

Free and low cost activities in Brentwood



March 2023



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



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 cezara.bokwa@yahoo.co.uk

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: t.e.a.ms@outlook.com 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>

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
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- March 2023

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/>

**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**