

## Stephen Weaver

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**From:** Margaret Notley  
**Sent:** 17 September 2019 19:27  
**To:** Stephen Weaver; Sarah Mead  
**Subject:** Community Select Committee Wednesday 3rd July 2019

Community Select Committee Wednesday 3rd July 2019 Older People's Leisure Provision in Stevenage

I started my research by looking on the website for Leisure Provision in Stevenage for the over 50s and was totally overwhelmed. It seems that almost whatever someone wants to do in Stevenage they will be able to find it. I printed off a summary of the activities available on the Stevenage Borough Council website, which I have here and will read them out.

Stevenage Leisure Ltd cover a wide range of activities, not only at the Leisure Centre, but at the Golf Course, Swimming Pool, etc. along with the Community Centres across the town. In addition to this, there are independent Social Clubs, Associations and Gyms.

To help me to get a picture of the take up of these activities, I asked my friends, who are all in that age bracket. All of them go to the Gordon Craig Theatre, some on a fairly regular basis and always supporting certain Shows, eg The Pantomime, The Mayor's Charity Show and other regular shows. Generally it was felt the price was reasonable for the shows, especially if they are booked through a group booking and or with the age concessions. Though some of the shows could be a bit pricey and it could deter some of them from going. This does not seem to effect some people in this age bracket, as I recently went to Tony Blackburn's Sound of The 60s and there were very few seats unoccupied and the cost of the tickets were £32.

Professional Plays come to the Theatre, but it seems not as many as there have been in the past. This may be because audience numbers have dwindled over the years. This may be due to the fact that the audience is generally older people and a lot of them did comment that they could not always hear the Actors voices. I did pursue this concern and suggested that the Actors miked up, but was told at the time they did not need to do this as they were professional actors and could project their voices. I have recently been to see a professional show, sitting in one of the middle rows and although the sound did seem better, my friends and I said we could not always hear them as their voices seemed to trail off mid sentence, so presumably they were not miked up.

Though it is not in Stevenage, my friends all said they go to see shows in London, though this could be price prohibitive.

Swimming is an activity that some of them participate in. The over 50s Exercise Class at the Stevenage Pool, which is open for Males and Females and if you pay for 10 classes you get 2 free.

Some of my friends are members of David Lloyd, so do their swimming and exercise classes there, on a regular basis, a number of times a week.

A couple go Line Dancing. This is held on a Wednesday at St. Peter's Church Hall in Marymead, costs £3.50 for the hour and is open to Males and Females.

There is a Yoga class held every Tuesday at the St. Nicholas Community Centre. This is open to all age groups and cost £6.

A Exercise Class is held every Friday in the Methodist Church Hall, in the Old Town. This is open to all age groups and costs £5.

One of my friends watches Stevenage play at the Football ground, 2 to 3 times a month. The ticket prices are £17-£24 an adult, under 18s £10-£16, under 12s £5-£10. There is an age concession rate for over 65s, Members of the Armed Forces, the Emergency Services and Students with tickets costing £15-£22. There are also Family tickets:-1 Adult and 2 Children under 12 at £35 and 2 Adults and 2 Children under 12 at £50.

Cineworld in the Leisure Park, is a favourite place to go at least once a month. Age concession is £8.50-£11.00 ( full price £10.30-£13.00).

Walking is another favourite Leisure pursuit.

The Leisure 50 Walking Group which is free, organise walks of varying lengths, as do The Ramblers Association, though there is a joining fee for this. £3.35 per month, Annual £35.85 or a Life membership of £790 though there is a concession rate for the over 60s of £475. Or just meeting up with friends and planning their own walk.

The use of the Library is a favourite pastime, which is free.

Finally my group of friends met up for meals out on an ad hock basis and we also met up for breakfast once a month.

Does the Committee require further research regarding the Older Age Group's Leisure Activities?

Sent from my iPad



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**Over 50s Activities**

Sports Clubs and Centres

Cycling

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Fairlands Valley Park

Museum

Arts and Entertainment

So Active

Healthy Stevenage

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## Over 50s Activities

If you are over 50 and want to keep active there is a wide range of classes across the town for you to join in with.

