entitles you to purchase an Invigor8 Health membership at the discounted price of £15 per month for a maximum of 3 months per year (T&Cs apply).

If you are living with a health condition, this is the pass for you.

Active Wirral often delivers specific projects on behalf of funders such as Sport England, Public Health and other Government-led programmes. If you allow for communications to be sent to you when you sign up for your membership, we can invite you to participate where appropriate.



Get started today, visit our website or call us to sign up.

Visit [activewirral.com](https://www.activewirral.com) or call us on **0151 606 2010**

USEFUL CONTACTS

The following local organisations and charities may be able to offer additional support and guidance for any conditions or issues you may be experiencing.

ABL Health (stop smoking)

0151 541 5656
ablhealth.co.uk/contact
smokefreewirral.co.uk

Age UK

0151 482 3456
enquiries@ageukwirral.org.uk
ageuk.org.uk

Autism Together

0151 334 7510
enquiries@autismtogether.co.uk
autismtogether.co.uk

British Heart Foundation

0151 515 7010
bhf.org.uk

Citizens Advice Wirral

0808 278 7848
citizensadvice.org.uk

Connect Us Wirral

0151 644 4500
involvenorthwest.org.uk

Family Toolbox

familytoolbox.co.uk
hello@familytoolbox.co.uk

Healthwatch Wirral

0151 230 8957
info@healthwatchwirral.co.uk
healthwatchwirral.co.uk

Journey Men

0151 792 9159
enquiries@journeymencic.com
journeymencic.com

Maggie's Wirral (Cancer)

0151 334 4301
enquiries@maggies.org
maggies.org.uk

NHS Talking Therapies

0151 649 1859
wirral@everyturn.org

Parkinson's UK (Wirral)

0300 123 3683
wcheswirr@parkinsons.org.uk

Tomorrows Women

0151 647 7907
admin@tomorrowswomen.org.uk
tomorrowswomen.org.uk

Wired

0151 522 7990
wired.me.uk
contact@wired.me.uk

Wirral Change

0151 649 8177
info@wirralchange.org.uk
wirralchange.org.uk

Wirral CVS

0151 433 3371
www.wcvs.org.uk
info@wcvs.org.uk

Wirral Mencap

0151 666 1829
info@mencapwirral.org.uk
wirralmencap.org.uk

Wirral Mind

0151 512 2200
wirralmind.org.uk

Wirral Ways to Recovery

0151 556 1335
wirral.services@cgl.org.uk
changegrowlive.org

Wirral Info Bank

0151 644 4516
connectus@involvenorthwest.org.uk
wirralinfobank.co.uk

Call us on **0151 606 2010** or visit **activewirral.com**

WHERE WE ARE

- 1 Arrowe Park Golf Course**
Arrowe Park Road, Birkenhead, Wirral, CH49 5LW
- 2 Bidston Sports and Activity Centre**
Valley Road, Birkenhead, Wirral, CH41 7EJ
- 3 Europa Pools Leisure Centre**
Conway Street, Birkenhead, Wirral, CH41 6RN
- 4 Guinea Gap Leisure Centre**
Riverview Road, Wallasey, Wirral, CH44 6PX
- 5 Leasowe Leisure Centre**
Twickenham Drive, Leasowe, Wirral, CH46 1PF
- 6 Oval Leisure Centre**
Old Chester Road, Bebington, Wirral, CH63 7LF
- 7 Warren Municipal Golf Club**
The Grange, Grove Road, Wallasey, Wirral, CH45 0JA
- 8 West Kirby Concourse**
Grange Road, West Kirby, Wirral, CH48 4HX
- 9 Wirral Watersports Centre**
South Parade, West Kirby, Wirral, CH48 0QG
- 10 Woodchurch Community Football Hub**
Carr Bridge Road, Woodchurch, Wirral CH49 8EU







SCAN TO
SIGN UP FOR
FREE
3 DAY PASS
T&Cs apply.

Call our friendly team on: **0151 606 2010**

Visit our website: **activewirral.com**