

12 Weeks to Wellbeing Programme Information Sheet (September 2024 intake)

What is it?

The NEW 12 Weeks to Wellbeing programme is delivered by Cambridge City Council with funding from Cambridgeshire County Council and is designed to support adults in Cambridgeshire make positive changes to their lifestyle through a programme of weekly physical activity and lifestyle support. As part of the programme, participants will choose a physical activity pathway (6 different activities detailed below). Participants will also be expected to attend a Welcome Event at the start of the programme, a Next Steps Event at the end of the programme and are invited to attend various lifestyle support workshops over the course of the 12 weeks. All session dates, times and locations are included in this information sheet. The programme will run from September – December 2024.

Who is it for?

We invite referrals from anyone who meets **all** of the following criteria:

- Must be resident in Cambridgeshire or registered with a GP in Cambridgeshire
- Must be aged 18 or over
- Must have a Body Mass Index equal to or greater than 25 (if you are from a South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background your BMI needs to be above 23).
- Must not currently be participating in any regular structured physical activity e.g. an exercise class or group session
- Must be committed to making a positive change to their lifestyle and able to dedicate the time to attend the sessions in the programme

**Use the NHS tool
to calculate your
BMI Index**



You can use the NHS tool to [calculate your BMI index here](#) or scan the QR code with a mobile device if you have printed this document.

If you are unsure if you meet the criteria or want to ask any questions before completing the referral form, please feel free to contact the team before applying. You can email us at wellbeing@cambridge.gov.uk or contact Dani on 01223 457373.

Physical Activity Pathways

Participants can choose one of the following Physical Activity pathways based on their activity preferences and availability. Places on each programme are limited so we may not be able to offer participants their first preference. Places will be offered on a first come first served basis.

Pathway 1 – Swimming for Health

- Flexible days and times
- 12 weeks from flexible start date between 9th and 30th September 2024
- Participants can access Abbey Leisure Complex, Parkside Pool and Jesus Green Lido

Includes flexible access to all public swim sessions on the timetable at Better Swim Sites in Cambridge City as well as 2 optional Swim Doctor sessions throughout the 12-week programme to help advise on technique.

Pathway 2 - Cardio tennis

- Monday, 8 – 9pm
- 16th September – 9th December 2024 (excluding 28th October)
- Outdoor tennis courts, North Cambridge Academy, CB4 2JF

Cardio Tennis is a fun, sociable group fitness class with a tennis twist. Everyone is welcome to Cardio Tennis, no matter what your tennis skill level is! The class moves along quickly, so no one will be judging your skills, and it doesn't really matter whether the ball goes in or out. You will experience great music, get to hit lots of tennis balls, build up your skills and work up a sweat.

Cardio Tennis offers a great workout from a cardio fitness perspective as well as working out muscles across your body, from your core to your glutes. Each session is an hour long, with a short warm-up, a 40-minute full body workout, and a cool down.

The course will be delivered by Matt Perry the Head Coach at Love Tennis Academy based at North Cambridge Academy. Matt is an LTA Level 4 Accredited+ coach and Cambs LTA Development Coach of the Year Award 2024! Matt will be supported by Sam Cottam who is a Level 3 Personal Trainer.

Pathway 3 - Women's walking to touch rugby

- Monday, 7 – 8pm
- 16th September – 2nd December 2024
- Outdoor pitches, Cambridge Rugby Club, CB3 9ED

Joining the 12-week Women's Walking to Touch Rugby programme at Cambridge Rugby Club is an excellent way to get active, learn new skills, and meet like-minded individuals. Participating in this programme will be a rewarding experience, offering both physical benefits and a chance to be part of a vibrant community. You will get active under the guidance of respected Cambridge Rugby Coaches and see your fitness levels soar. Starting with Walking Rugby, you will learn the correct skills around passing and moving, before developing skills to touch rugby and keeping up the pace as you duck and weave the touch tackles of your opposition. No previous rugby experience is required or expected.

