

Parish Liaison Event; Planning for a Healthier Community and Improved Facilities

Background:

Harborough District accounts for roughly One Third of the land in Leicestershire and has a population of 84,000 residents, resulting in a high proportion of our residents living in rural areas. The Sport and Health team at Harborough District Council sit within the wider Community Partnerships team, which includes Community Safety, Grants and Parish Liaison. The Parish Liaison Officers deliver with teams for several forums and events throughout the year, focussing on key agendas for Parishes, including Community Safety, Planning and Grants Surgeries.

Event:

The Sport and Health team worked with the Parish Liaison officers to design and deliver a bespoke event for Parishes; 'Planning for a Healthier Community and Improved Facilities'. The need for the event was generated through interest gained at the Annual Parish Liaison Event over a number of years, where all Harborough District Council services working with Parishes come together to deliver presentations and information seminars. The Sport and Health team have been involved in the event for a number of years. Despite the teams ongoing attendance, some Parishes were still unsure about what our team could deliver or develop in their respective areas.

"Interesting to have face-to-face contact with HDC people and representatives of other villages"



"Really good – gave time to think and discuss with others near and far."



Activities
In Your
Local Area





HARBOROUGH DISTRICT

Sport & Activity Alliance

Welcome

Our Active Harborough Sports Alliance team are responsible for developing and promoting activity sessions throughout the Harborough District. This leaflet gives a brief outline of what we do in the district for various groups of people. Furthermore, as part of this information leaflet you will find a map that highlights what activities are going on in each area.

We also want to know if there are any activities or session we may not know about in your local area. This will allow us to include them in our record, making our map more populated and also allowing us to promote activities to the people of Harborough who may benefit from attending.

Please fill in and send the form insert back to us with as much or as little information to activetogether@harborough.gov.uk



@SportInHarb



@ActiveHarboroughDistrict



@activeharborough

Meet The Team



Steve Taylor

Health and Wellbeing Manager here at Harborough district council.



Leanne Plummer

Physical Activity Development Officer



Emma Andrew

Physical Activity Development Officer



Danny Hallam

Physical Activity Development Officer



Taylor Staines

Assistant Physical Activity Development Officer



Catherine Ross

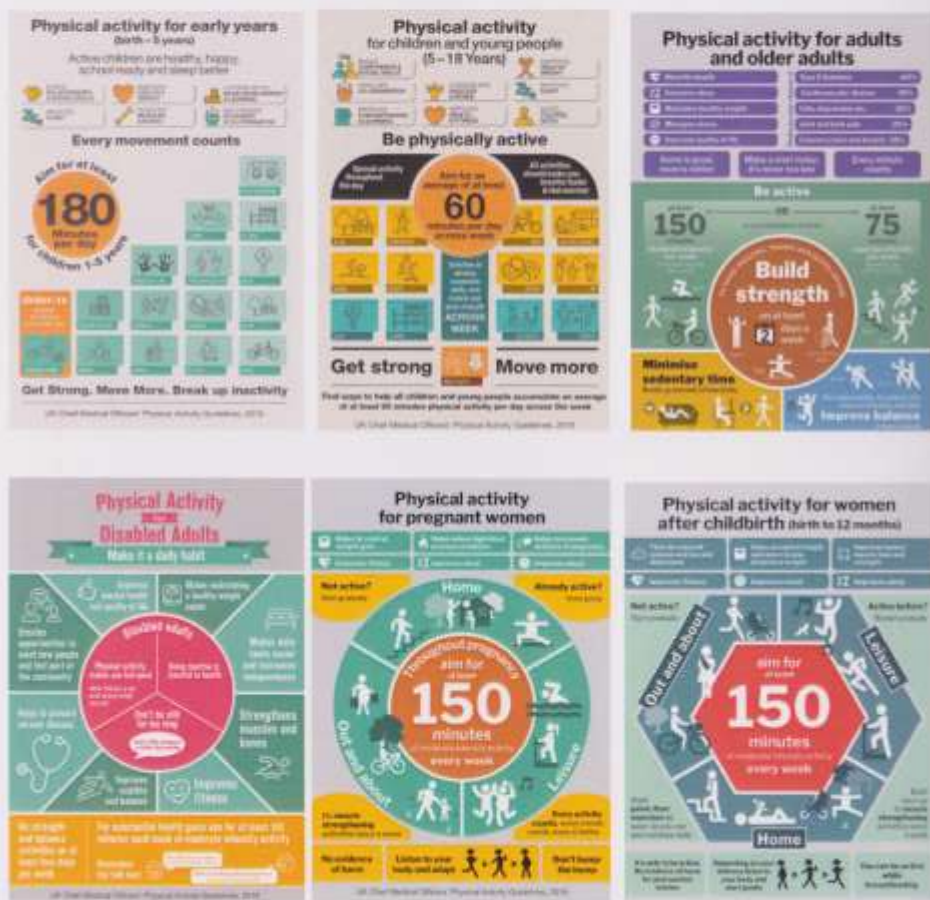
Assistant Physical Activity Development Officer

Disclaimer* all of the details in this leaflet were correct and up to date at the time of printing. However, they may have changed so please double check with the session instructor to confirm.

