Free and low cost activities in Brentwood





FREE OR LOW COST ACTIVITIES AND WALKS

Qigong for Mental Health (fully funded by Active Essex)

12 week course at Brentwood Theatre, Shenfield Road, CM15 8AG Wednesdays 11.15 -12.00 midday Booking only: gill.bauer@btinternet.com

Menocize Programme

13 week course funded by Active Essex, including movement and discussion, relating to women's health.

No booking needed —can dip in and out as appropriate.

Contact:gill.bauer@btinternet.com

Boxfit Training

12 week course for 18+ adults to improve mental & physical health with Cezara Started 10 May and fully booked

MIND WALKS

Thurrock and Brentwood MIND https://thurrockandbrentwoodmind.org.uk) Leaving from Warley MIND on Thursdays at 10am for 1 hour.

FREE Health walks daily from Monday to Friday

www.brentwood.gov.uk/walking_and cycling

Living with Cancer, Brentwood Leisure Centre Funded by Active Essex until April this year E-mail: referme@impulseleisure.co.uk

RUNNING AND WALKING ACTIVITIES:

PARK RUN/ PARK WALK - Free 5k timed weekly walk or running event Check the website for your local Brentwood Park Walk/Park Run EVERY SATURDAY (ADULTS) in South Weald Park and there is a Junior Park Run/walk planned in Hutton, 9.00 on Sundays, when the weather is warmer

Some local events - Billericay Chelmsford and Hockley - run a group for people living with and beyond Cancer at their local park run – last Saturday of every month. This does not seem to be available for Brentwood. www.5kyourway.org

Brentwood Running Club

https://www.brentwoodrunningclub.co.uk

Brentwood Beagles Athletics Club

https://www.beagles.org.uk

Thorndon Walking & Running Club

Contact Donna on 07876 336948 or Su on 07914641199

Tri Sport Essex

Suitable for age 8+- offering running, swimming, cycling, triathlon https://trisportessex.org

Thrift Green Trotters

https://thriftgreentrotters.co.uk





FREE community activities in Brentwood

Go Jauntly App –Download the FREE app for lots of walks, local to where you are free of charge.

Exploring the wonderful country parks – Thorndon Country Parks (Gruffalo Trail – Thorndon North), South Weald, Warley Place and other Essex Parks.

Buy the Essex Explorer Pass for use in all Essex County Council parks for 1 year. £75 standard pass, Over 65's and concessions £52

Park Run - Weald Park (Junior Park Run being set up in Hutton)

https://parkrun.org.uk

ATF: FREE ACTIVITIES FOR CHILDREN /Young people https://www.atfcommunity.com/whatson - Wednesday afternoons term time 4.30 -6pm, Hutton Recreation Ground MUGA for football and games, followed by indoor drinks, snacks and games at Daily Bread Café.



C & B Yoga (Baby & Me Yoga)

Postnatal Care & Core Wellness
Hutton & Shenfield Union Church
Mondays 12.30-13.30
FULLY Active Essex Funded
https://candbyyoga.com/registration

Chat 1st

FREE 12 session Introduction to Karate
Starting 15 March
Register interest: chat1stwellbeing@gmail.com

Little Fishes, Daily Bread Café, Hutton
For babies and Pre-School aged children
Term Time Thursdays 9.30-11am
No need to book – all children and their carers welcome
Contact: office@huttonparish.com

Who Let the Dads Out

Hutton & Shenfield Union Church, Roundwood Avenue, CM13 2NA 1st Saturday of the month for 0-5 year olds and their dads, grandads, male carers.

Time 10-13.00

No need to book. Just turn up and play.

Donation box only.

Dad's Café, Hutton and Shenfield Union Church, Roundwood Avenue, CM13 2NA

Every Saturday of 2023 at 9-12am for Dads and babies under 2 years old No need to book. Just turn up.

Red Balloon Foundation – donation only events including those at Hutton & Shenfield Union Church and Brentwood Baptist Church https://www.rbf.org.uk



POPULAR WITH OLDER ADULTS Over 50s Activity Clubs:

Strollercise Brentwood

50's & 60's music

https://www.strollercise.co.uk/strollercisebrentwood

All classes £5.

Every day Monday – Friday at various Brentwood locations

New Brentwood Tea Dance

(with Chat 1st and Brentwood Borough Council),
Nightingale Centre, Warley, Brentwood
Monthly Thursdays 11-13.00
£5pp including cuppa and cake
SEN and Dementia friendly

Www.chat1st.co.uk

New Dates for 2022

INCLUSIVE FOR ADULT SEN AND DEMENTIA FRIEND

WOOTHLY

NEW DATES FOR 2022



Kazen Kai Centre, Bannister Drive, Hutton

https://www.kazenkai.com

Low Impact Fitness for the Elderly Tuesdays & Thursdays 13.15-14.00 £6 per class run by Emma



SHORT MAT BOWLS

Plenty of local clubs offering short mat bowls including Hutton Community Centre 50+ Club, £5 per annum membership plus £2 per session

https://huttoncommunitycentre.com

ZUMBA GOLD

Lower impact version of this popular dance workout https://www.zumba.com



U3A (UNIVERSITY OF THE THIRD AGE), 3 different

Brentwood Groups

Activities for retired people led by members so activities are lower

Cost. Small yearly membership fee applies and costs for individual events as appropriate.

https://www.huttonu3a.org.uk

https://alexanderhost.org.uk

https://u3asites.org.uk/shenfield



POPULAR CLASSES (FEES APPLY)

