

# 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](http://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 \(motivated-minds.co.uk\)](http://motivated-minds.co.uk)

**MIND WALKS** [Basildon Mind \(basildonmind.org\)](http://basildonmind.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 ACTIVITY 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  
[www.activeessex.org/children-young-people/essex-activate/](http://www.activeessex.org/children-young-people/essex-activate/)

[www.activeessex.org/essex-activate-get-supportcet.co.uk](http://www.activeessex.org/essex-activate-get-supportcet.co.uk)

FREE FOOTBALL

### PL KICKS

SOUTHEND UNITED  
COMMUNITY &  
EDUCATIONAL TRUST

FREE FOOTBALL SESSIONS

ABOUT US

Free of charge football sessions for 8-19 year old's. At these sessions you will have the opportunity to play matches, enter national competitions, meet the Southend United players and more.

OUR VENUES

- Eversley Leisure Centre 4G
- Waterside Leisure Centre 4G
- Basildon Sporting Village 4G
- Shoebury Youth Centre
- Garons Park 4G

MORE INFORMATION

D.HALL@SOUTHENDUNITED-CET.CO.UK

## FC REDWING WILDCATS ARE BACK

### FREE FOOTBALL FOR GIRLS EVERY SATURDAY

NOW A WEST HAM WOMEN SISTER CLUB

FREE TICKETS  
PLAYER APPEARANCES  
COACHING SESSIONS  
AND MUCH MORE!

HAVE FUN-MAKE FRIENDS.  
PLAY FOOTBALL

EMAIL FOR DETAILS  
[FCREDWINGGIRLS@GMAIL.COM](mailto:FCREDWINGGIRLS@GMAIL.COM)

ATF: FREE ACTIVITIES FOR CHILDREN  
<https://www.atfcommunity.com/whatson>

Achieve Thrive Flourish

## ATF - BASILDON

### WEEKLY SCHEDULE

<b>MONDAY</b> Community Hub, Briscoes Primary School All welcome Free support, advice & games 16:30 - 17:30 Timberlog Youth Centre, Teens, Food, games, socialise 15:30 - 17:00	<b>TUESDAY</b> Community Drop in with Kelly Briscoes Primary School Free support & advice 08:30 - 15:00	<b>WEDNESDAY</b> Briscoes Primary, Community Session, all welcome 17:00 - 18:00 Vange Community Centre, community session, all welcome 17:00 - 19:00
<b>FRIDAY</b> Briscoes Primary Youth Club Primary Age welcome 18:30 - 20:00 King Edward Community Centre, Fun games, 11 - 16 yrs 17:00 - 19:00	<b>SATURDAY</b> Vange ParkPlay 9:30 - 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	<b>KEY INFO</b> 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: <a href="mailto:rlongeatfcommunity.com">rlongeatfcommunity.com</a>

FC Redwing Football  
<https://www.facebook.com/FCRedwing> FREE ACADEMY FOIR BOYS AND GIRLS (reception and Yr1) FREE GIRLS FOOTBALL – WILDCATS RECEPTION to YR 6

PL KICKS FOOTBALL – SOUTHEND Contact [d.hall@southendunited-cet.co.uk](mailto:d.hall@southendunited-cet.co.uk)

JUNIOR PARKRUN:  
Sundays 9 am at selected parkrun locations  
[junior events](#) | [parkrun UK](#)

## POPULAR WITH OLDER ADULTS

### Over 50s Activity Clubs

(Yearly membership plus small class fee per session-  
<https://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

[HOME | Strollercise - Stroll Your Way To 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](http://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





## INCLUSIVE ACTIVITIES

[www.activeessex.org/find-your-active/](http://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](#)

**TrustLinks**  
Growing Communities • Transforming Lives

### SPORT FOR CONFIDENCE

[Sport For Confidence](#)

Various inclusive activities  
£3.50 no need to book.

