

# Active 4 Health



2018-2019 edition

Helping you get active and stay active for your health and wellbeing



[active4health@christchurchandeastdorset.gov.uk](mailto:active4health@christchurchandeastdorset.gov.uk)



01202 795141

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## What is Active 4 Health?

The Active 4 Health partnership aims to encourage local people to get and stay active through a wide range of activities across Christchurch and East Dorset to help improve health and wellbeing.

Active 4 Health incorporates:

- 📍 Queen Elizabeth Leisure Centre (Wimborne)
- 📍 Verwood Lifestyle Hub (Verwood)
- 📍 Two Riversmeet Leisure Complex (Christchurch)
- 📍 Ferndown Leisure Centre (Ferndown)
- 📍 BH Live (Corfe Mullen)
- 📍 Moors Valley Country Park and Forest (Near Ringwood)
- 📍 Community locations throughout Christchurch and East Dorset

## How much is enough?

To stay healthy, adults should try to be active daily and aim to achieve at least 150 minutes of moderate physical activity over a week through a variety of activities.

Alongside this, adults should participate in two days a week of strength training.

Adults should also reduce the amount of time they spend being sedentary (sitting) for long periods.

If you do not reach this recommended target, do not worry, you are not alone! Over 75% of adults do not participate in enough physical activity a week, but it is never too late to start.

For most people, the easiest way to get moving is to make activity part of everyday life. Small changes make all the difference.

## We are here to help!



The Active 4 Health team are here to support you to become more active. Why not take the first steps now and read on to find out more or call the Active 4 Health Lifestyle Coordinator today.

- ✉ active4health@christchurchandeastdorset.gov.uk
- ☎ 01202 795141

## Activity choice

There are a huge range of activities on offer in Christchurch and East Dorset, to help people like you get and then keep active.

Keeping active is really important for our health and wellbeing, but it can also be a great way to meet new people and discover new places and opportunities.

We hope that the following pages will help inspire you take the first step on an active journey or will provide you with the perfect support following an Active 4 Health Exercise referral see pages 4-5.

Don't forget we are always on hand to help and support.