Website: <https://www.harboroughsport.org.uk/>

Physical Activity Guidelines:

The below graphic's outline how much activity a person needs to do in order to stay healthy based on the group they fall into.



Adults

Session	Venue	Day/ Time	Contact Details
Cycling	Welland Valley Cycling Club, Market Harborough, LE16 7PA	Sunday 09:15am	01162792756 newmembers@wellandvalleycc.co.uk https://wellandvalleycc.co.uk/club-runs/
Cycling	Bike Studio, Market Harborough, LE16 9EG	Various	07907184679 ben@inspiredpersonaltraining.com https://www.bikestudioharborough.co.uk/indoor-cycling-classes
Cycling - Race Harborough	Training Shed DR Robert Smyth Academy, Market Harborough, LE16 7DS	Various	info@raceharborough.co.uk
Martial Arts	St Marys Business Park, Market Harborough, LE16 7QJ	Various	07931722910
Dance	The Max Dance Studio, Market Harborough, LE16 7JG	Monday 20:00pm	07821740304 http://www.charlieftt.co.uk/get-in-touch/4591410711
Hot Yoga	Leicester Grammar School, Great Glen, LE8 9FL	Wednesday 18:30pm	07973392421 info@hotyogawithharry.com
HITT Pilates	The Rugby Club, Market Harborough, LE16 9HF	Monday 19:00pm	07973392421 info@hotyogawithharry.com
Walking Football	Market Harborough Leisure Centre, LE	Tuesday 09:00am	
Walking Football	Lutterworth Sports Centre LE17 4RB	Thursday 09:00am	01455200800
Walking Football	Harborough Town Football Club, Market Harborough, LE16 9HF	Wednesday 18:00pm	07973392421 https://harboroughtownfc.org/teams/harborough-hornets/
Walking Netball	Market Harborough Leisure Centre, LE16 9HF		
Well Now	CAN&WILL Studio, Market Harborough, LE16 9HF	Tuesday 14:15pm	07962990283 lizadams.wellnow@hotmail.com
Well Now Beginners Circuit	Market Harborough Squash Club, LE16 9QH	Wednesday 10:45am	07962990283 lizadams.wellnow@hotmail.com

Young People

Session	Venue	Day/ Time	Contact Details
Archery	Lutterworth Archery Club, LE17 6JF OR Lutterworth Sports Centre, LE17 4RB	Various	07973621474 chairman@lutterwortharchery.org.uk
Badminton	Lutterworth Leisure Centre, LE17 4RB	Various	01455200800
Basketball	Lutterworth Leisure Centre, LE17 4RB	Various	01455200800
Basketball	Market Harborough Leisure Centre, LE16 9HF	Sunday 18:00pm	01858410115 mhbcgeneral@outlook.com
Bowls	Little Bowden Bowling Club, LE16 8AN	Friday 18:30pm	01858419565
Cricket	Kibworth Cricket Club, LE8 0HG	Various	01162793328
Cricket	Market Harborough Cricket Club, LE16 9QH	Various	07989436898
Cricket	Lutterworth Cricket Club, LE8 0HG	Various	01162793328 lutterworthcc@btinternet.com
Cycling	Welland Valley, LE16 9DN	Saturday 14:00pm	01162792756 whizzkids@wellandvalleycc.co.uk
Dance	Harborough Academy of Performing Arts, LE16 7DX	Various	01162792194 admin@harboroughacademy.co.uk
Dance	Little Bowden School of Dancing, LE16 BBE	Various	01858461316 lbsdancing@gmail.com
Dance	Afb Dancing Academy, Great Bowden, LE16 7TG	Various	07722571121 infor@afbdanceacademy.co.uk
Dance	Kibworth School of Dance, LE8 0LQ	Various	01162793981
Football	Kibworth Town Football Club, LE8 0HU	Various	07970663003
Football	Harborough Town Football Club, LE16 9HF	Various	01858469352 enquires@harboroughtownfc.org

