Free and low cost activities Basildon









RUNNING AND WALKING ACTIVITIES:

PARK RUN/ PARK WALK Free 5k timed weekly walk or running event Check the website for your local (Basildon, Billericay, Wickford) EVERY SATURDAY (ADULTS) and SUNDAY (FAMILIES) 9 AM

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. www.5kyourway.org`

Backside to Trackside

https://www.basildon.gov.uk/backsidetotrackside FREE 0 to 5k running programme as and when planned – check their page CURRENTLY AT BASILDON SPORTING VILLAGE

MOTIVATED MINDS



Mon 1 pm walk from Happy Hub in Basildon

FREE Activities and walks from the Happy Hub in Basildon

Welcome to Motivated Minds (motivatedminds.co.uk)

MIND WALKS Basildon Mind (basmind.org) Twice weekly walking group from Basildon (WEDS) and Vange (FRI)





LOCAL RUNNING CLUBS: (yearly memberships applicable)

BILLERICAY STRIDERS Billericay Striders Running Club - Family Friendly Running Club %

PHOENIX STRIDERS Welcome | phoenixstriders

PITSEA RUNNING CLUB HOME | Pitsea Running Club

The Run Fit Club

https://www.facebook.com/runfit2019

Various walk, walk/run, running, strength conditioning and other activities £5 a year membership with all sessions free







FAMILY ACTIVITIES:

FREE #MeetMovePlay https://park-play.com/ FREE ACTIVTY SESSION FOR FAMILIES IN YOUR LOCAL PARK SAT AM

FREE community activities in Basildon and Laindon Check the website for what's on where



ESSEX ACTIVATE- FREE SCHOOL HOLIDAY CLUBS AND SUPPORT

w.activeessex.org/children-young-people/essex-activate/

www.activeessex.org/essex-activate-get-supportcet.co.uk

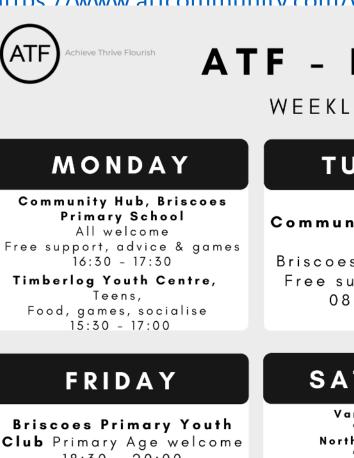
FREE FOOTBALL





ATF: FREE ACTIVITIES FOR CHILDREN

https://www.atfcommunity.com/whatson



18:30 - 20:00 King Edward Community Centre,

Fun games, 11 - 16 yrs 17:00 - 19:00

Vange ParkPlay 2:30 - 11:30 Northlands ParkPlay 9:30 - 11:30 Eversley ParkPlay 9:30 - 11:30 Gloucester ParkPlay 10:00 - 12:00 Mopsies ParkPlay 10:30 - 12:30

FC Redwing Football

GIRLS (reception and Yr1) FREE GIRLS FOOTBALL - WILDCATS **RECEPTION to YR 6**

cet.co.uk

JUNIOR PARKRUN: Sundays 9 am at selected parkrun locations junior events | parkrun UK



ATF - BASILDON

WEEKLY SCHEDULE

TUESDAY

Community Drop in with Kelly Briscoes Primary School Free support & advice

08:30 - 15:00

SATURDAY

WEDNESDAY

Briscoes Primary, Community Session, all welcome 17:00 - 18:00 Vange Community Centre,

community session, all welcome 17:00 - 19:00

KEY INFO

All of these sessions are free and open to the whole community - we can't wait to see you there! If you have any questions please email: rlong@atfcommunity.com

https://www.facebook.com/FCRedwing FREE ACADEMY FOIR BOYS AND

PL KICKS FOOTBALL – SOUTHEND Contact d.hall@southendunited-

POPULAR WITH OLDER ADULTS Over 50s Activity Clubs

(Yearly membership plus small class fee per sessionhttps://www.basildon.gov.uk/activitycentres

Your local centres are:-

GEORGE HURD CENTRE The George Hurd Activity Centre – Basildon

LAINDON ACTIVITY CENTRE **The Laindon Activity Centre - Basildon**

PITSEA ACTIVITY CENTRE The Pitsea Activity Centre – Basildon

SHORT MAT BOWLS Plenty of local clubs available including Hannakins Short Mat **Bowls Club, Billericay (hugofox.com)**

U3A (UNIVERSITY OF THE THIRD AGE) Basildon & Billericay u3a: Groups (u3asites.org.uk)

Activities for retired people led by members so activities are lower

Cost. Small yearly membership fee applies.