### The Active 4 Health Team Christchurch and East Dorset Councils



## Active 4 Health - Reported benefits



Improved fitness



Reduced pain



Improved well-being



Improved mobility/  
walking ability



Improved self-esteem



Weight loss



Improved strength



Helped get me out  
and about



Met new people



Improved mood

Reported data from the Active 4 Health Lifestyle Hub Year 3 report



# Who qualifies for an exercise referral?

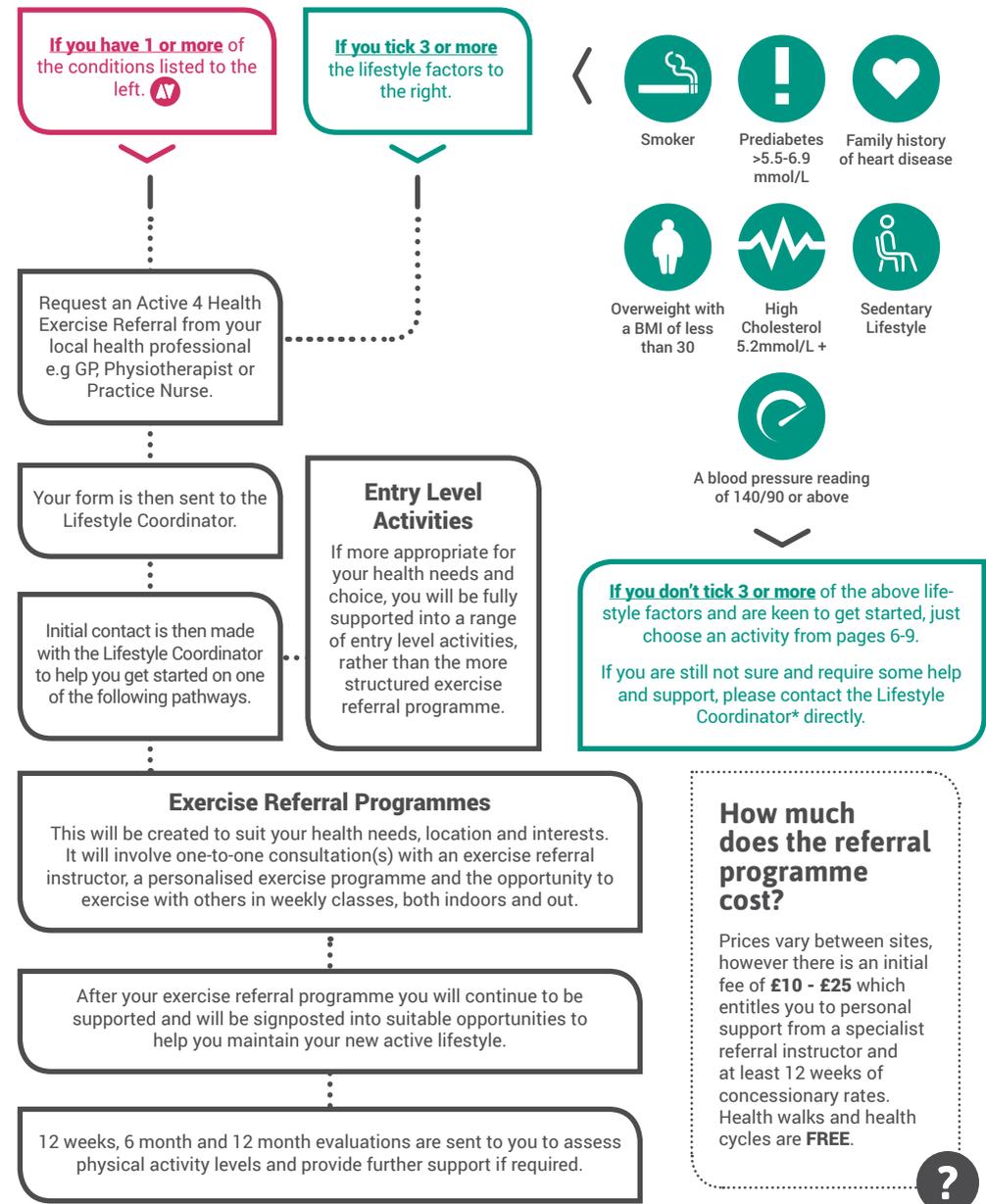
If you have one or more of the following health conditions that affect your health and wellbeing, you can be referred by a health professional (i.e. GP, Nurse, Physio) to our exercise referral programme. Ask your health professional if you are unsure or please do not hesitate to contact the Lifestyle Coordinator for more information.

- Ⓜ Arthritis
- Ⓜ Asthma or COPD (Chronic Obstructive Pulmonary Disorder)
- Ⓜ Back pain
- Ⓜ Cancer (pre, during or post treatment)
- Ⓜ Chronic fatigue and ME
- Ⓜ Coronary artery disease or peripheral vascular disease
- Ⓜ Dementia or Alzheimer's
- Ⓜ Diabetes (Type I or Type II)
- Ⓜ Fibromyalgia and polymyalgia
- Ⓜ General mobility issues/physical disability
- Ⓜ High blood pressure
- Ⓜ High cholesterol
- Ⓜ Mental ill health i.e. stress, anxiety and depression
- Ⓜ Multiple sclerosis
- Ⓜ Osteoporosis
- Ⓜ Overweight/obesity (BMI<40 kg/m2)
- Ⓜ Parkinson's disease
- Ⓜ Post-surgery
- Ⓜ Previous heart surgery or heart attack (but must have completed phase 3 cardiac rehab)
- Ⓜ Risk of falls/balance issues
- Ⓜ Sedentary lifestyle (<150 mins of exercise per week)
- Ⓜ Stroke or brain injury

Exercise can help to manage, improve or reduce the risk of developing all of these health conditions. Take the first step and let us help you get involved!

