



*Inspiring People to Live Well & Feel Great*

*“The “go-to” organisation to conquer inactivity and improve healthy life expectancy”*



Active Champion Together Integrity Value Enthusiasm





If being active was a pill we would be rushing to prescribe it. Physical activity is essential for health and reduces the risk of many preventable diseases and conditions from cancer to depression



**Everybody Active, Every Day**  
Cross sector approach for national and local action





# Supply & Demand Relationship

**ACTIVE**  
TAMESIDE

**Tameside**  
Metropolitan Borough

Tameside Leisure Estate Review

## We have listened

to **your views** and what **you** have asked for during the consultation. Our plans will deliver state-of-the-art facilities for the **people of Tameside**.

**£20M**  
million pound  
investment





# Live Well Services

LIVEWELL  
TAMESIDE

Web: [www.livewelltameside.com](http://www.livewelltameside.com)  
Email us: [liveactive@activetameside.com](mailto:liveactive@activetameside.com)  
Call us: 0161 366 4860

LIVE WELL, FEEL GREAT!

Active Tameside's vision for local people

ACTIVE  
TAMESIDE  
Inspiring stories  
for healthy lives

## These women can

A GROUP of women from Ashton are showing that 'this girl can' in Tameside.

Between eight and 10 women who attend the Women's Centre in Cavendish Mill, Ashton, have been going to Active Oxford Park every week since last September, as part of a free programme run by Active Tameside.

And a number of the women have enjoyed the sessions so much that they've joined Active Oxford Park and now visit several times a week.

Hayley Sibcock, aged 26, from Ashton, who helped PE at school, works out at Active Oxford Park regularly.

She said: "I absolutely love it, if Active Tameside and the women's centre hadn't offered us the chance to go to the exercise sessions, I would never have gone to the gym on my own."

"But now it's given me confidence. It's the place where I can go and be



HAVING a ball...Hayley and Emma with other members of the women's group at Active Oxford Park.

myself and get all my frustrations out if I need to."

Mum-of-four, Emma Rabienka, aged 34, another of the Active Oxford Park regulars, said: "It's a great stress reliever and going as a group has helped me to make friends."

### Feel great facts

WOMEN account for 83 per cent of all Active Tameside's memberships and the number is growing.

## Dementia sessions a hit at Medlock

A DROYLSDEN couple coping with dementia say a new scheme at Active Medlock has thrown them a life-line.

Eric Kenny, aged 70, and his wife Carole who has vascular dementia, attend the two-hour lifestyle sessions for dementia sufferers and their carers at Active Medlock on Wednesday afternoons.

The lifestyle sessions include use of the gym, a zumba-style dance class, use of the swimming pool and tea, coffee and cakes.

And Eric, who is Carole's carer, says the sessions have given him and Carole, aged 70, new friends and a great way to stay healthy.

The sessions were launched by Active Medlock, with the Alzheimer's Society, and are open to dementia sufferers and their carers.

Said Eric: "It's a good way to meet people, and it's good to talk to other people who know what you're going through."

And he added: "I do a lot of walking but it's good to be able to use the gym at Active Medlock, and both Carole and I enjoy the swimming sessions."



TEA for two... Eric and Carole enjoy a cuppa and a break at Active Medlock.

### Live well tips

THE Alzheimer's Society says that, for many dementia sufferers, leading a healthy, active lifestyle can have many benefits, including maintaining strong muscles and flexible joints and improving cognition which support independent living. Recent studies have shown that exercise may improve memory and slow down mental decline, reduce the risk of falls by improving strength and balance, and improve confidence and mood.

## Mum's a trailer blazer

A SINGLE mum is a prime example of Sport England's #BringItOn campaign despite having to look after four-year-old twins who are on the autistic spectrum.

Wendy Puntill, who received a grant from the Tameside Charitable Beliefs and Achieve Trust, is a keen cyclist.

She received a £2,000 grant to buy a trailer to attach to the front of her bike so that her twins, Hannah and Alfie, could go out cycling with her and the family.

Wendy was keen to give her young twins the experience of cycling along with her other children.

She said: "Cycling is a great way to exercise and it's a great way for all the family to stay active together."

And the former care worker added: "Children with disabilities should have no barriers to access sports and activities of their choice and they shouldn't have to jump through hoops to get access to them."

"Sport gives children, confidence, a sense of achievement and self esteem, and being able to cycle with the family is helping Hannah and Alfie to gain those things."

### Nominate a sports star

Have you nominated anyone for the Pride of Tameside Sports Awards yet? The closing date is July 31, 2016. Find out more at [www.aotvtameside.com](http://www.aotvtameside.com)

### Need a hero?

MEET Mighty Mike. He's the 89th of Tameside's new super sports heroes and he's a wizard in the pool. This summer, there's a range of activities and sessions in Active Tameside's pools, including Learn to Swim, swim courses for children, beginners' courses for children over four years old who haven't yet achieved their 10 metre badge, and the bronze silver and gold challenge events. For further information, contact your local Active centre or email [hello@actvtameside.com](mailto:hello@actvtameside.com)



ACTIVE  
TAMESIDE  
SPORT  
ENGLAND



Live Active  
Service

Tell us your inspirational health and exercise stories - [hello@activetameside.com](mailto:hello@activetameside.com)

LIVEWELL  
TAMESIDE

# Opportunities

- **Alignment** of Plans
- **Access** to Services
- **Adaptability** to support PSR
- **Ability** to Lead



Commissioning  
for reform