

Health & Wellbeing Activities

A range of groups and activities to help you to stay healthy as you get older

Cost: From Free to £5.00

Available in: Darlington, Harrogate, Hambleton, Ripon, Richmondshire, South Craven,

At a glance:

- A huge range of activities, support groups and lunch clubs that encourage social inclusion and mental stimulation
- Over 800 activities per year in Darlington alone, with over 7000 individual attendances
- Our most popular activity, Ukulele, receives over 131 attendees per month
- Many groups are ran by dedicated volunteers who give their time to help others

About the Health & Wellbeing Activities Service

Age UK North Yorkshire & Darlington's Health and Wellbeing initiatives involve a wide variety of physical & mental exercises to help you to stay healthy, energetic and independent as you get older. A quarter of the English population is "inactive" – doing less than 30 minutes of activity per week. (Demographic 40-60 most at risk). Physical activity and exercise can have immediate and long-term health benefits; most importantly, regular activity can improve your quality of life, energy levels, fitness, strength and mobility and boost your mood. Ideally, you should aim to be active on a daily basis, but any amount of extra activity that is appropriate for your age and health will make a difference.

Our activity schedule has something for all abilities, ranging from Tai Chi and Yoga to local walks, weekly line dancing classes and even walking netball sessions.

Join, meet likeminded people and have fun whilst improving your health/you will you have a great time, improve your fitness levels and make new friends.

We want all to be included, so for those who can't exercise, we have writers groups, language and music lessons.

Health & Wellbeing Activities Location & Contacts

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\$page->title Contact Details:

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This service operates from:

Bradbury House

Age UK Darlington,
Bradbury House,
Beaumont Street West,
Darlington
DL1 5SX

01325 362832

Monday to Friday: 8:30AM - 4PM

Saturdays: 10AM - 2PM

Sundays: 12PM - 2.30PM