

A Weight Off Your Mind Resource Directory: Physical Activity Opportunities

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Northumberland					
Activity	Referral route	Availability	Restrictions to referral/access	Cost	Contact
Northumberland Integrated Wellbeing Service - Health Trainers (Northumbria Health Care Trust)	Self or any health professional	Ongoing	None	None	Tel: 01670 623840 https://www.northumbria.nhs.uk/our-services/health-improvement/health-trainer-service/
Food for Thought tier 2 and tier 3 weight management (Northumbria Health Care Trust)	GP/practice nurse	Ongoing	BMI >28 with Co-morbidities. BMI >30	None	https://www.northumbria.nhs.uk/our-services/nutrition-and-dietetics/
Exercise Referral Scheme (Active Northumberland)	GP/practice nurse	Ongoing	BMI > 25	3 free one-to-one assessment sessions £4.00 (£3.50 if on benefits) per supervised exercise	http://www.activenorthumberland.org.uk/GP-referral.aspx

				<p>session (2x per week for 24 weeks)</p> <p>£26 discounted monthly Active Northumberland membership available for those referred via GP referral</p>	
Health Walks (Active Northumberland)	Self	Ongoing	None	None	https://www.walkingforhealth.org.uk/walkingforhealth/central-and-south-east-northumberland-health-walks
Being Active Matters (Mental Health Matters - primary care mental health / talking therapies service)	<p>Talking Matters Service Clients (currently)</p> <p>GP/Health Professional/ Self Refer</p> <p>(Not in place yet)</p>	Ongoing	None	None	<p>To be confirmed - currently only accepting referrals for Talking Matters patients but will accept referrals from other health professionals when fully operational.</p> <p>http://www.tmnorthumberland.org.uk/contact-us/</p>

These Girls Can Run (TGCR)	Self/ Health Professionals - (signposting or subject to direct discussion with TGCR)	Ongoing	GP advice subject to individual circumstances	£2.00 per run session	http://thesegirlscanrun.weebly.com/
Run Together - Beginner Recreational Running Groups	Self/ Health Professionals - (signposting or subject to direct discussion with Run Leader/Group organiser)	Ongoing	GP advice subject to individual circumstances	Small session fees subject to group and location - see details on Run Together website	https://runtogether.co.uk/
Dance Fitness	Self/ Health Professionals	Monday Seaton Delaval Arts Centre	None	£3 per session	NCC Sports Development Team jhalliday@northumberland.gov.uk

Buggy Fit	Self/ Health Professionals	Wednesday's	Must be 12 weeks post natal if had a c-section and 6 weeks post natal if there were no complications.	£2 per session	NCC Sports Development Team ihalliday@northumberland.gov.uk
Adult Swimming	Self/ Health Professionals	Various	None	Adult swim £4 - individual class /session fees available via Active Northumberland website	Active Northumberland http://www.activenorthumberland.org.uk/Activities/Swimming.aspx

Newcastle					
Activity	Referral route	Availability	Restrictions to referral/access	Cost	Contact
Tier 2 Weight Management – Active Health	Referrals can be made by a GP, Practice Nurse or other health professional	Ongoing	Unstable Angina Uncontrolled Tachycardia/Arrhythmia Resting systolic blood pressure of >180mmHg or diastolic blood pressure of >100mHg Uncontrolled Conditions – including diabetes, epilepsy Conditions that may be aggravated by exercise Severe anxiety and depression	Free	Active Health Team Newcastle City Council Barras Bridge Newcastle upon Tyne NE1 8PU Tel: 0191 2788550 Email: physact@newcastle.gcsx.gov.uk
Active Newcastle	https://www.activenewcastle.co.uk/	Ongoing	See individual activity	See individual activity	Active Newcastle, Civic Centre, Barras Bridge, Newcastle upon Tyne, NE1 8QH
Newcastle Can	Self - web based support and challenges	Ongoing	Adults only	Free	https://www.newcastlecan.com/

