

Other Local Activities

****PLEASE SEE PAGES 3 & 4 FOR A SIMPLE TEXT DESCRIPTION OF EACH ACTIVITY****

OR ZOOM IN ON THE PAGE TO SEE THE POSTER MORE CLEARLY.

We are promoting these activities on behalf of other organisations in the community.

Please use the contact details on the advertisements as they are not run by SCDA.

Gentle Exercise & Tea

Every Friday morning - 10.30 a.m. – 12.00 pm

Saltdean Community Centre, Saltdean Lido

An ongoing course of gentle exercise for the over 60s or anyone with physical difficulties -

£4.50 per session. Contact Emma Thompson on emma@spiritualhealingandyoga.com

Website: www.spiritualhealingandyoga.com

Contact number: 07551 607171

New Youth Basketball League:

www.seahavenforce.com

Seahaven Force Basketball run a variety of basketball sessions for children, teenagers and adults in Seaford, Newhaven, Lewes and Peacehaven, East Sussex.



YIN AND TONIC

Are you looking for a gentle practice that will increase mobility, flexibility and strength in the body?



Yin Yoga

A gentle, slow, floor-based practice that focuses on the connective tissues.

- Revitalises tissues of the body
- Calms and balances the mind
- Reduces stress and anxiety
- Improves circulation

**Thursdays 9.30am – 10.45am
(Starting 26th October)**

**St. James Trust
11 Blatchington Road, Seaford, BN25 2AB**

For more information or to book please call 07816 154644 / Jacqui.johnston@hotmail.co.uk

Pilates & Yoga with Zara stretch | Strength | Control

- ☐ Improve posture
- ☐ Increase Flexibility
- ☐ Develop Core Strength
- ☐ Relax and unwind
- ☐ Adaptable to All Fitness Levels



MONDAY

Pilates 9.30am Pilates 10.45am (Haven Studio),

TUESDAY

Pilates 9.30 & 10.45am (Seaford Osteopathic Clinic)

Pilates 7pm (Community Centre, Denton Island)

Yoga 8pm (community Centre, Denton Island)

WEDNESDAY

Pilates 9.30am (Haven Studio, Newhaven)

THURSDAY

Yin Yoga 9.30am (Haven Studio, Newhaven)

FRIDAY

11.30am Hatha Flow Yoga (Haven Studio, Newhaven)

Limited numbers – Booking essential
Fully Qualified Yoga & Pilates teacher

Email: zarano1@msn.com

mobile: 07532418542

Fully equipped studio, Private and group classes

East Sussex Health Walks

MONDAYS

Fairlight: 10.30am Fairlight Village Hall (1st & 3rd Monday of the month)
Hastings Mindfulness: 1pm outside Alexandra Park café (2nd & 4th Monday)
Hastings Old Town: 2pm opposite the Jenny Lind, High Street
Pevensey Bay: 10.30am outside the library, Richmond Road
Rye: 10am Gibbet Marsh car park, Udimore Road
Sidley: 11am outside The New Inn

TUESDAYS

Eastbourne Hampden Park: 10.30am outside Lakeside Tea Chalet
St. Leonards on Sea: 11am inside RVS Centre, South Street
Seaford: 10am Salts Café (1st Tuesday), Martello Tower (3rd Tues)

WEDNESDAYS

Ashdown Forest: 10.30am various start points, see www.ashdownforest.org
Bexhill Freedom Leisure: 1st & 3rd Weds 11am outside Bexhill Leisure Pool, Ravenside
Eastbourne Seafront: 10.30am outside the Sovereign Centre
Hastings Alexandra Park: 12 noon outside café in the park
Heathfield: 10am Town Clock, High Street
Newick: 10.30am on the Green in front of The Bull (2nd & 4th Weds)

THURSDAYS

Crowborough: 10.30am various start points, check website or ring for details
Hailsham: 10.30am at the War Memorial, High Street
Hastings Town Centre: 2pm outside Station Plaza Health Centre

Free, friendly, regular walks, gradually building fitness, not too long, not too difficult, only about an hour. No need to book, just turn up!

