



ACTIVE CHOICES

*SUPPORTING PEOPLE WHO HAVE STRUGGLED
WITH SUBSTANCE MISUSE ISSUES*

WHAT WE OFFER



PHYSICAL ACTIVITY

BOXFIT

An inclusive group fitness class suitable for all abilities, combining boxing-inspired drills and techniques with a full-body workout in a fun, friendly, and supportive environment. Whether you're new to boxing or looking to improve your fitness, you'll build strength, fitness, coordination, and confidence - all while leaving with a smile on your face.



CIRCUIT TRAINING

A high-intensity group fitness class delivered in an inclusive, judgement-free environment where everyone is welcome. Combining bodyweight strength exercises, cardio, and mobility work, each session provides a complete full-body workout designed to improve fitness, build strength, and enhance overall wellbeing. With options to suit all abilities, it's a challenging and rewarding workout for every fitness level.



WALKING FOOTBALL

Our open-age, non-contact walking football sessions are designed to make the beautiful game accessible to everyone. Ideal for those returning from injury, managing long-term aches and pains, or simply not ready for the pace of regular football, these sessions offer a fun, friendly, and supportive way to stay active. Join our team, "Spares and Repairs," and rediscover your love of football - you won't be disappointed!



FOOTBALL

Inclusive football sessions designed to support both recovery and mental wellbeing. Suitable for players of all abilities, our sessions bring together mixed-ability groups in a positive, supportive environment where everyone is encouraged to improve, stay active, and enjoy the game. With matches played on both indoor courts and outdoor 4G pitches, it's a fun, social way to build fitness, confidence, and community through football.



FA LEVEL FOOTBALL COACHING SESSIONS

Whether you're new to football, returning to the game, or have years of playing experience, our inclusive football coaching sessions are open to everyone. Designed for all ages, abilities and fitness levels, each session provides a fun, friendly and supportive environment where you can develop your skills, improve your fitness, build confidence and enjoy the game at your own pace. There is no pressure to perform - just come along, get involved and enjoy football with others in a welcoming atmosphere.



**FOR
ALL**

CHAIR BASED EXERCISE

Take a gentler approach to fitness with our chair-based exercise classes. Designed to make exercise accessible for people living with health conditions, those with limited mobility, or anyone beginning their fitness journey, these sessions offer a safe, supportive, and inclusive environment. Every exercise can be adapted to suit individual abilities, making the class accessible to all - while still providing a surprisingly effective and rewarding workout!

GYM SESSIONS

Our gym sessions provide a great opportunity to become more active in a supportive environment. Whether your goal is to improve your health, increase your strength, boost your confidence or simply feel better day to day, our instructors are there to guide and encourage you every step of the way. Exercises can be adapted to suit individual needs and abilities, allowing everyone to work at a pace that feels comfortable while enjoying the benefits of regular physical activity.



HOLISTIC

SOUND BATH

Relax, unwind, and reset with our calming sound bath sessions. Using the soothing vibrations of singing bowls and other therapeutic instruments, these sessions are designed to promote deep relaxation, reduce stress, and support both mental and physical wellbeing. Suitable for everyone, a sound bath offers the opportunity to switch off from the demands of everyday life and leave feeling refreshed, restored, and rebalanced.



STRETCH AND RELAX

Slow down, stretch out, and give your body the time it deserves to recover. This gentle class combines guided stretching, mobility exercises, and relaxation techniques to help improve flexibility, reduce muscle tension, and support recovery from exercise or the demands of everyday life. Suitable for all abilities, Stretch & Relax also provides an opportunity to ease stress, calm the mind, and enhance overall wellbeing, leaving you feeling refreshed, re-energised, and ready to take on the day.



MEDITATION

Take time to relax, unwind, and reconnect through our guided meditation sessions. Suitable for all abilities, meditation can help reduce stress, improve focus, support recovery, and promote positive mental wellbeing. Each session provides a calm, welcoming space to leave you feeling refreshed, balanced, and re-energised.



HEALTH AND WELLBEING GROUPS

A friendly and welcoming space to meet new people, build connections, and support your health and wellbeing. Our social groups provide an opportunity to chat, share experiences, and take part in activities that encourage positive mental wellbeing, confidence, and a sense of community. Everyone is welcome, whether you're looking to make new friends, stay connected, or simply enjoy some time in a supportive environment.



LIVED EXPERIENCE

WORKSHOPS

Supportive and welcoming workshops designed to help individuals on their recovery journey. These sessions provide a safe, non-judgemental space to share experiences, build understanding, develop coping strategies, and connect with others who may have similar experiences. Focused on confidence, wellbeing, and positive change, our workshops aim to support personal growth and long-term recovery.

MENTORING

We offer support in helping individuals build confidence, set goals, and move forward on their personal journey. Our mentors, including staff with lived experience of recovery, provide understanding, encouragement, and guidance in a safe, non-judgemental environment to help people recognise their strengths and create positive change.

LIVED EXPERIENCE SHARES

A safe and supportive space where people can hear real stories of recovery, share experiences, and connect with others on similar journeys. Featuring guest speakers, these sessions offer insight, encouragement, and inspiration while highlighting that recovery is unique to each person. Through honest conversations and shared experiences, we aim to open the mind to what you can achieve for yourself.





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