



Healthy Living Programme

2010

Rotherham Leisure Complex
Maltby Leisure Centre
Aston-cum-Aughton Leisure Centre
Wath upon Dearne Leisure Centre

Welcome...

Do you want to get more active more often? By working closely with Rotherham NHS and local partners, DC Leisure operate a wide range of projects that are aimed at improving physical health and helping to promote healthy lifestyles. If you would like more information about any of the programmes within this brochure please contact Natalie Dunn, Healthy Living Programme Manager on 07525 702784 or email nataliedunn@dcleisure.co.uk.

NHS Health Checks

The new NHS Health Check is for adults in England between the ages of 40 and 74. If you are aged 40-74, you automatically qualify for a free health check to highlight if you could be at risk in the future of cardio vascular disease and can be advised of preventative measures which could reduce the risk. Currently around 15 million people are eligible for the check.

As part of the follow up support offered you could be eligible to receive a free 6 week membership pass at one of the DC Leisure facilities at Rotherham, Maltby, Aston-cum-Aughton or Wath upon Dearne.

To find out more information ask your GP or visit www.nhs.uk/planners/nhshealthcheck

Rotherham Health Trainers

We all have issues in our lives which may affect our health in some way. You may want to increase your physical activity, control your weight, eat a healthier diet or quit smoking. You may want to reduce your stress levels or just feel better about yourself.

Rotherham Health Trainers meet with individuals on a one-to-one basis at a range of venues across Rotherham and help motivate and support them to make healthier choices for the future. The service is friendly, free and confidential.

For more information contact 01709 302747 / 309969

kinetika Gym

Our friendly gyms offer an ideal environment to tone, tighten, lose weight, build strength or increase stamina at a very reasonable price.



Our professional staff are on hand to organise your personal fitness assessment and develop a training programme tailored to help you reach your personal targets. All you need to do is book an induction session at reception and you are on your way to a fitter, healthier lifestyle.

kinetika Journey

All new kinetika customers will begin their journey with a 5 step programme. The kinetika journey will take you through each stage which is designed to dramatically increase your chance of success in your pursuit for a healthier lifestyle. Each step is booked in advance with your qualified fitness instructor and will include a lifestyle appraisal, an introduction to the gym, two motivational sessions and a review session. At the end of the kinetika journey you will have a personalised fitness programme and a thorough understanding of an effective workout.

We guarantee results or your money back*

For more information about the range of great value kinetika Membership packages which include unlimited gym, swimming and workout classes, please contact one of customer advisors at the facility of your choice.



Family Support

Carnegie Clubs

DC Leisure is working in partnership with NHS Rotherham and Carnegie Weight Management (CWM) to deliver Carnegie Clubs. These FREE community based weight management programmes are for overweight young people aged 8-17. The Carnegie Clubs are run from Rotherham Leisure Complex, Maltby Leisure Centre and Aston-cum-Aughton Leisure Centre with children and their parent / guardian attending weekly sessions for 12 weeks to support their weight management. The Carnegie Clubs programme has been created by leading experts at Leeds Metropolitan University as a way to help overweight children and their families become fitter, healthier and happier.

At Carnegie Clubs you will:

- Take part in fun, exciting activities and games
- Make lots of new friends & boost your confidence
- Learn how to make healthy food choices
- Make simple small changes for lifelong success

For further information about Carnegie Clubs or to register your interest, please contact:

Healthy Living Programme Manager

Rotherham Leisure Complex:

07525 702784

01709 722555

or visit:

www.carnegiweightmanagement.com/rotherham



Case study

Joseph Newton (12) from Clifton, Rotherham started coming to Carnegie Club in September 2009.

"I look forward to coming to Carnegie Club each week. We get to do lots of different activities and learn new ideas about food – I thought the fruit smoothie session was really interesting! My favourite activity at Club is Dodgeball, we play in teams and it is so exciting! The staff are very helpful and I have made loads of friends at Club. I have lost weight and feel more confident than I did at the start. I have told my friends about Carnegie Clubs and would say to anyone who is thinking about applying 'give it a go'

– I'm glad I did"

MEND Programme for 5-7 year olds

MEND is a fun free programme to help overweight children manage their weight and become fitter, healthier and happier. The MEND Programme for 5-7s is part of a national initiative offering free healthy lifestyle courses for overweight five to seven year olds and their families across the UK. This exciting new course is now available to families in Rotherham.

The Programme helps parents improve their child's eating and exercise habits allowing families to live a healthier life. Places on the course are being offered to families completely free of charge on a first come first served basis. NHS Rotherham and DC Leisure are working in partnership with MEND to run the course at Rotherham Leisure Complex. Families take part in fun 1 hour 45 minute sessions, once a week for 10 weeks.

Places on the MEND Programme for 5-7s are being offered on a first come, first served basis. Families interested in



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participating should contact Natalie Dunn on 01709 722555 or 07525 702784 or visit www.mendprogramme.org and click on 'Join a MEND Programme'. Please note a parent or carer must accompany each child to every session.



Rotherham Leisure Complex

Effingham Street
Rotherham, S65 1BL
01709 722555
enquiries@rotherhamleisurecomplex.co.uk
www.rotherhamleisurecomplex.co.uk

Maltby Leisure & Services Centre

High Street
Maltby, S66 8JE
01709 797100
enquiries@maltbyleisurecentre.co.uk
www.maltbyleisurecentre.co.uk

Aston-cum-Aughton Leisure Centre

Aughton Road, Swallownest
Sheffield, S26 4TF
0114 294 2580
enquiries@astoncumaughtonleisurecentre.co.uk
www.aston-cum-aughtonleisurecentre.co.uk

Wath upon Dearne Leisure Centre

Festival Road, Wath upon Dearne
Rotherham, S63 7HL
01709 870120
enquiries@wathupondearneleisurecentre.co.uk
www.wathupondearneleisurecentre.co.uk