Pathway 4 – Men's walking to touch rugby

- Tuesday, 7 – 8pm
- 17th September – 3rd December 2024
- Outdoor pitches, Cambridge Rugby Club, CB3 9ED

Joining this Men's Walking to Touch Rugby 12-week programme at Cambridge Rugby Club can provide an excellent opportunity for fitness, fun, and camaraderie. Maybe you've always wanted to give rugby a go but never had the opportunity. This could be your chance! Participating in this programme will provide both physical benefits and an opportunity to join a supportive and engaging community. Enjoy the journey and the new friendships you will make along the way! Over the 12 weeks you will take your skills from walking rugby to touch rugby under the guidance of qualified Cambridge Rugby Coaches. You will see changes in your fitness levels over the course of the programme and leave you wanting to play again. No previous rugby experience is required or expected.

Pathway 5 – Return to Fitness

- Wednesday, 7 – 7.45pm
- 11th September – 27th November 2024
- Indoor Studio, Abbey Leisure Complex, CB5 8NT

This 12-week studio-based programme will give you the opportunity to enjoy a wide range of different exercise classes including, Zumba, Spin, Legs Bums & Tums, Stretch & Relax and much more. All classes will be delivered by Better Leisure experienced instructors and will be tailored for the group to ensure everyone gets the most out of each session. This programme is perfect for those returning to exercise after a break or starting for the first time. Over the 12-weeks you will improve your

strength, endurance, flexibility, and overall wellbeing. Plus, with the variety of classes and a fun, encouraging atmosphere, you'll stay engaged and committed to your fitness goals, helping you feel stronger, healthier, and more confident.

Pathway 6 – DDMix Dance Fitness

- Friday, 9.30 – 10.30am
- 20th September – 13th December 2024 (excluding 1st November)
- Indoor Hall, Meadows Community Centre, CB4 2JL

DDMIX is a great workout. No experience is necessary, just bring your enthusiasm, trainers, and a smile! We will cover different dance genres such as Salsa, Bollywood or African routines and a range of different eras including the 1960s to 1980s. It is a great way to exercise and get fit. This programme is delivered by local dance teacher, Victoria Quirke who has lots of experience working across the community teaching and performing. The programme will build up over the weeks learning more routines. You will develop your muscle memory and build on your fitness levels as we slowly up the pace.

Pathway 7 – Outdoor Fitness

- Friday, 10 – 11am OR 11am – 12pm
- 13th September – 29th November 2024
- Outdoor Fitness Equipment, Coleridge Recreation Ground, CB1 3PR

Join Liam Rushmer, owner of Fitness Rush at the new Coleridge outdoor fitness equipment as he takes you through a 12-week programme where you will learn how to use the outdoor fitness equipment and take advantage of the high-quality kit aboard the Fitness Rush mobile gym. You will not only build strength and cardiovascular fitness but also build your confidence at using different bits of equipment.

Welcome Event

Participants can choose to attend **one** of two dates for the Welcome Event. As part of this session, participants will be invited to have their baseline weight measured either using a standard scale or our InBody Analysis machine which can give more information about body composition including fat and muscle mass. Participants will also receive a printed booklet to support them through the 12-week programme and will attend a workshop led by nutritionist Caroline Collard on the Foundations of Nutrition: Healthy Habits and Food for Mood. This workshop aims to provide foundational knowledge about food, how we can think about the food we choose and categorise it to help make healthier choices. We will look at how we can start to use that knowledge to understand what food also does to our body, not only physically, but how it can affect us mentally too.

As well as building an understanding about nutrition choices, the Welcome Event will also be a good opportunity to meet others starting the 12 Weeks to Wellbeing programme, have some time to focus on setting personalised goals and meet the Active Lifestyles Team organising the programme.