## Getting started

### Active 4 Health referral pathway



Active 4 Health Lifestyle Coordinator ☎ 01202 795141 ✉ active4health@christchurchandeastdorset.gov.uk

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Fit Rehab 9.30 - 10am (R)	Easy Aqua Fit 11.30am - 12.25pm (R)	Pilates 7.05 - 7.50am (E)	Tai Chi 8.15-9.15am (E)	Hatha Yoga 9 - 10am (E)
Aqua 9.30 - 10.25am (R)	Otago 9.30 - 10.25am (R)	Early Aqua 7.30 - 8.15am (E)	Pilates 9.30 - 10.30am (E)	Aerobics Gold 9.15 - 10.15am (R)
Referral Wander 9.45 - 10.30am (R)	Pilates 9.30 - 10.30am (E)	Hydrotherapy 9 - 9.55am (R)	Referral Amble 9.45 - 10.45am (R)	Aquafit Rehab 9.25 - 9.55am (E)
Wellness Nordic Walking 10 - 11am (E)	COPD Exercise Circuits 10 - 11am (R)	Health Circuits 9.15 - 10.15am (R)	Easy Indoor Cycling 10 - 10.45am (E)	Tai Chi 11.30am - 12.30pm (E)
Referral Amble 10.45 - 11.30am (R)	Wellness Nordic Walking 10 - 11am (E)	Always Active 50+ 9.30 - 10.30am (E)	Tai Chi 10 - 11am (E)	Beginners Yoga 10 - 11am (E)
50+ Exercise Class 11.15am - 12pm (E)	Aqua Fit 10.30 - 11.15am (E)	Otago / Chair based exercise 10 - 11am (R)	Power Yoga 10 - 11am (E)	Body Balance 10 - 11am (E)
Supervised Gym Session 11.30am - 12.30pm (R)	Accessible Cycling 11am - 12pm (E)	Body Balance 10.15 - 11.15am (E)	Aqua Jog 11 - 11.45am (E)	Tai Chi 11am - 12pm (E)
Back to Basics 12.45 - 1.45pm (R)	Gentle Yoga 11am - 12pm (E)	Stretch and Move 10.30 - 11am (E)	Accessible Cycling 11am - 12pm (E)	Zumba 10.30 - 11.30am (E)
Tone Zone 1.10 - 1.55pm (R)	Pilates 11.30am - 12.25pm (E)	Aquafit 10.40 - 11.20am (E)	Gentle Yoga 11am - 12pm (E)	COPD Exercise Circuits 10.45 - 11.45am (R)
Gym / ActiviTEA 1.30 - 2pm / 2 - 2.30pm (R)	COPD Exercise Circuits 11.45am - 12.30pm (R)	Beginners Pilates 10.45 - 11.30am (E)	Core & more 50+ 11.10am - 12.10pm (E)	Tone Zone 1.10 - 1.55pm (R)
Health Circuits (From September 2018) 1.30 - 2.25pm (E)	COPD Exercise Circuits 12.15 - 1pm (R)	Cardiac Rehab Phase 4 10.30 - 11.30am (R)	COPD Exercise Circuits 11.45am - 12.30pm (R)	Aqua 7.45 - 20.30pm (E)
Otago (Barrington Centre) 1.45 - 2.45pm (R)	60+ Circuits 12.45 - 13.30pm (E)	Chair Yoga 11.15am - 12.15pm (R)	Supervised Gym Session* 12 - 1pm (R)	
Health Circuits 2 - 3pm (E)	Chair Fit 2 - 2.45pm (R)	Otago / Chair based exercise 11.30am - 12.30pm (R)	Zumba Gold 12.15 - 1pm (R)	
Aqua Fit 2.30 - 3.30pm (E)	Supervised Gym Session* 3 - 4pm (R)	Accessible Circuits 11.30 - 12.30pm (R)	Balance & Active 12.45 - 1.30pm (E)	
Supervised Gym Session* 3 - 4pm (R)	Aqua Fit 3.15 - 3.55pm (E)	Nice & Easy 11.35am - 12.30pm (E)	Zumba 1.15 - 2.15pm (E)	
Hydrotherapy 3.05 - 3.40pm (R)	Teen Fit 4 - 5pm (E)	Tone Zone 1.10 - 1.55pm (R)	Exercise after Stroke 1.45 - 2.30pm (R)	
Express Yopalates 5.15 - 6pm (E)	Fitball 6.15 - 7.00pm (E)	Gym / ActiviTEA 2 - 3pm / 3 - 3.30pm (R)	Health Circuits 1.45 - 2.45pm (R)	
Zumba 6 - 7pm (E)	Aqua Fit 7 - 8pm (E)	Supervised Gym Session* 3 - 4pm (R)	Aqua Fit 2.30 - 3.30pm (E)	
Yopalates 6.00 - 7.00pm (E)	Body Balance Express 8pm - 9pm (E)	Body Balance 5.45 - 6.30pm (E)	Exercise After Stroke 2.45 - 3.45pm (R)	
Zen Yoga 6.10pm - 7.30pm (E)	Core Yoga 8.10 - 9.10pm (E)	Zumba 5.45 - 6.30pm (E)	Unsupervised Referral Swim 5 - 5.30pm (R)	
Aqua 7 - 7.55pm (E)		Pilates 7.15 - 8.15pm (E)	Walking Football 7 - 8pm (E)	
Beginners Yoga 7 - 8.15pm (E)		Tai chi 7.30 - 8.30pm (E)	Multi-Level Yoga 7 - 8.30pm (E)	
			Beginners Yoga 7.15 - 8.15pm (E)	
			Body Balance 7.30 - 8.30pm (E)	

