

Get Set to GO



Removing barriers for people with mental health to take part in physical activity



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01933 312800

Northamptonshire

www.northamptonshiremind.org.uk

Registered Charity No: 1033000

Get Set to GO



LOTTERY FUNDED



Research has shown that physical exercise is good for us but living with a mental health condition can reduce our desire to get up and go. Evidence has shown that physical exercise can improve our mental health, reduce anxiety and stress, increase our self esteem and help us to cope better with life.

The aim of the Get Set to Go project is to:

- Give people living with a mental health condition confidence to get active
- To promote and encourage getting active, participating and socializing as part of a healthy lifestyle
- Reduce the barriers of getting active: cost, anxiety, lack of motivation

We have a wide range of activities planned on various days and times and you don't have to be "sporty" to get involved.

There are also opportunities for volunteers too!

If you have any questions or are interested in the project contact us on the number below or email Jackie.Ackroyd@northamptonshiremind.org.uk

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Swim, Chat, Chill

When?

Mondays and Fridays

14:30pm – 15:15pm

Start Dates

7th June (6 weeks)

6th September (6 Weeks)

Where?

Splash Leisure Pool.

Rushden

NN10 9SL

Cost?

Free

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We know sometimes we feel body conscious of our image particularly when we want to go to the pool. These Get Set to Go open swim sessions have been designed to allow you to cover up and swim in a friendly and calm environment.

For these sessions you can wear light clothing that is comfortable to swim in.

Please arrive 'swim-ready' for each session. You will be able to change after your swim.



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Nordic Walking



When?

Mondays

14:00pm – 15:00pm

Start Date

7th June (12 Weeks)

Where?

Irchester Country Park,
NN29 7DL

Cost?

Parking charges apply

Nordic Walking is an enhancement of ordinary walking. You will use poles to help propel you along and will learn how to use these correctly to get the most out of the session.

The poles will be provided for the session. A good walking shoe/boot or trainers is advisable.

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Play, Chat Chill

When?

Tuesdays

13:30pm – 14:30pm

Start Date

8th June (12 Weeks)

Where?

The Pemberton Centre,
Rushden,
NN10 9YP

Cost?

Free

Come along and have a game of badminton or table tennis in a safe environment. More activities like Boccie and New Age Kurling can be added to the sessions. These activities will be designed around you at your own pace.

All equipment is provided.

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Great Outdoors at Irchester Country Park

CountryParks
Northamptonshire

When?

Wednesdays

1pm – 3pm

Start Date

9th June (6 Weeks)

10th September (6th Weeks)

Where?

Irchester Country Park,
NN29 7DL

Cost?

Parking charges apply

We know it's tough to find time to go outside, particularly in our modern life. These Get Set to Go sessions will allow you to learn new skills in a safe and friendly outdoor environment.

Our friendly trained rangers will guide you through revamping the old tree nursery in the park.

The rangers will be on hand to guide you to create new useable areas for groups. Enjoy the fresh air that Irchester Country Park offers.

Please bring your own gardening gloves.

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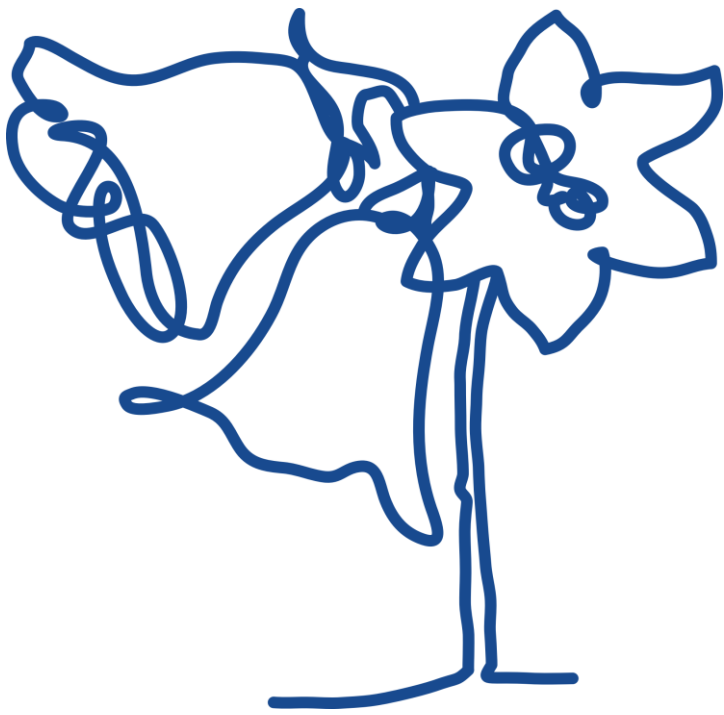
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Fishing and Mindfulness

When?

Thursdays

10am – 12:30pm

Start Date

10th June (12 Weeks)

Where?

Grendon Pond,
Castle Ashby

Cost?

Free

Fishing is not only a fabulous way to stay active and healthy but it is also a perfect activity to help calm your mind, relax and let go of the stress in your life.

All equipment is provided including bait.

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Mindful Yoga

When?

Thursdays

11:30am – 12:30pm

Start Dates

10th June (6 Weeks)

9th September (6 Weeks)

Where?

The Pemberton Centre,
Rushden,
NN10 9YP

Cost?

Free

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We know it's tough to find time for yourself, particularly in a busy world. These Get Set to Go sessions thoughts and will give you the confidence to take those first steps to becoming active in a relaxed and friendly environment.