- Saturday 7th September 2024, 9.30 – 11.30am at Arbury Community Centre, CB4 2LD
- Monday 9th September 2024, 6.30 – 8.30pm at Meadows Community Centre, CB4 2JL

Next Steps Event

Participants can choose to attend **one** of two dates for the Next Steps Event. As part of this session, participants will be invited to have their weight measured either using a standard scale or our InBody Analysis machine which can give more information about body composition including fat and muscle mass. Participants will also take part in a Goal-setting Workshop facilitated by Personal Development Life Coach, Sophie Dalpra. The workshop will help you recognise your health and wellbeing achievements so far and equip you with some practical tools and techniques to set and achieve future goals efficiently.

- Saturday 7th December 2024, 9.30 – 11.30am at Arbury Community Centre, CB4 2LD
- Monday 16th December 2024, 6.30 – 8.30pm at Meadows Community Centre, CB4 2JL
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Additional Lifestyle Support Workshops

Participants can choose to attend any of the following sessions. Participants will not automatically be booked onto these sessions. Booking details will be shared once your place on the programme is confirmed and where places are limited, will be offered on a first come first served basis.

Nutrition Workshop - Food Preparation and Trying New Things with Caroline Collard

- Wednesday 25th September 2024, 8 – 9pm
- Online via Zoom

This workshop aims to help participants look at healthy food in new and exciting ways and to create new habits and move away from old eating habits that contribute towards developing health issues, including being overweight and many common

chronic health conditions. You will be given ideas on meals and ways in which to prepare them quickly and easily without needing complicated recipes, ingredients or kitchen gadgets.

Lifestyle Workshop - The Neuroscience of Sleep with Neuroscientist and Wellbeing Consultant, Bianca Armitage

- Thursday 10th October 2024, 7 – 8.30pm
- Meadows Community Centre, CB4 2JL

This workshop will help participants understand the neuroscience behind sleep and energy and why we can feel “wired by tired” and importantly, what we can do to heal this. We will explore practical tools to easily have more energy, boost mood and enhance sleep. We’ll also look at the neuroscience of habit-building and participants will come away with a clear idea of how to actually initiate positive change in their lifestyle.

Nutrition Workshop - Getting Organised: Meal planning, budgeting and batch cooking with Caroline Collard

- Thursday 17th October 2024, 7 – 8.30pm
- Meadows Community Centre, CB4 2JL

This workshop will help you to plan and make healthy meals for the whole family on a small budget. You will get lots of ideas on how to use different types of healthy convenience foods, save money with some top budgeting tips and how to save time & effort by batch cooking. We will demonstrate making some easy meals that you can take home and try with your family.

Lifestyle Workshop - The Neuroscience of Managing Stress with Neuroscientist and Wellbeing Consultant, Bianca Armitage

- Thursday 7th November 2024, 7 – 8.30pm
- Storey’s Field Centre, CB3 1AA

This workshop will give an overview of the nervous systems responsible for the balance between stress and relaxation. We will explore various stress management tools and techniques and how they can be used in different situations to manage both short-term, in the moment, stress and longer-term stress management. We will also learn about the brain networks behind mindfulness meditation and explore how we can fit these new tools into our day-to-day for improved personalised stress management. There will be plenty of practical activities and demonstrations to help aid our understanding of this subject and time for questions as well.

Nutrition Workshop - Food labelling and Healthy Food Swaps

- Wednesday 20th November 2024, 8 – 9pm
- Online via Zoom

This session aims to raise awareness of food and drink marketing, how it can confuse you about what healthy choices actually are, how to read food labels properly so that you can make the best choices and compare food items to choose the healthiest options available. Plus, we will share lots of ideas on healthy food swaps you can start making straight away that are simple and easy to change.

How can I apply?

If you meet all of the eligibility criteria (page 1 of this document) we welcome you to [complete the online self-referral form here](#) or scan the QR code below with a mobile device if you have printed this document.



Please note, the self-referral form can take approximately 15 minutes to complete. If you are unsure if you meet the criteria or want to ask any questions before completing the referral form, please feel free to contact the team before applying.

You can email us at wellbeing@cambridge.gov.uk or contact Dani on 01223 457373