## Key

- (R) Referral specific classes, delivered by specialists, suitable for those with certain health conditions
- (E) Entry level classes, open to all
-  Two Riversmeet Leisure Complex, Christchurch 01202 477987
-  Queen Elizabeth Leisure Centre, Wimborne 01202 888208
-  Verwood Hub 01202 828740
-  Moors Valley Country Park and Forest, Nr Ringwood 01425 480811
-  Ferndown Leisure Centre 01202 877468
-  BH Live Corfe Mullen 01202 055505
-  Allendale House, Wimborne 01202 888992

### Swimming:

If swimming is for you, Queen Elizabeth Leisure Centre, Two Riversmeet Leisure Complex, BH Live Active Corfe Mullen and Ferndown Leisure Centre all have a swimming pool. Please visit their website for further information.

### \*Supervised Gym Sessions:

The CV and weights room at each leisure centre is supervised by exercise referral instructors at various times throughout the week, where the instructors will be on hand to provide extra support with your gym programme if required.

Please contact the activity site for a price. Please note that most sessions are dementia and accessible friendly, please enquire at each site for more details. Please note that all classes must be booked in advance. Please also note that all of this information within this timetable was correct at time going to print but is subject to change. See full leisure centre and Activate timetables for progression level classes.

## Free volunteer led health walks

Location	Day	Time
Moors Valley Country Park and Forest	Mon	10 - 11am
Moors Valley Country Park and Forest	Mon	10 - 10.30am
The Allendale Centre, Wimborne	Mon	10.30 - 11.15am
The Hub, Verwood (buggy walk only)	Mon	10 - 11am
Highcliffe Library	Mon	10.30 - 11.15am
The Angel Inn, Ferndown	Tues	10 - 11am
BH Live, Corfe Mullen	Tues	10.15 - 11.15am
The Hub, Verwood	Tues	10 - 11am
The Allendale Centre, Wimborne	Tues	10.30 - 11.15am
Saxon Square, Christchurch	Tues	10.30 - 11.30am
Moors Valley Country Park and Forest	Wed	10 - 11am
Moors Valley Country Park and Forest	Wed	10 - 10.30am
Sturminster Marshall, Golf Club	Wed	10 - 11am
West Parley Sport and Social Club	Wed	10 - 11am
QE Leisure Centre, Wimborne *	Wed	10.30am - 12pm
Sandpiper Pub, Mudeford	Wed	10.45 - 11.45am
Penn Court Cafe, West Moors	Thurs	10 - 11am
The Hub, Verwood	Fri	10 - 11am
Highcliffe Castle	Fri	10.15 - 11.15am

## Free volunteer led health cycles

Highcliffe Castle	Mon	10 - 11am
Ferndown Forest Golf Club	Tue	10 - 11am
Moors Valley Country Park and Forest	Wed	10 - 11am
Kingston Lacy Estate	Thurs	9.30 - 10.30am

**Cost:** All activities above are free. Bikes and helmets are available for hire for £2.50 per bike.

**Parking:** Local car parks and off-road parking are available at all sites. Moors Valley Country Park and Forest offers free parking for the first three weeks.