North Tyneside					
Activity	Referral route	Availability	Restrictions to referral/access	Cost	Contact
Weight Worries (adult weight management programme) for North Tyneside residents	Self-referral GP referral in motion (tbc soon)	3 x cohorts per year 12-week programmes (January – March, May to July and September to November)	Resident of North Tyneside BMI 25 – 35 Currently inactive Adult 17 years+	Free	Active North Tyneside Team 0191 643 7171 www.activenorthtyneside.org.uk
North Tyneside Health Walks	Self-referral GP referral via Healthy Hearts	3 x strands running all year: Led group health walks Self-led walk pack Walk leader training course	Predominantly adult programme 17yrs plus, but options of family health walks and children can attend with and adult or carer during school holidays	Free	Active North Tyneside Team 0191 643 7171 www.activenorthtyneside.org.uk
Beginners Running Program	Self-referral	3 x program run per year With some additional community sessions planned	Predominantly adults, tea time family focussed program planned for September	Free	Active North Tyneside Team 0191 643 7171 www.activenorthtyneside.org.uk
Buggy Bootcamp	Self-referral	Drop in session for new mums	Mothers and young children. Targeting adult females	Free	Active North Tyneside Team

		X 2 locations X3 sessions per week			0191 643 7171 www.activenorthtyneside.org.uk
Healthy4Life-family lifestyle group intervention; Provides lifestyle advice and physical activity sessions for children and their parents/carers.	Accept any referrals as long as parent/carer has given consent. E.g. Self, Health professionals, Family Partners, social workers teachers etc.	X6 10-week Programmes throughout the year January – March, May to July and October to December Waiting list in place	Childs BMI over 91srt centile	Free	Tel: 01916437454 Or email: chat@northtyneside.gov.uk
Good Youth Move-GYM Teenage Gym programme	Accept any referrals as long as parent/carer has given consent. E.g. Self, Health professionals, Family Partners, social workers teachers etc.	Ongoing	For young people aged 14-17 years with weight concerns	Free	Tel: 01916437453 Or email: chat@northtyneside.gov.uk

South Tyneside					
Activity	Referral route	Availability	Restrictions to referral/access	Cost	Contact
Healthy Lives Physical Activity Offer	Self-Referral	Ongoing	None – However classes are aimed at those new to exercise or living with a long-term condition	£2.50	Lindsey Elliot: 0191 424 7848
The Green Gym	Health Professional or Self-Referral	Ongoing	None	Free for 10 weeks then £1 per session	Groundworks ST: 0191 428 1144
Health Walks	Health Professional or Self-Referral	Ongoing	None	Free	Groundworks ST: 0191 428 1144

Gateshead					
Activity	Referral route	Availability	Restrictions to referral/access	Cost	Contact
<p>Go Gateshead</p> <p>Five state-of-the-art gyms, 12 swimming pools, two athletics tracks and over 200 weekly fitness classes. Venues are:</p> <p>-Birtley Leisure Centre</p> <p>-Birtley Swimming Centre,</p> <p>-Blaydon Leisure Centre</p> <p>-Dunston Leisure Centre</p> <p>-Gateshead International Stadium</p> <p>-Gateshead Leisure Centre</p> <p>-Heworth Leisure Centre</p> <p>Leisure Centres- Fitness Classes</p>	No referral route	Ongoing	<p>Level of Classes</p> <p>•GO Light: Low to moderate intensity classes suitable for beginners.</p> <p>•GO Moderate: Mid to high intensity classes suitable for intermediate or regular exercisers.</p> <p>•GO Tough: High intensity classes suitable for those with a high level of fitness and exercise regularly</p>	<p>Cost per Fitness class</p> <p>£5.70</p> <p>£4.70 (with a Go Gateshead Card). This is a discount card that can be</p>	<p>Birtley Leisure Centre 0191 433 5797</p> <p>Birtley Swimming Centre 0191 433 5775</p> <p>Blaydon Leisure Centre 0191 433 5770</p> <p>Dunston Leisure Centre 0191 433 5757 Contact us</p> <p>Gateshead Stadium 0191 433 5700</p> <p>Gateshead Leisure Centre 0191 433 5733</p> <p>Heworth Leisure Centre 0191 433 5715</p>