POPULAR CLASSES (FEES APPLY)

STROLLERCISE 50s dance fitness

MOVE IT OR LOSE IT Low impact exercise Find a Class - Move it or Lose it

ZUMBA GOLD Lower impact version of this popular dance workout www.fitandfab.co.uk

MOVEMENT TO MUSIC WITH EMMA (5) Movement to Music with Emma | Facebook Low impact aerobics

Contact me for other ideas of paid for clubs and classes







HOME | Strollercise - Stroll Your Way To Fitness



INCLUSIVE ACTIVITIES

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

WALKING FOOTBALL Walking Football Near Me - The WFA Club **Directory** Contact club for prices

WALKING NETBALL Via Basildon Sporting village app or website Basildon Sporting Village | Gym, Swim, Climbing & **More | Everyone Active**

INCLUSIVE FOOTBALL AND SPORTS

Inclusive Sport - Providing sports and activities for all abilities

SNAP - Special Needs And Parents. Registered charity (No.1077787) (snapcharity.org) For families with children with additional needs aged 0-25

MIND BASILDON (FREE) Allotment in Vange open Tuesdays **Basildon Mind (basmind.org)**

TRUSTLINKS: (FREE) Gardening and Mental Health support New site opening in Vange Jan 2023 **Growing Together Basildon: Therapeutic Gardening - Trust Links**

Growing Communities • Transforming Lives

SPORT FOR CONFIDENCE **Sport For Confidence**

Various inclusive activities £3.50 no need to book.





meet new friends and learn new skills.

PER SESSION

Cycling and Love to Move are currently a closed session, due to their specialist nature. Please discuss your interest in attending any of the sessions with your Occupational Therapist before arriving.

Lyndsey Barrett Tel 07809 142805 Ema lyndsey@sportforconfidence.com Megan Potts Tel 07394 564942 Email megan@sportforconfidence.com Robert Walker Tel 07593 555708 Email robert@sportforconfidence.com





Cranes Farm Road, Basildon SS14 3GR



***FOR ALL SESSIONS, WITH THE EXCEPTION** OF GYMNASTICS, WHICH TAKES PLACE AT THE EVERSLEY CENTRE, PITSEA.



C G eaBasildonSV Basildon Council

CURRENT FUNDED / FREE REFERRAL AND NHS SUPPORTED PROGRAMMES





Let's Move Essex Programme (versusarthritis.org) FREE sessions for people with arthritis/ MSK Conditions in Pitsea and Laindon

Dance on Prescription/Arts for Health - Central Basildon Primary Care Network (centralbasildonpcn.nhs.uk)



incl free refurbished bike, helmet and lock upon

info@trailnet.org.uk

Rose Villa Community Garden Project Pitsea anyone can come along email sallyj@trustlinks.org

Laindon Buggy Walks – open to all



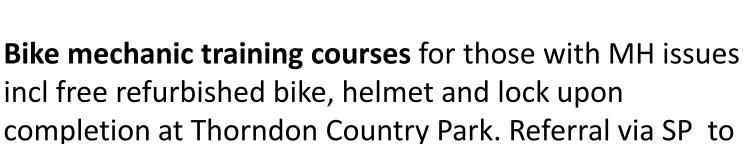
https://www.yoga4all.co/yoga4health 10 week FREE yoga programme via referral Suitable for those with with stress mild anxiety or depression.

At risk of Type 2 diabetes or a cardiovascular event or suffering from social isolation.

Cancer Rehab Programmes at Club Kingswood Health Cluk referrals made via email to referme@impulseleisure.co.uk









Other ideas:

Billericay Men's Shed https://www.facebook.com/BillericavMens shed 07544 752686



Andy's Man Club Basildon – peer to peer support #itsgoodtotalk http://www.andysmanclub.co.uk/

FREE TO ATTEND MON 7pm Lincewood



The Craig Tyler Trust

Craig Tyler Trust

https://www.thecraigtylertrust.co.uk

Mental Health support groups and suicide prevention



Yoga- donation based on what you can afford YOGA CLASSES | Southend-onSea | Yoga4all **Online and in person**

THIS
GIRL
CAN

#ThisGirlCanEssex ambassadors are offering fun and free activities all across the county to get you moving during our<u>#WomenLikeU</u>s festival week, sponsored by<u>WI Essex</u>, in celebration of International Women's Day! Give involved and sign up today: <u>https://www.activeessex.org/.../women-like-us-festivals/</u>

Community Gardens and Gardening Friends Of Lake Meadows Friends of Lake Meadows | Facebook Friends of Great Berry Community Group Friends of Great Berry Community Group | Facebook **Billericay Community Garden Billericay Community Garden | Billericay | Facebook** Friends of Wickford Memorial Park **Friends of Wickford Memorial Park - Home**

(3) Environmental Activities Volunteering - Trust Links **Trust links community Projects**

LITTER PICKING Billericay Litter Pickers | Facebook Wickford Wombles | Facebook











Kat Gordon Community Connector Basildon

HOW I CAN HELP?

- Promote activities through our facebook page and within the community
- Signpost individuals to an activity
- Come along to and promote your activities
- Provide pop ups for organisations and the public

FOR ANY HELP FROM ME FINDING AN ACTIVITY...

PLEASE JOIN https://www.facebook.com/FindYourActiveBasildon

Message through the facebook page or email: <u>kat.Gordon@ceessex.org.uk</u>

07514 726338

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