Physical inactivity is a known risk factor for a range of chronic diseases and conditions that threatens the population's health. Exercising at moderate intensity for 30 minutes at least 5 days per week has been linked with important physical and cognitive health benefits for older adults. There are many benefits of living an active lifestyle such as:

- Helps maintain the ability to live independently and reduces the risk of falling
- Reduces the risk of health conditions such as heart disease, high blood pressure, colon cancer, and diabetes
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being
- Helps maintain healthy bones, muscles, and joints
- Helps control joint swelling and pain associated with arthritis

See below for details of the many classes that are available.

### Independent Living exercise classes

#### Chair based exercises - Mondays and Thursdays

The classes are fun, varied and progressive. They include a range of exercises that are safe, but challenging and within everyone's ability level. All exercises are based on or around a chair so there is always the option to rest or skip an exercise. The aim is to get each person taking part at the correct level for them so the exercise is fun, safe and effective.

Day	Venue	Time	Cost	Contact
Monday	Grosvenor Court Filey Close	12.15pm - 1pm	£1	<b>01438 242666</b>
Monday	Gladstone Court Spring Drive	1.45pm - 2.30pm	£1	<b>01438 242666</b>
Thursday	Highfield Court Grace Way	12noon - 12.45pm	£1	<b>01438 242666</b>
Thursday	Truro Court, Canterbury Way	1pm - 1.45pm	£1	<b>01438 242666</b>

### Walking Football

A slower version of the game aimed at over 50s or people returning from injury.

Day	Venue	Time	Cost	Contact
Monday	Stevenage Football Academy	8pm - 9pm	£5	<b>01438 223223</b>
Tuesday	Marriotts Sports Centre	8pm - 9pm	£1	<b>01438 317525</b>
Wednesday	Stevenage Football Academy	10am - 11am	£5	<b>01438 223223</b>

### Leisure 50's (Dance based classes)

Dance class designed for people aged 50+

Day	Venue	Time	Cost	Contact
Monday	Stevenage Leisure Centre	11am - 12noon	£4.20	<b>01438 242605</b>
Tuesday	Stevenage Leisure Centre	11am - 12noon	£4.20	<b>01438 242605</b>
Thursday	Stevenage Leisure Centre	11am - 12noon	£4.20	<b>01438 242605</b>

### The H.O.P.E Project

Over 60s project helping older people exercise

Day	Venue	Time	Cost	Contact
Monday	Marriotts Sports Centre	10.30am - 11.30am	£5 Over 60s £2	<b>01438 317525</b>

### Keep Fit / Keep Well

A gentle introduction to exercise for the over 60's run by our local qualified Physiotherapist. Give it a try 'Live a Brighter Life'

Day	Venue	Time	Cost	Contact
Monday	The Bragbury Centre	1.45pm - 2.30pm		<b>01438 812258</b>
Wednesday	The Bragbury Centre	1.30pm - 2.15pm		<b>01438 812258</b>

### Carpet Bowls

A small friendly club, where newcomers are always welcome. There is no need to have played before, someone will always show you how.

Day	Venue	Time	Cost	Contact
Monday	The Bragbury Centre	8pm - 9pm		<b>01438 812258</b>
Thursday	Symonds Community Centre	8pm - 9pm		<b>01438 361859</b>

### Positive Movement

Positive Movement is a programme designed for older people, for anyone who is frail and/or at risk of falls, for those who experience mobility issues or a physical disability, for people living with a limiting long-term illness and for carers.

Day	Venue	Time	Cost	Contact
Tuesday	Bedwell Community Centre	10am - 11.30am	£3	<b>01462 678804</b>

### Easy Fitness

Exercise class aimed to improve your mobility, strength and posture while having fun.

Day	Venue	Time	Cost	Contact
Tuesday	Bedwell Community Centre	7pm - 8pm	£5	<b>01438 314839</b>

### Leisure 50's Table Tennis

A table tennis activity session for adults to be more active in a fun and friendly environment.

**This activity is not instructed**

Day	Venue	Time	Cost	Contact
Tuesday	Stevenage Leisure Centre	2pm - 4pm	£2.30	<b>01438 242605</b>

## Leisure 50 Aquacise

Water based aerobics class designed for people aged 50+.

Day	Venue	Time	Cost	Contact
Wednesday	Stevenage Swimming Centre	3pm - 4pm	£3.50	<b>01438 218770</b>

## Leisure 50 Swimming

Open swimming session for 50+

Day	Venue	Time	Cost	Contact
Wednesday	Stevenage Swimming Centre	3pm - 4pm	£3.50	<b>01438 218770</b>

## Nifty 50 (Ladies over 50 exercise class)

For ladies over 50 who want to keep fit and have a chat and a coffee after.