FRIDAYS

Battle: 10am Abbey Green
Bexhill: 11am inside De La Warr Pavilion
Eastbourne Shinewater: 10.30am outside the Co-op, Milfoil Drive
Lewes: 10am outside The Needlemakers
St. Leonards Church in the Wood: 10.30am Church in the Wood car park
Uckfield: 10am inside Civic Centre


SATURDAYS

Chelwood Gate: 11am Visitor Centre
National Cat Centre (1st Sat of month)
Hastings Ore: 10.30am outside Ore Community Centre (not bank holiday weekends)

Contact Lorna Neville, Health Walks Coordinator
01424 444675 or 07740 899559 or lorna.neville@tcv.org.uk
www.walkingforhealth.org.uk/walkfinder/east-sussex-health-walks
Not bank holidays; details correct Jan 2019




JOIN OUR LEAGUE



Sussex Disability Football League

All ages, abilities & genders welcome.

- ✓ We play fixtures once a month at a central venue in Sussex.
- ✓ All games are refereed by a qualified referee approved by the Sussex County FA.
- ✓ Whether you are an individual or a team looking to play football we can help you.
- ✓ Our aim is to promote disability football throughout Sussex and provide competition for people of all abilities.



Phone : 01903 766 855
Visit: www.sussexdisabilityfootball.org.uk
Email: secretary@sussexdisabilityfootball.org.uk

Gentle Exercise for over 50 or those with Physical Difficulties

An hour of gentle exercise and relaxation for those with physical difficulties
Learn some very simple exercises for stiffness, pain, flexibility and mobility, balance, concentration, relaxation and rejuvenation



Fridays 10.30am to 12.00pm
Cost £4.50

Saltdean Community Centre,
Saltdean Lido

please call 07551607171 or email: emma@spiritualhealingandyoga.com



WALKING FOOTBALL

TUESDAYS 7.30PM – 9PM EVERY WEEK.
SEAHAVEN ACADEMY, NEWHAVEN.

If you can walk, you can play. Age 50+, all genders welcome. Please bring suitable footwear. It's indoors and it's £3 per session. If you want to go regularly there is a £10 one off signing on fee and then £3 per session.

ACTIVE STEPS CYCLING - EASTBOURNE

Following a successful programme in Newhaven with SCDA and Job Centre clients, Sustrans are beginning a new Active Steps cycling programme in Eastbourne. Starting this February, the programme will be open to any jobseekers/unemployed people in the Eastbourne area. The aim of the programme is to improve participant's health and wellbeing whilst teaching them skills and providing them with a means of transport for every day trips, jobs, interviews etc.

Participants that sign up to the programme will get a free 10 week bike loan and will also be able to make use of group activities including a weekly led ride, bike maintenance sessions and health checks.

Please get in touch with Brock Rogers:
brock.rogers@sustrans.org.uk / 07917581796



'The trees, the air we breathe'

Love the outdoors? Care about our natural environment?
Then why not join our merry band of volunteers in looking after the trees in our community.

Spring sessions start on April 6th and continue every first Saturday and third Tuesday of most months from 10-12am.

No experience is required and you don't have to commit a fixed amount of time.

It's a great opportunity to meet like minded people, get out in the fresh air and have a chance to learn more about tree care.