\* The health walk and cycle rides are coordinated by the Council's Health & Activity Team who are based at Moors Valley Country Park. Please phone 01202 795682 for further information or visit [moors-valley.co.uk](http://moors-valley.co.uk)

## Class descriptions

### Easy level fitness classes

**Accessible Circuits:** A great way to get fit, improve mobility and have some fun! Suitable for wheelchair users or those with mobility issues.

**Aerobics Gold:** Light, aerobic exercise performed to music, aiming to improve the efficiency of the heart and lungs, muscular tone and flexibility.

**Balance and Active:** A gentle exercise class aimed at improving balance, mobility and strength.

**Body Pump:** A resistance class using bars and weights to achieve muscular strength and definition.

**Chair Fit:** Introducing gentle chair based movements to those that require specialist support and supervision.

**Core and More 50+:** Core strength and total body workout for those aged 50+.

**Fitball:** A total body workout with a ball. The easy way to a toned and flexible body.

**Gym/ActiTEA:** Supervised cardiovascular gym for seniors followed by gentle mobility exercises (Refreshments after).

**Health Circuits:** A gentle exercise class, fully supervised by a qualified instructor, suitable for those new to exercise or those who have a health condition.

**Nice & Easy:** A low impact aerobics class designed to build mobility, strength and fitness. Suitable for all levels but specifically aimed at those who are mature in age but young at heart.

**Otago:** A seated to standing exercise programme to improve physical fitness, strength, balance and coordination. All of which will help to reduce the risk of falls.

**Stretch and Move:** A moving low impact class to tone, stretch and lengthen the body, increase range of movement and improve strength and flexibility and decrease risk of injury.

**Teen Fit:** Gym cardio sessions working within the parameters recommended for 11-17 year olds. This fun, motivating session offers a great introduction to the gym and encourages our teens to get fit and active.

**Tone Zone:** A gentle introduction circuit class for those getting back into exercise.

**Zumba:** Dance based aerobics class that inspired by up-tempo Latin styles that result in an exhilarating workout for you.

**Zumba Gold:** Perfect for older adults who are looking for a modified Zumba class that recreates the original moves at a lower-intensity.

**50+ and 60+ Exercise Classes:** A gentle and fun circuits based class.

### Condition specific

**Back to Basics:** Specialised floor based class for individuals with non-specific back pain.

**Cardiac Rehab Phase 4:** A specialist exercise class led by a qualified BACPR instructor for those that have had cardiac surgery or a cardiac event. Those wishing to attend must have completed a phase 3 cardiac rehabilitation programme.

**COPD Exercise Circuits:** The session aims to increase the ability to exercise and move, ultimately improving the overall wellbeing of the participant.

**Supervised Gym Session:** Supervised gym sessions by an exercise referral instructor.

**Exercise after Stroke:** Gentle circuit based class run by a qualified stroke instructor to help improve balance, walking, stamina, strength and mobility following a stroke.

### Relaxation

**Beginners Yoga:** Suitable for complete beginners, as well as those who prefer a simpler class. Classes are varied.

**Body Balance:** A yoga-based class that will improve your mind and your body.

**Chair Yoga:** Introducing gentle chair based movements and yoga to those who require specialist support and supervision.

**Hatha Yoga:** Balance mind and body through physical postures, controlled breathing, relaxation and meditation.

**Yoga (Power/Intermediate):** This is a more mixed ability class suitable for those who have done yoga before and prefer a more challenging class.

**Yogalates:** A combination of yoga and pilates.

**Pilates:** Using the fundamental pilates technique and exercises to increase core strength, muscular balance and strength, improve posture and optimise overall function.