				<p>purchased and provide ongoing discount.</p> <p>£2.25 available to Gateshead residents and their dependents who are in receipt of a qualifying benefit.</p> <p>Prices and details of membership options also available at</p> <p>https://www.gogateshead.com/article/5846/Price-list</p>	
<p>Cycling-Go Gateshead</p> <p>Weekly guided bike rides</p> <p>Rides at Watergate Park Tuesday and Fridays 10-12.00.</p> <p>Rides at Bill Quay Community Farm-Thursday 1-3.00</p>	No Referral route	Ongoing	No need to book. Just turn up with your bike.	£1.50 with own bike and helmet, £3 if hiring equipment	<p>For more information on our guided bike rides, call us on 0191 433 8101,</p> <p>https://www.gogateshead.com/article/6246/Cycling</p>
<p>Walking- Go Gateshead</p>	No referral route	Ongoing		Free	https://www.gogateshead.com/article/6257/Walking

<p>GO Gateshead runs weekly organised walks around some of Gateshead's most scenic parks, urban areas and heritage sites. Each walk is led by a volunteer walk leader and lasts between 10 and 90 minutes.</p> <p>Monday, 10am Blaydon Leisure Centre</p> <p>Monday, 10am Whickham Medical Practice</p> <p>Tuesday, 11am Saltwell Towers</p> <p>Wednesday, 11am FACT Swalwell Office</p> <p>Thursday, 10am Teams Medical Practice</p>					
<p>Swimming-Go Gateshead</p> <p>A choice of 12 swimming pools, a water slide, weekly Aquafit classes, as well as Tyne and Wear's only FlowRider</p> <p>-Birtley Swimming Centre,</p> <p>-Blaydon Leisure Centre Pool</p>	<p>No referral route</p>	<p>Ongoing</p>		<p>Price lists available at</p> <p>https://www.gogateshead.com/article/5846/Price-list</p>	<p>https://www.gogateshead.com/article/5820/Swimming</p>

<p>-Dunston Leisure Centre Pool</p> <p>-Gateshead Leisure Centre Pool</p> <p>-Heworth Leisure Centre Pool</p> <p>Pool timetable available at https://www.gogateshead.com/article/6728/Pool-timetables</p>					
<p>Activities</p> <p>Other available activities at the Go Gateshead leisure venues-5 a side football, badminton, walking football, flow rider, netball, athletics track, rugby and squash to name a few</p>				<p>Various prices https://www.gogateshead.com/article/5846/Price-list</p>	<p>For further information on activities available https://www.gogateshead.com/article/6234/Sports-and-activities</p>
<p>Our Gateshead</p> <p>Gateshead's Community Website. It has news, events and regular activities posted by over 1000 groups and organisations working in Gateshead.</p> <p>Activities include cycling, walking groups, yoga, line dancing etc.</p>	<p>No referral route</p>	<p>Mix of ongoing and sessional</p>		<p>A variety of prices per session</p>	<p>https://www.ourgateshead.org/</p>

https://www.ourgateshead.org/					
MIND - Peer Run Physical Activity Group (Gateshead)	Self referral	Ongoing	N/a	Free	Lisa MacDonald - 0191 477 4545 https://www.tynesidemind.org.uk/help-support/wellbeing-projects/peer-run-physical-activity-group.aspx