**SPORT**  
FOR CONFIDENCE



## SPORT FOR CONFIDENCE

<b>GYMNASTICS*</b> Mondays 11.30am-12.30pm <small>*AT THE EVERSLEY CENTRE, PITSEA</small>	<b>TRACK SESSION</b> Tuesdays 10.00-10.45am
<b>STRONGER MY WAY</b> <small>BEING STRONGER LETS YOU DO MORE, FEEL BETTER &amp; STAY ACTIVE</small> Mondays 1.45-2.30pm	<b>BOCCIA</b> Tuesdays 12.00-12.45pm & 1.00pm-1.45pm
<b>SENSORY FRIENDLY &amp; THERAPEUTIC SWIMMING</b> Mondays 3.00-3.45pm	<b>MULTI-SPORTS</b> Tuesdays 2.45-3.45pm Wednesdays 1.00-1.45pm
<b>AQUA</b> Thursdays 2.30-3.15pm	<b>CRICKET</b> Tuesdays 1.45-2.45pm
<b>FOOTBALL FITNESS</b> Mondays 5.30-6.30pm	<b>LOVE TO MOVE</b> <small>AIMED AT OLDER PEOPLE AND PEOPLE LIVING WITH DEMENTIA</small> Thursdays 11.45am-12.30pm
<b>TABLE TOP TIME</b> Mondays 6.45-7.30pm	<b>CREATIVE DANCE</b> Thursdays 12.45-1.45pm
<b>TRAMPOLINING</b> Tuesdays 9.45-10.30am & 10.45-11.30am	<b>NETBALL</b> Fridays 12.00-12.45pm

**Come along and try something different, meet new friends and learn new skills.**

**ALL SPORTS £3.50 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.

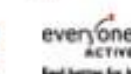
**Location\***  
Basildon Sporting Village,  
Cranes Farm Road,  
Basildon SS14 3GR

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

**For further information please contact our Occupational Therapists:**  
Lyndsey Barrett Tel 07809 142805 Email [lyndsey@sportforconfidence.com](mailto:lyndsey@sportforconfidence.com)  
Megan Potts Tel 07394 564942 Email [megan@sportforconfidence.com](mailto:megan@sportforconfidence.com)  
Robert Walker Tel 07593 555708 Email [robert@sportforconfidence.com](mailto:robert@sportforconfidence.com)

**SPORT**  
FOR CONFIDENCE

Play Your Part™  
[sportforconfidence.co.uk](http://sportforconfidence.co.uk)







## CURRENT FUNDED / FREE REFERRAL AND NHS SUPPORTED PROGRAMMES

**VERSUS  
ARTHRITIS**



[Let's Move Essex Programme \(versusarthritis.org\)](https://www.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 \(centralbasildonpcn.nhs.uk\)](https://centralbasildonpcn.nhs.uk)



<https://www.yoga4all.co/yoga4health> 10 week FREE yoga programme via referral Suitable for those 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 Club referrals made via email to [referme@impulseleisure.co.uk](mailto:referme@impulseleisure.co.uk)



**Bike mechanic training courses** for those with MH issues incl free refurbished bike, helmet and lock upon completion at Thorndon Country Park. Referral via SP to [info@trailnet.org.uk](mailto:info@trailnet.org.uk)

**Rose Villa Community Garden Project** Pitsea anyone can come along email [sallyj@trustlinks.org](mailto:sallyj@trustlinks.org)

**Laindon Buggy Walks – open to all**



A poster for the Laindon Buggy Walk. It features a photograph of two women walking in a park, each pushing a baby stroller. The text on the poster includes the West Basildon Primary Care Network logo, the title 'Laindon Buggy Walk', session details (Free sessions for all, Every Thursday for 1 hour, Starting 16th March 2023), meeting points (9.30am at Laindon Health Centre and 9.45am at Drake Road Car Park), and contact information (Text Caroline for more info or to be included in whatsapp group: 07763 848 468 / carolinewpt@gmail.com). The NHS logo is in the top right corner. At the bottom, it says 'Photo by prostooleh via freepik.com'.



## Other ideas:

### Billericay Men's Shed

<https://www.facebook.com/BillericayMensshed>  
07544 752686



### Andy's Man Club Basildon – peer to peer support #itsgoodtotalk

<http://www.andysmanclub.co.uk/>  
FREE TO ATTEND MON 7pm Lincewood



### 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-on-Sea | Yoga4all](#)

Online and in person



**#ThisGirlCanEssex** ambassadors are offering fun and free activities all across the county to get you moving during our **#WomenLikeUs** festival week, sponsored by **WI Essex**, in celebration of International Women's Day!

Give involved and sign up today: <https://www.activeessex.org/.../women-like-us-festivals/>

### 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: [kat.Gordon@ceessex.org.uk](mailto:kat.Gordon@ceessex.org.uk)

07514 726338

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