**Tai Chi:** Combine deep breathing and relaxation with slow and gentle movements.

**Zen Yoga:** Enhance strength and suppleness.

### Water-based

**Aqua Fit:** An all over workout that uses resistance of water to reduce stress on your joints.

**Hydrotherapy:** A supervised hydrotherapy based session for rehabilitation after illness or injury.

**Unsupervised Referral Swim:** Swim/water based session specifically for those on the referral scheme.

### Outdoors

**Accessible Cycling:** Accessible Cycling enables everyone to enjoy this fantastic sport regardless of age, health condition or impairment. It's a great way to improve your fitness and mobility, whilst socialising with friends and family!



**Amble:** The next step up from the Wander, this gentle class encompasses a slightly longer walk still incorporating a variation of exercises to help improve strength and balance.

**Health Cycle Rides:** These free community based health cycle rides are led by trained volunteer leaders and take place across Christchurch and East Dorset.

**Health Walks:** Led by trained volunteer health walk leaders, these free community based walks form part of the national walking for health scheme.

**Wander:** A very gentle exercise class that encompasses a short 'amble' outdoors, alongside seated exercises to help improve balance and strength.

**Wellness Nordic Walking:** These sessions are designed to utilise this versatile activity to build strength and improve stamina. A Nordic Walking learn to course must to be completed first. Phone 01425 480811.



The Councils Health & Activity team coordinate a wide range of activities within the natural environment, many of which are perfect for beginners.

Some of the weekly opportunities are detailed in this brochure, but for more choice and information please contact the team directly on 01425 480811 or email [activate@christchurchandeastdorset.gov.uk](mailto:activate@christchurchandeastdorset.gov.uk).

Other activities include Fitness Walking, Learn to Nordic Walk, Get Back in the Saddle and Beginners Running Courses through to Beginners Night Cycling, Kayaking, Orienteering, Mindfulness Walks and Outdoor Yoga.

### escape pain

ESCAPE-pain is a group-based rehabilitation programme for the management of osteoarthritis.

The courses comprise of 12 sessions that are delivered by trained exercise referral specialists over a 6 week period. Each class integrates a short education session, followed by exercise. A selection of courses are being delivered across Christchurch and East Dorset, both in a leisure centre and outdoor setting, please contact the Active 4 Health Lifestyle Coordinator for further information

☎ 01202 795141

✉ [active4health@christchurchandeastdorset.gov.uk](mailto:active4health@christchurchandeastdorset.gov.uk)

# Accessible activities

There are a variety of activities available for those with disabilities or mobility issues, here are just a few.

## Accessible cycling

Have a go at cycling with other people within the traffic free environment of Moors Valley Country Park. There are a variety of accessible cycles available to suit varying disabilities. To book a 1-2-1 consultation and find the bike best suited to you, call the Health and Activity Team on 01202 795682.

## Accessible kayaking and canoeing

These sessions are for people who have mobility restrictions, sensory impairment, disability or long term health problems. They are also suitable for older people or those who do not feel confident to join in other sessions. Contact the Health and Activity Team on 01202 795682.

## Disability cricket and football, Ferndown Leisure Centre

Contact Ferndown Leisure Centre on 01202 877468 to find out more about the coaching sessions, games and tournaments on offer throughout the year.

## Accessible golf at Two Riversmeet

These disability golf coaching sessions are run by PGA qualified coach(s) for 14 year olds and over. For more information and bookings please contact Two Riversmeet Leisure Complex on 01202 477987.

## Other Active Accessible Opportunities

### Dorset Disability Sport

[disabilitysportsdorset.weebly.com](http://disabilitysportsdorset.weebly.com)

# Extra support for you

## My Health My Way

Personalised health coaching support for people with long-term health conditions or carers to feel more confident about managing their health conditions and its impact on their day to day life.

[www.helpandcare.org.uk/services/health-coaching](http://www.helpandcare.org.uk/services/health-coaching)  
☎ 0303 303 0153

## LiveWell Dorset

LiveWell Dorset offer free health and wellbeing information, advice and support to improve your wellbeing in one or more of the following ways: help you to stop smoking, increase your physical activity, manage your weight and reduce your alcohol intake.