Sunderland					
Activity	Referral route	Availability	Restrictions to referral/access	Cost	Contact
The Lifestyle, Activity and Food programme (LAF) is a weight management programme for children and families which includes a variety of fun	School Nursing Service, GP, self, other professionals https://www.sunderland.gov.uk/media/19594/Lifestyle-Activity-and-Food-programme/pdf/LAF.pdf?m=636433144234170000	Families attend a free 8 week programme to take part in fun, interactive weekly sessions. Each session lasts for approximately 2 hours and takes place in various	The LAF referral programme is for families with children aged five to 15 years who have been identified as overweight; live in Sunderland and registered with a Sunderland	No cost	For further information please contact 0191 561 4691

<p>activities to encourage the whole family to get involved in healthier lifestyles.</p>		<p>venues across the City. The sessions are full of fun activities to encourage all the family to get involved in healthier lifestyles, from making fruit wraps to sticky citrus chicken. The sessions are designed to meet the needs of the age range in the group.</p>	<p>GP. There are programmes for children aged five to ten years and their families and separate programmes for teenagers (11 to 15 years). Children 16 years plus can access the Exercise Referral and Weight Management Programme.</p>		
<p>Lifestyle Activity and Food (LAF)</p>	<p>Schools weight and measure programme and also self-referral</p>	<p>Ongoing – with most of the activity</p>	<p>The programme is for families and children aged 5-15</p>	<p>Free</p>	<p>Richard Lowes 0191 5614686</p>

Programme		during term time	years old who have been identified as being overweight		
Summer Park Programme	Self	Ongoing – with most of the activity during term time	Children and Families	Free	Richard Lowes 0191 5614686
Silksworth Sport Complex – Weight Watchers	Self	Ongoing	Adults		Everyone Active
Houghton Sport Complex – Live Life Well	Self / Other	Ongoing		£2.50	Live Life Well 0191 565 3482
Man v Fat Football Programme – Sunderland	Self	Ongoing	Adult Males		Liz Barton 0191 5515305

d Beacon of Light					
Live Life Well Weight Management	Self / Other	To March 2019	Adults	Free	Live Life Well 0191 565 3482
Sunderland Recovery College – 12-week gym course	Self referral	Ongoing			http://sunderlandrecoverycollege.org/courses/gym.html 0191 553 2255

Hartlepool					
Activity	Referral route	Availability	Restrictions to referral/access	Cost	Contact
Exercise Referral	Health Professional Self-Referral	Ongoing supervised physical activity	Risk stratified on point of enquiry	£2-2.90 per session depending on activity	Hartlepool Exercise for Life Team (01429) 284363 Exerciseforlife@hartlepool.gov.uk
Escape Diabetes Act Now (Prevention and effective management for those already diagnosed with type 2 diabetes).	Health Professional Self-Referral	Physical activity and healthy eating education workshops.	Healthy eating workshops are available to all; however, physical activity is risk stratified.	Free to access healthy eating workshops, although physical activity pricing in line with Exercise Referral costs.	Hartlepool Exercise for Life Team (01429) 284363 Exerciseforlife@hartlepool.gov.uk
Community Connector Service	Professional agencies Self-Referral	Ongoing one to one, drop in and social/group options. Model based on social prescribing intervention.	Fully inclusive service, risks monitored on individual basis.	Free 1:1 appointments, group activities may incur a small charge dependent on choice.	Community Connector Team communityconnectors@hartlepool.gov.uk Community Hub North 07747856700 Steve.gaffney@hartlepool.gov.uk

					Community Hub Central 07500999524 Roz.charlton@hartlepool.gov.uk Community Hub South 07748112784 Denise.murphy@hartlepool.gov.uk
Health Walks	Self-referral	Quarterly programme updated and amended to suit needs of participants and seasonal variance.	Risk stratified on point of enquiry.	Free	Sport and Physical Activity Team (01429) 2984047 Feel.good@hartlepool.gov.uk
Sport and Physical Activity Service	All enquiries considered to meet requirements. Key partners and self-referrals are prominent.	Varied programmes of activity/focus throughout the year with new initiatives responding to local demand. Opportunities available across the life course, enabling participation for all.	Risk stratified on point of enquiry and relevant adaptations made where possible.	Prices vary depending on mode of activity.	Sport and Physical Activity Team (01429) 2984047 Feel.good@hartlepool.gov.uk
Free swimming		Monday 23 rd July to Friday 31 st August 2018	10.00am – 1.30pm	Free	Craig Mitchelson

