

### Chair Based Activity

AREA	NAME OF GROUP	LOCATION	DAY	FREQUENCY	TIME	PRICE	CONTACT NAME	TELEPHONE	E MAIL
Amber Valley	Amber Valley Housing	Connaught Court, Alfreton, DE55 7EJ	Friday	Fortnightly	10.30 - 12.00	Free	Linda Robson,	1782 546795	<a href="mailto:linda.robson@avhl.co.uk">linda.robson@avhl.co.uk</a>
Amber Valley	Amber Valley Housing	Pennytown Court Community Centre, Wheatley Ave, off Langley Ave Somercotes, Derbyshire DE55 4TB	Thurs	Fortnightly	2.45 - 4.15	Free	Linda Robson,	1783 546795	<a href="mailto:linda.robson@avhl.co.uk">linda.robson@avhl.co.uk</a>
Bolsover	Brunch & Exercise Group Pinxton Village Hall	Pinxton Village Hall, Kirkstead Road, Pinxton NG16 6NA	Mon	Weekly	10.30 - 11.30	£1.00	Kerry Oscroft	01773 862457	
Bolsover	Bolsover Wellness	Kissingate Leisure Centre Park Road Mansfield Nottinghamshire NG20 8JQ	Mon Tues Thurs	Weekly	12.00 - 1.00	FREE for 12 weeks when referred to the Bolsover Wellness Programme	Gavin Jackson		<a href="mailto:gavin.jackson@bolsover.gov.uk">gavin.jackson@bolsover.gov.uk</a>
Bolsover	Bolsover Wellness	Kissingate Leisure Centre Park Road Mansfield Nottinghamshire NG20 8JQ	Wed	Weekly	10.00 - 11.00	As above			
Bolsover	Bolsover Wellness	Creswell Leisure Centre Duke Street Creswell	Mon Wed	Weekly	10.00 - 11.00	FREE for 12 weeks when referred to the Bolsover			

		S80 4AS				Wellness Programme			
Bolsover	Bolsover Wellness	Creswell Leisure Centre Duke Street Creswell S80 4AS	Thursday	Weekly	2.00 - 3.00	FREE for 12 weeks when referred to the Bolsover Wellness Programme			
Bolsover	Bolsover Wellness	Creswell Leisure Centre Duke Street Creswell S80 4AS	Fri	Weekly	11.00 - 12.00	FREE for 12 weeks when referred to the Bolsover Wellness Programme			
Bolsover	Bolsover Wellness	Church Hall Bolsover S44 6NF	Mon	Weekly	2.00 - 3.00	£2.20			
Bolsover	Bolsover Wellness	Blackwell (woburn house), Primrose Hill, Blackwell, Derbyshire De55 5JG	Thurs	Weekly	2.00 - 3.00	FREE for 12 weeks when referred to the Bolsover Wellness Programme			
Erewash	Erewash Falls Team	CBE - Charnos Hall Ilkeston Community Hospital DE7 8LN	Mon	Weekly	10.00 - 11.00		Sarah Spilsbury	0115 8554067	<a href="mailto:sarah.spilsbury@derbyshirecountypct.nhs.uk">sarah.spilsbury@derbyshirecountypct.nhs.uk</a>
Erewash	Erewash Falls Team	CBE - Charnos Hall Ilkeston Community Hospital DE7 8LN	Mon	Weekly	11.00 - 12.00				
Erewash	Erewash Falls Team	West Park Leisure Centre, Wilsthorpe	Frid	Weekly	11.00 - 12.00				

		Road, Long Eaton NG10 4AA							
Erewash	Exercise for the heart	United Reformed Church Hall, St Andrews Drive, Ilkeston DE7 5EF	Mon	Weekly	1.00 - 2.00	£3.50	Jane Bancroft	7930 975681	<a href="mailto:jane@banc18.freeserve.co.uk">jane@banc18.freeserve.co.uk</a>
Erewash	Erewash Borough Council	West Park Leisure Centre, Wilsthorpe Road, Long Eaton NG10 4AA	Tues	Weekly	11.00 - 12.00	£3.80 or £3.30 with a leisure card	Amy Roberts Ant Blackler	0115 9302033	
North East Derbyshire	North East Derbyshire District Council	Dronfield Sports Centre, Civic Centre Dronfield S18 1PD	Tues	Weekly	10.00 - 11.00		Mark Walsham		<a href="mailto:mark.walsham@ne-derbyshire.gov.uk">mark.walsham@ne-derbyshire.gov.uk</a>
North East Derbyshire	Village Games	Morton Village Hall, Market Street, Alfreton, DE55 6HL	Frid	Weekly	10.15 - 11.00	£1.00	Lauren Walton		