Clubbercise and Boxercise

Led by various people
Eg <u>cezara.bokwa@yahoo.co.uk</u>

Health Fitness & Kinesiology

South Weald Parish Hall, London Road, CM14 4NP - Gill Bauer £5 per health &fitness class, £6 Qigong, £7 Yoga Nidra E-mail: gill.bauer@btinternet.com

Devi-Deva Holistic Centre,

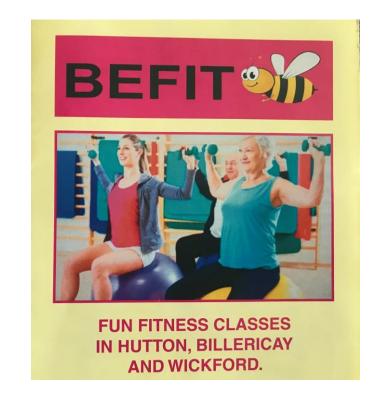
Springfield Avenue, Hutton https://devi-devayoga.com

Various yoga, pilates, qigong classes available – very highly rated.

Befit Fitness Brentwood and Billericay

Fun, total body workout

E-mail: LesleyBfit@mail.com



Contact me for other ideas of paid for clubs and classes

INCLUSIVE ACTIVITIES

www.activeessex.org/find-your-active/-FREE ONLINE CLASSES workout-channel

SNAP - Special Needs And Parents.

For families with children with additional needs aged 0-25

https://www.snapcharity.org

Therapy, Exercise, Active M.S. Essex (T.E.A.M.S Essex)

E-mail: <u>t.e.a.ms@outlook.com</u> or Jaci on 07366 395 847 Or Tina on 07939 941159

Thurrock and Brentwood MIND

https://thurrockandbrentwoodmind.org.uk

Chat 1st Youth

Youth Programme for 12-19 year olds with or without SEND https://www.chat1st.co.uk

Aqua Mobility Swimming (Monday – Friday)

Brentwood Leisure Trust

https://everyoneactive.com

BASIS, the Reading Rooms, High Street, Billericay Keep Fit for visually impaired, coffee 2nd hour(low impact) 10-12midday on Tuesdays (£2.50 for the session) https://www.basissouthessex.org.uk/activities/billericay/

SPORT FOR CONFIDENCE – Brentwood Centre

Various inclusive activities £3.50 per session https://www.sportforconfidence.com

WheelPower Online Exercise Classes https://wheelpower.org.uk

Essex Activate

School holiday programme

– food and activity.

Some clubs dedicated
to those with extra needs.

https://www.activeessex.org



everyone Active

TRAILNET

Thorndon Park Inclusive Cycling. CM13 3RZ
For children and adults. All types of bike hire too as well as SEND days https://www.Trailnet.org.uk/inclusive-cycling.html
Telephone 07939 249980

GREAT DANES Football Club

Inclusive sport sessions Saturday mornings 9am
Age Youth and Young adults suitable for multiple impairments
https://gtdanessyfc.co.uk

CORNER CLUB – Galleywood Youth Centre, Chelmsford Suit age 13 -17 years SEND pupils

Monday eve 4-6pm

For more info contact: Emma.Cavanagh@essex.gov.uk



Sports Centres and Community Centres

Brentwood Centre, Pilgrims Hatch, CM15 9NN https://www.everyoneactive.com

Telephone 01277 215151

Huge variety of activities and classes available.
Free membership card and costs apply for activities

Better Gym, Baytree Centre, CM14 4BX

https://www.better.org.uk

Newly refurbished

Barbell Girls,

Oakleigh Farm, Rayleigh Road, Hutton Weight training for women

https://m.facebook.com/barbellgirls.com

Telephone number: 07736 279568 E-mail: BarbellGirls@hotmail.com

£6 per session



Barbell Girls

Hutton Community Centre, Harrison Close, Hutton

https://www.huttoncommunitycentre.com

Telephone number: 01277 231600 Wide choice of classes – 35 in total

Knights Way Centre, Knights Way, Hutton

https://www.knightswaycentre.co.uk

Telephone number:01277 220510

(phones not manned a lot of the time) – best to e-mail:

info@knightswaycentre.co.uk

Wide range of activities in centre

Ingatestone & Fryerning Community Association, High Street, Ingatestone

Lots of local activities

https://www.ifcc.org.uk

Ongar Leisure Centre

https://placesleisure.org

Bishop's Hall Community Centre, Pilgrims Hatch

https://www.brentwood.gov.uk





Carol Wakeman Community Connector for Brentwood

Working as part of Active Essex 'findyouractive' campaign.

HOW I CAN HELP?

- Promote activities through our Facebook and Instagram pages 'findyouractivebrentwood' and within the community
- Signpost individuals to an activity
- Come along to and promote your activities
- Provide pop ups for organisations and the public

If you would like any help to find local activities...

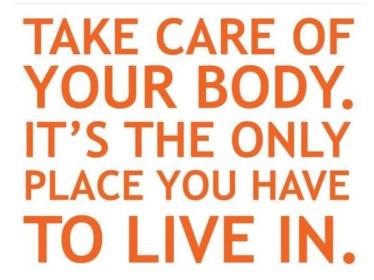
PLEASE JOIN:

https://www.facebook.com/FindYourActiveBrentwood or Instagram: 'findyouractivebrentwood'

Please message me via my Facebook page or email: Carol.Wakeman@ceessex.org.uk

Or phone me on 07858 372323 (I work part time so will get back to you as soon as is possible)

Search and add activities for free here https://www.activeessex.org/activity-finder/



March 2023