Fitness suite access *restrictions apply		Ongoing	Induction process, age restrictions (12+ years) All public sessions	Free	Craig Mitchelson
Footie Tots		Ongoing	Age restriction 2-4 yrs Wednesday 4-5pm Millhouse	Free	Craig Mitchelson
Circuit Training		Ongoing	Age restriction (12+ years) Monday & Friday 6-7pm Headland Wednesday 6-7pm Mill House	Free	Craig Mitchelson
Aquajog		Ongoing	Age restriction (12+ years) Thursdays 8.30-9.30pm Mill House	Free	Craig Mitchelson
Low Level Circuit		Every Friday morning 10am at Brierton Sports Centre. Ongoing.	Age restriction (12+ years)	Free	Steven Liddell

Metafit		Every Wednesday at Brierton Sports Centre 5:30pm. Ongoing	Age restriction (12+ years)	Free	Steven Liddell
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Stockton					
Activity	Referral route	Availability	Restrictions to referral/access	Cost	Contact
NHS Health Check	<p>All the GP practices in Stockton have signed up to provide the NHS Health Check.</p> <p>The Health Check is a screening programme to identify those who are at high risk of developing heart disease and provide early intervention e.g. prescribing medication or referral to service that support lifestyle change.</p>	On-going	<p>NHS Health Check eligible criteria:</p> <ul style="list-style-type: none"> • Aged 40-74 • Do not have a heart attack or stroke • Do not have diabetes or kidney disease • Has not had a NHS Health Check within the last 5 years • Do not on high blood pressure or a statin for cholesterol within the last 12 months <p>Those who are eligible will receive a letter from the GP practice to invite you to the health check or you can request one if you are eligible.</p>	No cost	Contact their GP practices directly
<p>Lite4Life</p> <p>Lite 4 Life is a FREE 10 week group weight management programme that aims to promote a healthy diet and exercise to support</p>	GP or other health professional referral only	On-going	<p>Referrals will be accepted from all identified referral organisation for patients who have a:</p> <ul style="list-style-type: none"> • BMI 25-30 with or without controlled significant co-morbidities • BMI 30-35 with or without controlled significant co-morbidities • BMI >35 who have been managed within the primary/secondary setting and are deemed clinically suitable tier 2 service • Waist circumference greater than >94cm (37inches) if male • Waist circumference greater than >80cm 	No cost	01642 526696

<p>people to achieve a healthy weight</p> <p>Group based</p>			<p>(31inches) if female</p> <ul style="list-style-type: none"> • Waist circumference >90cm (35inches) if Asian male • Waist circumference >80cm (31inches) if Asian female <p>AND</p> <ul style="list-style-type: none"> • who are aged 16 years and above • who are assessed as “ready to change” 		
<p>Growing Well, Growing Healthy service</p> <p>Family weight management service</p> <p>1-1 or group based depending on clients preference</p>	<p>Professional or self - referral</p>	<p>On-going</p>	<p>Children and young people accessing the service for weight management will meet at least one of the below criteria:</p> <ul style="list-style-type: none"> • The child or young person has a BMI on or above the 91st centile • The child or young person’s BMI centile has increased over a period of time indicating risk of having a BMI 91st centile or other risk factors present, e.g. parental obesity • Live in Stockton on Tees <p>Parents/carers accessing the service will meet at least one of the below criteria:</p> <ul style="list-style-type: none"> • BMI 25 or greater with or without controlled co-morbidities • Have a child aged 0-17 years who is on/above the 91st centile or is at risk of being overweight • Live in Stockton on Tees 	<p>No cost</p>	<p>0333 3202 302</p>

