

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 \(motivated-minds.co.uk\)](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/

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

COMMUNITY & EDUCATIONAL TRUST

SOUTHEND UNITED

registered charity no. 1195519

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

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

Achieve Thrive Flourish

ATF - BASILDON

WEEKLY SCHEDULE

MONDAY 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	TUESDAY Community Drop in with Kelly Briscoes Primary School Free support & advice 08:30 - 15:00	WEDNESDAY Briscoes Primary, Community Session, all welcome 17:00 - 18:00 Vange Community Centre, community session, all welcome 17:00 - 19:00
FRIDAY Briscoes Primary Youth Club Primary Age welcome 18:30 - 20:00 King Edward Community Centre, Fun games, 11 - 16 yrs 17:00 - 19:00	SATURDAY 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	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: rlongeatfcommunity.com

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

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

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/ - 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

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

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

ALL SPORTS
£3.50
PER SESSION

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.

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.

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

SPORT
FOR CONFIDENCE

Play Your Part™
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



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

Rose Villa Community Garden Project Pitsea anyone can come along email 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 buggy. The text on the poster includes the NHS logo, 'West Basildon Primary Care Network', the title 'Laindon Buggy Walk', and details about free sessions every Thursday for 1 hour, starting 16th March 2023. It lists two meeting points: 9.30am at Laindon Health Centre and 9.45am at Drake Road Car Park. Contact information for Caroline is provided at the bottom.

West Basildon
Primary Care Network

Laindon Buggy Walk

Free sessions for all
Every Thursday for 1 hour
(Starting 16th March 2023)

Meeting points:

- 9.30am – Laindon Health Centre, SS15 5TR
- 9.45am – Drake Road Car Park, SS15 5UH

Text Caroline for more info or to be included in whatsapp group:
07763 848 468 / carolinewpt@gmail.com

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

07514 726338

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

