

Vale of White Horse Active Communities Newsletter

Winter 2020

Welcome to the first Active Communities newsletter of the decade!

It must be January as we have a load of new activities and events to tell you about!

Our latest [55+ activity brochure](#) is ready to view, or [contact us](#) and we can send you a hard copy.

We also are looking for new activity leaders for new and existing activities, see our flyer below for more details.

Events coming up:

Xplorer Family Events:

Wantage Memorial Park, Monday 17 January, 10am - 12noon.

For more details on this event go to our [Facebook event page](#), keep a look out on our Facebook page for more events.

FREE Functional Fitness MOT Tests:

Strength, balance and flexibility assessments, health and wellbeing advice and activity information suited for those 55+.

Wootton Community Centre, 16 January 10am - 12noon

Stanford in the Vale Village Hall, 10 February 9.30am - 11.30am

Harwell Village Hall, 13 March 10am - 12am

Contact Aled.newton@southandvale.gov.uk to book

FREE Diabetes Events:

An informal and friendly Diabetes education event, for more information and to book click on the link for each event

Wantage - Friday 20 March, 1.30pm - 3.30pm [book here](#)

Faringdon - Thursday 26 March, 9.30am - 11.30am [book here](#)

Botley - Friday 27 March, 9.30am - 11.30am [book here](#)

Please look at all our highlighted activities below or for a full list visit [our website](#)

Ashley Chapman

Active Communities Officer

Vale of White Horse District Council



Walking

Health Walks

New First Steps Health Walks have started at:

Long Furlong Medical Practice, Abingdon
Tuesdays 2pm

White Horse Medical Practice, Faringdon
Tuesdays 10am

Wantage Health Centre
Tuesdays 12.30pm

[Find your local Health Walk](#)

Nordic Walking

FREE Learn to Nordic Walk courses starting at:

Sunningwell Village Green **Friday 11:45am - 12:45pm**
Starts 17 January for 4 weeks

Wantage Memorial Park **Tuesday 10.30am - 11.30am**
Starts 4 February for 3 weeks

[Book Sunningwell Course](#)

[Book Wantage Course](#)



Walking Football

New Indoor session at Faringdon Leisure Centre:

Thursdays 8-9pm, £3.60
(free for BETTER members)

Other sessions at:

Tilsley Park, Abingdon
Tuesday 10.30am - 12pm, £3
Friday 10.30am - 12pm, £3

[Book Walking Football](#)



Active Women

Buggyfit

6 week course starting in Cumnor:

Tuesdays 10am - 11am
Glebe Play Park

Starts 21 January, £3
(or all 6 for £15)

[Book Buggyfit](#)

Breeze Rides

Intro to Breeze Cycle Rides with these women only rides from West Hanney:

Sunday 2nd February 1.30pm
Sunday 1st March 1.30pm

[Book Breeze Rides](#)



Dance

Modern Jive

Join a FREE Beginners taster session on the grand opening of the new Seacourt Hall in Botley:

Saturday 25 January
2pm - 3pm

or come to the regular sessions at the hall:

Tuesdays 11:30am - 1pm
£4 includes Tea & Cake

[Book Jive Sessions](#)

Ballroom

Monthly Beginners Ballroom class at Richmond House, Letcombe Regis Retirement Village:

Monday 20 January
3pm - 4.30pm
£5 includes Tea and Cake

Contact Stephanie to book 01235 773973



Couch to 5km

New course in Faringdon for beginners or returning runners.

Choose between the Friday or Sunday morning session each week to suit you. Click on the links below to book sessions through RunTogether.

Friday 9.30am
starts 24 January

Sunday 9.30am
starts 26 January

[Book Friday sessions](#)

[Book Sunday sessions](#)



FREE TRAINING
in a variety of sports

Become a **SPORT and ACTIVITIES** leader

Active Communities are offering training opportunities for volunteers who want to become sports and activities leaders.

- Free training and support to become a coach / leader in a variety of sports and activities across South and Vale Districts of Oxfordshire
- For those with a passion in a physical activity or sport
- Lead or support a group on a voluntary basis (with possible paid opportunities) in your local community

Activities include: health walks, jogging, walking netball, seated exercise, junior parkruns and junior football...

FIND OUT MORE Please contact:
active.communities@southandvale.gov.uk
or 01235 422224



[See our full activity list](#)

Active Communities

Vale of White Horse District Council

135 Eastern Avenue

Milton Park

Abingdon

OX14 4SB

01235 422219