**Wednesday: Community Garden**

Volunteering initiative aimed at combating social isolation and improving health and well-being.

Join our team of volunteers every Wednesday from 10:30 to 12:30 to work on the site, socialise, learn gardening skills, and make new connections.

**The Active Health Club**

Witham Leisure Centre every Wednesday 1pm to 2pm and Friday 11:30 to 12:30

AHC classes are group sessions based on strength and mobility exercises that are transferable to daily life activities. The classes are aimed at those returning to or starting exercise, older people and those who may be in physical recovery, or who have musculoskeletal issues such as arthritis.

Free 10-week course (funded by the Active Braintree Foundation) of sessions via referral to Fusion - With free refreshments and Social time in reception after the session.

**Friday: Sporting Memories Social Club**

Free weekly club held at Witham Leisure Centre every Friday from 10:30am to 12:30pm.

A Club to assist older people to make new friends, reminisce about memories of sport, play games, take part in quizzes, and participate in fun, inclusive activities together.

Carers, family, and friends are most welcome – Dementia Friendly.

**The Active Rewards Exercise Referral Scheme**

Offers individuals who are referred a Fusion Leisure card pre-loaded with credits that can be used in exchange for Gym, Swim, or classes at any Fusion Leisure Centre in the Braintree District.

A discounted Full-Anytime Fusion membership of £27.25 per calendar month is available for people who complete the scheme.

**Tuesday and Thursday: Sport for Confidence** – link below

[https://www.sportforconfidence.com/our-services/witham-leisure-centre/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sportforconfidence.com%2Four-services%2Fwitham-leisure-centre%2F&data=05%7C02%7Cojei.delacruz%40nhs.net%7Cbda544836d6c4ff2ef3e08dc9f89aee8%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638560660891274022%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=lLzRWgudYfzCKXAQQQHGi1Vgm7JlZlU%2B77zQq4EKzA8%3D&reserved=0)

Sport for Confidence place an Occupational Therapist and Coach into a leisure centre to make reasonable adjustments and break down barriers to enable everyone to participate in sport and physical activity and experience positive outcomes in their lives.

“Disabled adults are almost twice as likely than non-disabled people to be physically inactive - 42.4% vs 22.6%’ (Sport England, Active lives Survey, November 2020-21).”

Contact Richard Moss, Community Health, and Engagement Manager, -

**Richard.moss@fusion-lifestyle.com**