[livewelldorset.co.uk](http://livewelldorset.co.uk) | ☎ 0800 8401628

## U3A

The U3A offers a programme of educational, exercise and leisure activities for those no longer in full-time employment. We are part of a worldwide movement assisting older people to pursue their interests within a social environment.

[christchurchu3a.org.uk](http://christchurchu3a.org.uk)

☎ 01202 480027

[newmembers@christchurchu3a.org.uk](mailto:newmembers@christchurchu3a.org.uk)

## Christchurch Angels

The aim is to support people in the Christchurch area who don't have a network of family or friends to give practical help and support in times of crisis or illness.

[christchurchangels.org.uk](http://christchurchangels.org.uk) | ☎ 07443 476798

## Alzheimers Society

Providing support to anyone affected by dementia, and helping people with dementia stay connected to their lives and the people who matter most.

[alzheimers.org.uk](http://alzheimers.org.uk) | ☎ 0300 222 1122

## Dorset Mental Health Forum

Connecting people living with and beyond cancer in Dorset with opportunities for exercise, knowledge and support for health, fitness and wellbeing.

[dorsetmentalhealthforum.org.uk](http://dorsetmentalhealthforum.org.uk)

☎ 01305 257172

[admin@dorsetmentalhealthforum.org.uk](mailto:admin@dorsetmentalhealthforum.org.uk)

## Access Dorset

Enhancing everyday lives in Dorset, Bournemouth & Poole. Access Dorset is a user led organisation and registered charity, run by disabled people, older people and carers. They work to remove the physical, attitudinal and communication barriers that exist and are faced daily, and enhance everyday lives.

[accessdorsetcentre.org](http://accessdorsetcentre.org) | ☎ 01202 771336

# Meet the Active 4 Health Team

Working together across Christchurch and East Dorset to help you



**Chloe Goldswain**  
Active 4 Health  
Lifestyle Coordinator



Chloe is eager to help you with your first steps towards getting active. Chloe has a Sport and Exercise Science degree so she has the specialist skill set to point referral clients to the right instructor, leisure centre and activity.



**Tiffany Read**  
Exercise Referral  
Specialist



Tiffany has been working in exercise referral for 8 years and has specialist qualifications in pulmonary and cancer rehab, as well as being a sport and injury massage therapist and personal trainer. Her motivating and caring personality will ensure everyone gets the most out of their referral either in the gym, in the pool or outdoors.



**Helen Hibberd**  
Exercise Referral  
Consultant



Helen has over 10 years of experience working as a fitness instructor and a personal trainer. She specialises in GP referral and injury rehab with a passion for nutrition and weight management.



**Carly Howard**  
Exercise Referral  
Specialist



Carly is a qualified referral instructor, specialising in cardiac and cancer rehab, and is great at getting people back into exercise to live the best they can after specific surgeries and treatments.



**George Goldie**  
Exercise Referral  
Consultant



George has a Sports Development degree, Sports Science and Sports Therapy diplomas, and a GP referral qualification. He specialises in injury recovery, prevention and rehabilitation and is very motivating to ensure all his clients recover from their injuries as quickly as possible. He enjoys playing football, going to the gym and cycling in the summer.

**Jo Sinclair**  
Exercise Referral Specialist



Jo has a wide range of referral specialisms including Stroke rehab, cancer rehab, chronic back pain, COPD, joint replacements and hydrotherapy, so whatever you need, Jo will be able to help!



**Nigel Maddock**  
Exercise Referral  
Specialist



Nigel is a personal trainer, qualified in exercise referral and specialises in cancer rehabilitation. Nigel is also a Nordic Walking and cycling instructor and focuses on outdoor aspects of Active 4 Health, helping others to get active in a natural environment.



**Lucy Savage**  
Health and  
Activity Activator



Lucy has a degree in Sport Studies and over 10 years experience of working in sports development. Being part of the Health and Activity Team her role enables local people to access entry level activities within the natural environment.