Day	Venue	Time	Cost	Contact
Thursday	Shephall Community Centre	9.30am - 10.30am		<b>07747 868387</b>

## Introduction to exercise

A circuit based class aimed at beginners and for those that want a gradual introduction into exercise.

Day	Venue	Time	Cost	Contact
Wednesday	Bedwell Community Centre	10.45am - 11.45am	£2.50	<b>07766 160149</b>
Friday	St Nicholas Community Centre	2pm - 3pm	£2.50	<b>07766 160149</b>

## Health Walks

The Health Walks programme is part of a countywide scheme of free, led walks, which aim to help people get outdoors, get more active and reap the benefits of being more active.

Visit our [Health Walks page](#) and find a walk to suit you.

## Keep Fit for over 50's

Gentle exercise class aimed to improve your mobility, strength and posture while having fun.

Day	Venue	Time	Cost	Contact
Wednesday	Bedwell Community Centre	9.30am - 10.30am	£3	<b>01438 314839</b>

## Fellas Fitness

Come and get involved in this men's only exercise session designed to give you a workout at your own pace in a fun, friendly environment.

Day	Venue	Time	Cost	Contact
Wednesday	Marriotts Sports Centre	8pm - 9pm	£5 Over 60s £2	<b>01438 317525</b>

## Fit Steps 50+

A gentle step aerobics class for 50+

A fitness class using a mixture of Pilates and yoga to increase your core strength.

Day	Venue	Time	Cost	Contact
Friday	Stevenage Leisure Centre	10.15am - 11.15am	£4.20	<b>01438 242605</b>

## Supple Strength (Pilates & Yoga)

A fitness class using a mixture of Pilates and yoga to increase your core

strength.

Day	Venue	Time	Cost	Contact
Friday	Marriotts Sports Centre	10.30am - 11.30am	£5 or Over 60s £2	<b>01438 317525</b>

### Love to Dance

Come along to Love to Dance and discover a whole new way to get fit while having a fantastic time! You'll learn a new style of dance every couple of weeks, and no matter what your experience, you'll love it!

Day	Venue	Time	Cost	Contact
Friday	Stevenage United Reform Church	1pm - 3pm	£2	<b>02036 757215</b>

### Walking Netball

A slower version of the game aimed at over 50s or people returning from injury.

Day	Venue	Time	Cost	Contact
Sunday	Nobel School SG2 OHS	11.30am - 12.30pm	£4	<b>07834 500189</b>

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## Contact us

Facebook Twitter

Daneshill House, Danestrete,  
Stevenage, Herts SG1 1HN

Email: [csc@stevenage.gov.uk](mailto:csc@stevenage.gov.uk)

Telephone: 01438 242242

Out of Hours: 01438 314963

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Home > Sports Clubs and Centres > Activities for older people

## Activities for older people

The Council doesn't directly run leisure services in the town, but instead works with Stevenage Leisure Ltd to deliver them.

Stevenage Leisure manage the Leisure 50 programme. Apart from the numerous parks, open spaces and access to Leisure Centres the Leisure 50 offers opportunities to get involved in courses ranging from Theatre Skills to Calligraphy and fine to Pottery, from Swimming to keep fit at a variety of community centres within Stevenage.

- Line dancing - Western style sequence dancing
- Exercise & Relax - Ideal for the over 50's
- Vitality 50+ - workout for the young at heart - they also run a club on the 2nd Friday of each month (2nd floor in the Ellen Terry conference room)
- Pilates - 6 week course (contact us for start date)
- Extra Care Circuit - Cardiac rehabilitation class
- Extend - Gentle exercise for people with health/physical disabilities
- Leisure 50 Circuit - Circuits designed for the young at heart
- Yoga
- Leisure 50 Walks

### Contact details

Stevenage Arts & Leisure Centre  
Lytton way  
Stevenage  
Herts SG1 1LZ

[education@stevenage-leisure.co.uk](mailto:education@stevenage-leisure.co.uk)

Education: **01438 242 761**  
Box Office: **08700 131 030**  
Visual Arts Co-ordinator: **01438 242 644**

### Navigate the site

- Sports and leisure facilities
- Sports pitches and courts - Council owned
- Sports clubs in Stevenage
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Make a general enquiry