To find out more about us take a look here:
www.seafordtreewardens.wordpress.com

To sign up email: seafordtreewardens@outlook.com

You can also see what we've been up to and get the latest news on our Facebook page @SeafordTreeWardens

YIN AND TONIC

YIN YOGA GENTLE FLOOR BASED
PRACTICE

THURSDAYS 9.30AM – 10.45AM
(STARTING 26TH OCT)

ST JAMES TRUST, 11 BLATCHINGTON RD,
SEAFORD, BN25 2AB

CONTACT: 07816 154644

JACQUI.JOHNSTON@HOTMAIL.CO.UK

GENTLE EXERCISE FOR 50+ OR THOSE LESS PHYSICALLY ABLE

AN HOUR OF GENTLE PHYSICAL ACTIVITY FOR THOSE WITH PHYSICAL DIFFICULTIES

FRIDAYS 10.30AM – 12.00PM AT SALTDEAN LIDO
COST: £4.50

CONTACT: 07551607171
EMMA@SPIRITUALHEALINGANDYOGA.COM

TALK TALK

FREE GROUP SESSIONS FOR THOSE WHO HAVE A FAMILY MEMBER OR LOVED ONE WHO SUFFERS FROM AN ADDICTION.

SUPPORT FOR THOSE WHO DO NOT HAVE THE ADDICTION BUT HAVE TO GO THROUGH THE STRUGGLE OF LIVING WITH A LOVED ONE WHO HAS.

MONDAYS 2PM-3PM AT THE HILLCREST CENTRE. CONTACT ON:
INFOR@HILLCRESTCENTRE.CO.UK
01273 512376

FACEBOOK:

<https://www.facebook.com/SCDAHealthandWellbeing>

To find out more or to book a place on the above activities please call 01273 519 149 or

Email:

healthylifestyles@sussexcommunity.org.uk

Please contact us if you would like to be added to or removed from our mailing list.

PILATES & YOGA WITH ZARA

IMPROVE POSTURE, FLEXIBILITY AND CORE STRENGTH.
RELAX AND UNWIND.

MONDAY: PILATES AT 9.30AM AND 10.45AM IN HAVEN STUDIO, NEWHAVEN

TUESDAY: PILATES AT 9.30AM AND 10.45AM IN SEAFORD OSTEOPATHIC CLINIC

PILATES AT 7PM AND YOGA AT 8PM IN DENTON ISLAND COMMUNITY CENTRE

WEDNESDAY: PILATES AT 9.30AM IN HAVEN STUDIO, NEWHAVEN

THURSDAY: YIN YAGO 9.30AM IN HAVEN STUDIO, NEWHAVEN

FRIDAY: HATHA FLOW YOGA AT 11.30AM IN HAVEN STUDIO, NEWHAVEN

CONTACT: 07532418542
ZARANO1@MSN.COM

SUSSEX DISABILITY FOOTBALL LEAGUE

ALL AGES, ABILITIES AND GENDERS WELCOME. WHETHER YOU'RE AN INDIVIDUAL OR A TEAM, WE WANT TO HELP PROMOTE DISABILITY FOOTBALL.

FIXTURES ONCE A MONTH.

WWW.SUSSEXDISABILITYFOOTBALL.ORG.UK

CONTACT: 01903 766 855

SECRETARY@SUSSEXDISABILITYFOOTBALL.ORG.UK

FOR OTHER ACTIVITIES PROVIDED LOCALLY

Please access these websites for more activities in the area:

<http://hillcrestcentre.co.uk/whats-on-list-2/>

<https://www.waveleisure.co.uk/timetables/>

<https://www.southdown.org/how-we-help/mental-health-recovery/wellbeing-centres-east-sussex-community-network>

<http://www.escg.ac.uk/study/community-and-engagement/adult-community-learning/>

AND LAST BUT CERTAINLY NOT LEAST,
YOUR LOCAL PARKRUN:



[Peacehaven parkrun |](#)
[Peacehaven parkrun](#)

What is Peacehaven parkrun? It is a 5km run - it's you against the clock. When is it? Every Saturday at 9:00am. Where is it? The event takes place at Centenary Park, Piddinghoe Avenue, Peacehaven, BN10 8RJ.

www.parkrun.org.uk

<https://www.parkrun.org.uk/peacehaven/>