**Marc Thomson**  
Health and  
Activity Ranger



Marc comes from a background in Sport and Leisure and Outdoor development training. With over 25 years experience in the field of Instruction and Coaching, Marc has always worked at getting people active, whether in a formal setting or an informal outdoor environment.



**Suzy Shotton**  
Exercise Referral  
Specialist



Suzy is a qualified personal trainer and referral instructor. She also holds a Sport Psychology and Coaching Sciences degree. Suzy has a special interest in training clients with fibromyalgia and M.E but happy to train anyone. Suzy also specialises within Nutrition for Sport, Weight Management and Exercise for Fat Loss. She also has qualifications in Back Rehab, Post-Natal Training, Core Strength and Stability.



**Gary Buckland**  
Exercise Referral  
Specialist



Gary has a Sports Injury & Rehabilitation Diploma along with Sports massage qualification. Gary is a qualified referral instructor with Level 4 specialisms in Pulmonary Rehab, Sports Therapy and Cardiac Rehab.

## Developing Instructors

## Active 4 Health

The Active 4 Health partnership sites are always developing existing and new instructors to offer an even better service for you.

# Contact Details

## Two Riversmeet Leisure Complex

📍 Stony Lane, Christchurch BH23 1HW  
☎ 01202 477987  
✉ 2rmenquiries@christchurchandeastdorset.gov.uk  
🌐 dorsetforyou.gov.uk/2-rivers-meet  
📱 2RMLC 🐦 @2RiversmeetLC

## Queen Elizabeth Leisure Centre

📍 Blandford Rd, Wimborne BH21 4DT  
☎ 01202 888208  
✉ info@qe-leisure-centre.co.uk  
🌐 dorsetforyou.gov.uk/qe-leisure-centre  
📱 QueenElizabethLeisureCentre 🐦 @QELeisureCentre

## Verwood Hub Community & Leisure

📍 Brock Way, Verwood BH31 7QE  
☎ 01202 828740  
✉ verwoodhub@christchurchandeastdorset.gov.uk  
🌐 dorsetforyou.gov.uk/verwoodhub  
📱 lifestyleverwood 🐦 @thehubverwood

## Ferndown Leisure Centre

📍 Cherry Grove, Ferndown BH22 9EZ  
☎ 01202 877468  
🌐 placesforpeopleleisure.org  
📱 ferndownleisurecentre 🐦 @ferndownlc

## BH Live Corfe Mullen

📍 14 Wareham Road, Corfe Mullen, Poole BH21 3LE  
☎ 01202 055505  
✉ corfemullen@bhlive.org.uk  
🌐 bhliveactive.org.uk/centres/corfe-mullen/

## Moors Valley Country Park And Forest

📍 Horton Rd, Ringwood BH24 2ET  
☎ 01425 480811  
🌐 moors-valley.co.uk  
📱 officialmoorsvalley 🐦 @moorsvalley

## Highcliffe Castle

📍 Rothesay Drive, Highcliffe, Dorset BH23 4LE  
☎ 01425 278807  
🌐 highcliffecastle.co.uk  
📱 HighcliffeCastle1 🐦 @HighcliffeC

## Health & Activity Team Christchurch & East Dorset Councils

For more information on Activate Coast & Countryside and Community Activity.

📍 Based at Moors Valley Country Park  
☎ 01202 795682  
✉ activate@christchurchandeastdorset.gov.uk

## Active 4 Health Lifestyle Coordinator

☎ 01202 795141  
✉ active4health@christchurchandeastdorset.gov.uk  
🌐 dorsetforyou.com/active-4-health

If you have a referral or would like more information on activities on offer, please contact the Lifestyle Coordinator. Please do not contact the leisure centre to start up your referral.

**LIFESTYLE  
ACTIVE** 

**Moors Valley**  
Country park and forest 

**places  
& people** 

**Christchurch and East Dorset Councils**  
delivering services together 

  
**National  
Trust**

**NHS**  
Dorset  
Clinical Commissioning Group

**bhliveactive**

**Activate**  
Coast & countryside 