Our friendly instructor will guide you through a gentle 1 hour yoga session, which calms and focuses the mind through movement., breathing exercises and simple meditation.



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Line Dancing

When?

Thursdays

17:30pm – 18:30pm

Start Date

10th June (12 Weeks)

Where?

The Pemberton Centre,

Rushden,

NN10 9YP

Cost?

Free

We know it's challenging to try something new and even more challenging if you're experiencing anxiety or feeling low. The Get Set to Go session will encourage you to come and take part in a warm and welcoming environment.

Line Dancing is a fun dance performed in lines or rows, which incorporates exercise and fun to get people up and active.

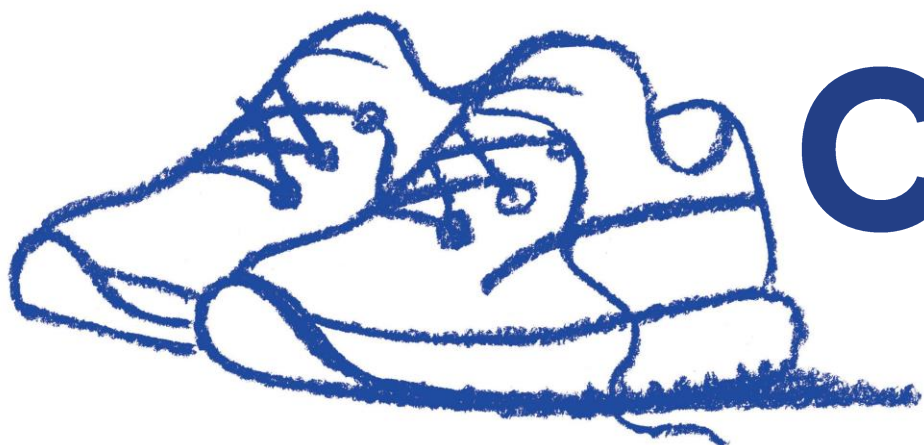
Our friendly Line Dancing instructor will guide you through each dance move making the session fun and light hearted.

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Clubbercise

When?

Thursdays

19:45pm – 20:45pm

Start Date

10th June (12 Weeks)

Where?

The Pemberton Centre,

Rushden,

NN10 9YP

Cost?

Free

We know it's challenging to try something new and even more challenging if you're experiencing anxiety or feeling low. This Get Set to Go session will encourage you to come and take part in a warm and welcoming environment.

Clubbercise is a dance fitness class designed to incorporate music, exercise and fun to get people up and active.

Our friendly clubbercise instructor will guide you through an hour session of fun and dance.

Not suitable for people with epilepsy.

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Ramble and Photography

When?

Fridays

11am – 12pm

Ramble and Photography will include a gentle walk around the park to different locations and points of interest.

Start Date

11th June (6 Weeks)

17th September (6 Weeks)

The tutor will help and advise you on how to improve your skills in taking photos.

Where?

Irchester Country Park,
NN29 7DL

Cost?

Parking charges apply

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Mindful Football

When?

Sundays

10am – 11am

Start Date

27th June (12 Weeks)

Where?

Pemberton Centre,
Rushden,
NN10 9YP

Cost?

Free

We know it's tough to start something new, particularly if you're experiencing anxiety or feeling low. This Get Set to Go session will help you build the confidence to take those first steps with the cobblers.

Our friendly coaches from Northampton Town FC Community Foundation are helping people just like you overcome their challenges.

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North
Northamptonshire
Council



activecommunities
where you matter

Join a free and friendly health walk!

Time:

KINGS CLIFFE – every Tuesday at 11:00am **WOODFORD** – every Wednesday at 9:30am
IRTHLINGBOROUGH – every Thursday at 10:30am **RUSHDEN** – every Friday at 10:00am
NASSINGTON – every Friday at 11:00am
WARMINGTON – second Wednesday of every month

Meeting point:

KINGS CLIFFE – Ex-Serviceman's Club, PE8 6XF
WOODFORD – Grainstore Coffeehouse, NN14 4ES
IRTHLINGBOROUGH – Irthlingborough Library, NN9 5PU
RUSHDEN – Hall Park by the Flagpole, NN10 9NG
NASSINGTON – Black Horse Pub, PE8 6QU
WARMINGTON – The Red Lion, PE8 6TN

We provide a variety of friendly and inclusive walks that are free to join and within easy reach of where you live. Our walks are run by volunteer Health Walk Leaders and involve a chance for refreshments and a chat after the walk. Join in today!

For information about our other walks, visit:

<https://www.walkingforhealth.org.uk/walkfinder/east-northants-active-communities-walks>

Get in touch!

Email: Joe.Bailey@northnorthants.gov.uk

Phone: 01832 742195

WE ARE
MACMILLAN
CANCER SUPPORT



ramblers

Supporting you to
get active and stay active

Want to get more active?

Then we're here to help!

Walking is a great way to get fit, explore what's on your doorstep and make new friends.

Join one of our free and friendly short walks

Starting back Tuesday 4th May 2021

Monday	1.30pm	Fermyn Woods Country Park
Tuesday	1.30pm	Irchester Country Park
Wednesday	1.30pm	Barnwell Country Park
Thursday	1.30pm	Brixworth Country Park

All Walks Meet outside the Park Café

Term Time Only

For further details or to book a place email educationrangers.ncc@northnorthants.gov.uk

Usual car parking charges apply

CountryParks
Northamptonshire

