

# GET ACTIVE

## IN TAME VALLEY

Tame Valley includes: Brinnington, Reddish,  
Lancashire Hill & Heaton Norris

# USING THIS DOCUMENT

**This document displays the physical activity provision available in Tame Valley, provided by the listed partners, sessions are displayed in the timetable. For more detailed information follow the link to the relevant organisations website, please note the sessions are colour coded so that the colour in the timetable reflects the link to click on the following page. The available sessions target a wide range of people, abilities and ages. To refer or self-refer to one of the sessions, please fill out the Jotform located at the end of this document.**



# TAME VALLEY PHYSICAL ACTIVITY PARTNERS



**Community  
Foundation**

Registered Charity Number: 1125117



**life**leisure



**abl**  
a better life

**BOOST**  
STOCKPORT



**The Prevention Alliance**  
Creating Change Together

# Tame Valley Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
10:30am - 12:30pm IWIT Badminton Brinnington Park LC	09:30pm - 12:30pm Mini Movers (1hr) Brinnington Park LC	09:30pm - 12:30pm Mini Movers (1hr) Brinnington Park LC	09:30pm - 10:30pm Mini Movers (1hr) Brinnington Park LC	10:00am - 12:00pm IWIT Badminton Brinnington Park LC
10:00am - 11:00am RNE Walking Football Reddish North End	10:00am - 11:00am IWIT Table Tennis Brinnington Park LC	11:00am - 12:00pm BOOST Boxing Zestus Fitness, SK1 1SL	10:00am - 11:00am BOOST Womens Boxing Brinnington Park LC	17:00pm - 19:00pm Multi Sports (boys) Heaton Norris Pavilion
12:00pm - 12:45pm SMILE + LL Houldsworth Village	11:00am - 12:00pm Pan Disability Football Brinnington Park LC	12:30pm - 13:30pm Mens Health (ABL) Brinnington Park LC	10:00am - 11:00am SMILE - Chair Based St Elisabeths Church	19:00pm - 20:00pm BOOST Camp Brinnington Park LC
12:30pm - 13:30pm IWIT Walking Football Brinnington Park LC	11:00am - 13:00pm BOOST Camp Zestus Zestus Fitness, SK1 1SL	13:00pm - 14:00pm Active Afternoons Brinnington Park LC	11:00am - 12:00pm IWIT Walking Netball Brinnington Park LC	
12:30 - 13:30 (3rd Monday) Womens Wellbeing Walk Heaton Norris Park	11:30am - 12:30pm IWIT Walking Hockey Brinnington Park LC	12:30pm - 13:30pm Womens Walking Football Brinnington Park LC	13:30pm - 14:30pm BOOST Camp Houldsworth Village	
13:00pm - 15:00pm Social Inclusion Football PowerLeague Stockport	17:00pm - 19:00pm R TIME Lancashire Hill CC	16:00pm - 18:00pm Family Sessions Brinnington Park LC	14:00pm - 15:00pm Mens Health (ABL) Lancashire Hill CC	
		19:00pm - 20:00pm RNE Walking Football Reddish North End		

# Additional Information

**IWIT - Community sport and exercise sessions.**  
Click [HERE](#) for more information.

**Age UK Stockport - Services to support the health and wellbeing of older adults.**  
Click [HERE](#) for more information.

**SMILE - Adapted exercise sessions.**  
Click [HERE](#) for more information.

**Mini Movers - Preschool activity and physical development.**  
Click [HERE](#) for more information.

**TPA - Walking groups.**  
Click [HERE](#) for more information.

**R TIME - Support sessions for young people.**  
Click [HERE](#) for more information.

**BOOST - Physical activity sessions to support people with poor mental health.**  
Click [HERE](#) for more information.

**ABL Health - Weight management services.** Click [HERE](#) for more information.

**SCFC Foundation - Community sport and exercise sessions.**  
Click [HERE](#) for more information.

**Reddish North End - Grassroots football club.** Click [HERE](#) for more information.

# Referral

To refer or self-refer please click on the link below.

**[Tame Valley Social Prescribing \(Physical Activity\)](#)**