

Wellbeing Sessions

Led by qualified instructors these chair-based sessions are perfect for gently rebuilding your strength, suppleness, skill and stamina and more importantly, provide an opportunity to reconnect and socialise with others

Call or email Kate to book or for more info
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West Berkshire Seated Exercise & Wellbeing Sessions
Tuesday 11.15am Fairclose Centre, Newbury with Hayley (£1 charge)

Wednesday 14.15pm Frank Hutchings Hall, Thatcham with Kate

Wednesday 15.30pm Theale Library, Theale with Kate

**Wednesday 18.00pm Seated/Standing Yoga and mindfulness,
Dorman Room, Pangbourne with Sami (£2 charge)**

Thursday 11.15am Blands Court Burghfield Common with Juliet

Thursday 12.30pm The Calcot Centre, Calcot with Kate

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Online Virtual Session

Wednesdays at 10.30am

Gentle Chair based exercise with Debbie and Mandy from MoveAbility

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What to expect

All of our sessions are perfect for complete beginners, those struggling with mobility and those who have not been active for a prolonged period of time.

Specific exercises can be adapted to suit your ability and/or any health conditions you might have. Whilst chair-based exercises are standard you are welcome to stand if you are able to.

Our sessions are designed to be social, friendly and welcoming...this is almost more important than the 'exercise bit'!

All sessions are delivered in line with covid protocols as determined by the venue and our programme risk assessments. Therefore, numbers on some sessions are limited due to space available and chairs are spaced apart accordingly.

Wearing a face mask whilst participating is not an essential requirement but if you feel safer doing this you are welcome to do so. Hand sanitiser will be available at all sessions and we encourage you to bring your own.

You will be asked to complete a registration form at the start of your first session. The details you share are collected in line with data protection laws. The information you share helps us keep you safe, helps us shape a session to suit your ability and helps determine how we might improve our overall grant funded programme.

If you have any questions or would like to find out a bit more about the session and/or instructor before participating please don't hesitate to call or email Kate.