Redcar and Cleveland					
Activity	Referral route	Availability	Restrictions to referral/access	Cost	Contact
Tier 2 Weight Management	Self-referral	Online	Pregnancy	Zero	https://redcarandcleveland.lifeguidehealth.org/
Physical Activity Programmes	Varies	Varies	Varies	Varies	http://www.peoplesinfolnet.org.uk/kb5/redcar/directory/home.page
Nutrition Programmes	Varies	Varies	Varies	Varies	http://www.peoplesinfolnet.org.uk/kb5/redcar/directory/home.page
Exercise on Referral	GP and Practice Nurse only	Ongoing	Various medical conditions	£2.00 - £2.30	Speak to your GP or Practice Nurse
Leisure Centres	Self	Ongoing	Varies	Varies	See www.everyoneactive.com

Regionwide Opportunities (Voluntary, Third Sector & Other)

Organisation	Website	Availability	Contact Info	Whats On Offer
MIND – Get Set to Go	www.getsettogo.mind.org.uk		Website to facilitating finding the right physical activity opportunity for you	
Park Run	www.parkrun.org.uk		Free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.	
The Conservation Volunteers	www.tcv.org.uk		Green Gym Conservation Volunteering Activities	
Get Active North East	www.getactivenortheast.co.uk		Club & Activity Finder website	
Ramblers Association	www.ramblers.org.uk		Provides details of hundreds of walks each week, from short urban strolls to long walks in the countryside	
Walking for Health	https://www.walkingforhealth.org.uk/		National network of health walk schemes offering free short walks over easy	

			terrain led by trained walk leaders	
Football Association	www.thefa.com		TBC	
Couch to 5k	https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/		NHS Couch to 5K will help you gradually work up towards running 5K in just 9 weeks	
Active 10	https://www.nhs.uk/oneyou/active10/home		Provides advice on fitting just 10 minutes of activity into your day	
Change for Life	https://www.nhs.uk/change4life/activities		Advice on physical activity for kids, along with an activity finder tool	
British Heart Foundation	https://www.youtube.com/watch?v=O5YX5xg8Seg		10 minute Living Room Workout – You Tube	
Newcastle Can	www.newcastlecan.com		Receive top diet tips, attend our events, take on the challenges	
NHS 12 Week Weight Loss Plan	https://www.nhs.uk/Tools/Pages/Losing-weight.aspx			
NHS	https://www.nhs.uk/live-well/exercise/10-minute-workouts/		10 minute workouts that can be completed without equipment at home	
NHS	https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/		Strength & Flex Exercise Plan – A running Plan for beginners. The 5-week plan consists of a series of equipment-free exercises	

			designed to improve your strength and flexibility.	
NHS	https://www.nhs.uk/conditions/nhs-fitness-studio/		Fitness Studio Exercise Videos - 24 instructor-led videos in aerobics, strength and resistance, pilates and yoga categories. The workouts have been created by fitness experts and range from 10 minutes to 45 minutes.	
Sustrans	https://www.sustrans.org.uk/ncn/routes?region=88&type=All&=Apply		Directory of cycling routes in the UK	
Exercise Move Dance UK	https://portal.emduk.org/find-a-class		Find a class near to you	
Weight Watchers	https://www.weightwatchers.com/uk/			
Slimming World	https://www.slimmingworld.co.uk/			
Age UK	https://www.ageuk.org.uk/services/in-your-area/exercise/		Various exercise and physical activity opportunities	
Moving Medicine	https://movingmedicine.ac.uk/wp-content/uploads/2018/10/Depression_Patient_info_leaflet_v4.pdf		Top tips on physical activity and a variety of conditions including depression and dementia	