







Inspiring People to Live Well & Feel Great

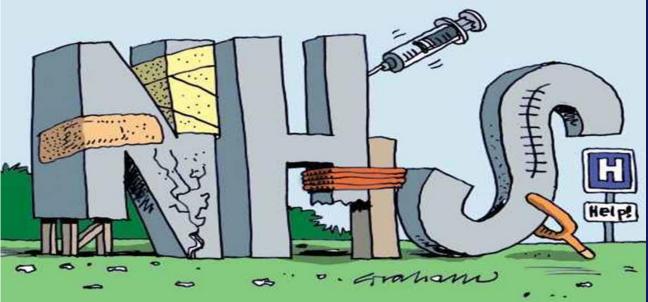
"The "go-to" organisation to conquer inactivity and improve healthy life expectancy"











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





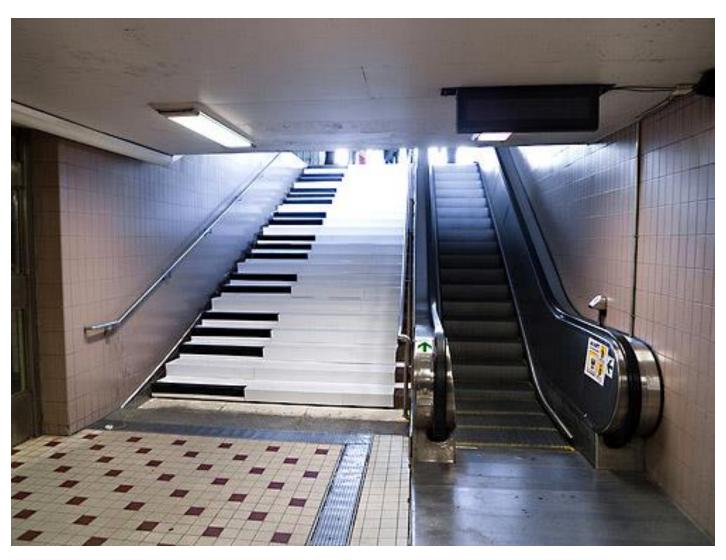
Tameside Leisure Estate Review

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.







Live Well Services

LIVEWELL TAMESIDE

Web: www.livewelltameside.com Email us: liveactive@activetameside.com Call us: 0161 366 4860



LIVE WELL, FEEL GREAT!

Active Tameside's vision for local people



These women can

Ashton are showing that this girl oan' in Tameside.

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

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

Hayley Silcock, aged 26, from Ashton, who hated PE at school, works out at Active Oxford Park

She said: "I absolutely love it. If myself and get all my frustrations Active Tameside and the women's out if I need to. centre hadn't offered us the chance Mum-of-bur, Emma Rabienaka,

If a the place where I can go and be friends."



to go to the ecercise sessions, I aged 34, another of the Active would never have gone to the gym. Oxford Park regulars, said: "It's a great stress reliever and going as "But now it's given me confidence. Is group has helped me to make

ool great facts

Dementia sessions a hit at Medlock

A DROYLSDEN couple coping with dements say a new scheme at Active Mediock has thrown them a

Eric Kenny, aged 70, and his wife Carole who has vescular demertis. attend the two-hour lifestyle sessions for dements sufferers and their carem at Active Medicck on Wednesday afternoons.

The lifestyle sessions include use of the gym, a zumba-etyle dance class, use of the swimming pool and tes, coffee and cales.

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

The semions were leursched by Active Mediock, with the Alcheimer's Society, and are open to dementia sufferers and their carers.

Said Eric: "If'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 Mediock and both Carole and I enjoy the swimming



Live well tips

THE Alzheimer's Society says that, for many dementis suffers, 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

Tell us your inspirational health and exercise stories - hello@activetameside.com

Mum's a trailer blazer

Nominate a sports star

Pride of Tameside Sports Awards yet?

Need a hero?



Opportunities

Alignment of Plans

Access to Services

Adaptability to support PSR

Ability to Lead