Futsal	Kibworth Town Football Club, LE8 0HU	Various	07970663003
Golf	Market Harborough Golf Club	Saturday	07970663003 proshop@mhgolf.co.uk
Gym	Lutterworth Leisure Centre, LE17 4RB	Various	01455200800
Gym	Market Harborough Leisure Centre, LE16 9HF	Various	01858410115
Gymnastics	Swift Gymnastics, Lutterworth, LE17 4RB	Various	01455200800
Gymnastics	Swift Gymnastics, market Harborough, LE16	Various	01858410115
Hockey	Market Harborough Hockey Club, LE16 9DR	Wednesday and Friday	
Judo	The Swiftway Centre, Lutterworth, LE17 4NY	Monday 18:00pm	01455553045
Kick Boxing	Harborough Leisure Centre, LE16 9HF	Sundays 18:00pm	07784499117
Kick Boxing	The Swiftway Centre, Lutterworth, LE17 4NY	Various	01455553045
Martial Arts	St Marys Business park , Market Harborough , LE167QJ	Various	07931722910
Rugby	The Rugby Ground, Market Harborough, LE16 9HF	Various	01858464210
Rugby	Ashby Lane, Lutterworth, LE17 4RB	Various	01455557329
Roller Skating	Market Harborough Leisure Centre, LE16 9HF	Saturday and Sunday 13:00- 18:00pm	01858410115
Trampoline	Robert Smyth Academy, Market Harborough, LE16 7JG	Various	https://www.facebook.com/pg/ Market-Harborough-Trampoline- Academy-1354891897944601/ posts/
Trampoline	Market Harborough Leisure Centre, LE17 4RB	Monday and Tuesday	https:// www.everyoneactive.com/ centre/lutterworth-sports- centre/#activities
Scuba Diving	Lutterworth Sports Centre, LE17 4RB	Tuesday 19:30 – 22:00pm	01455200800
Swimming	Market Harborough Sports Centre, LE16 9HF	Various	01858410115
Swimming	Lutterworth Leisure Centre, LE17 4RB	Various	01455200800

Harborough District Activity Map

This map highlights what activities are going on in each area across the district.



Adults

Young People

Seniors

For the Whole Family

Outdoor Activities

Events

Seniors

Session	Venue	Day/ Time	Contact Details
Activities and Wellness Group	Lutterworth Wycliffe Rooms, LE17 4ED	Tuesday 10:00am	07753133019 Val4youwilliams@googlemail.com
Boccea	Broughton Astley Parish Hall, LE9 6PT	Wednesday 12:30pm	07956778071
Cardiac Rehabilitation	Market Harborough Leisure Centre, LE16 9HF	Tuesday 16:00pm	07962990283 lizadams.wellnow@hotmail.com
Cardiac Rehabilitation and others	Houghton Village Hall	Wednesday 14:45pm	07962990283 lizadams.wellnow@hotmail.com
Heartsafe Intervals	CAN&WILL Studio, Market Harborough, LE16 9HF	Thursday 17:00pm	07962990283 lizadams.wellnow@hotmail.com
Steady Steps	Lutterworth Pavilion, LE17 4RB	Tuesday 12:00am	07764968544 Vanessa_freeth@hotmail.com
Steady Steps	Market Harborough Catholic Church, LE16 9QQ	Monday 11:30am	07764968544 Vanessa_freeth@hotmail.com
Steady Steps+	Hallaton Village Hall, LE16 8UG	Monday 13:00pm	07764968544 Vanessa_freeth@hotmail.com
Steady Steps+	Lutterworth, Pavilion, LE17 4RB	Tuesday 13:00pm	07764968544 Vanessa_freeth@hotmail.com
Steady Steps +	Market Harborough Catholic Church, LE16 9QQ	Monday 10:30am	07764968544 Vanessa_freeth@hotmail.com
Pilates For Back Pain	Market Harborough, Squash Club, LE16 9QH	Monday 14:30pm Tuesday 11:15am Friday 14:30pm	07395833879 pilatesbyknight5@gmail.com
New Age Kurling	Wycliffe Rooms, Lutterworth, LE17 4ED	Monday 13:30pm	07956778071
New Age Kurling	Broughton Astley parish Hall, LE96PT	Tuesday 11:00am	07956778071
New Age Kurling	Scraftoft Community Hub, LE7 9FQ	Monday 10:00am	07956778071



Steady Steps Programme

A free, rejuvenating exercise programme helping develop strength and balance.

Classes running at Lutterworth, Hallaton and Market Harborough.
Also available in other rural areas.

- Steady Steps is a 24-week programme tailored to people over 65 who have previously fallen or worry about falling and is designed to help improve balance and stability.
- Delivered by Level 4 specialised Postural Stability Instructors, the classes are tailored to each individual's abilities and will progress in difficulty throughout the programme.
- Each class is 90 minutes and booking in advance is essential

"I have found Steady Steps of great benefit. I leave each class feeling much more flexible. Particularly in winter I feel very stiff and this has been a great help as I have noticed simple things like putting my socks on is easier."



To sign up or for further information please contact:

Website: activeharborough.gov.uk



For The Whole Family

Session	Venue	Day/ Time	Contact Details
Badminton	Market Harborough Leisure Centre, LE16 9HF	Various	01858410115 https://www.everyoneactive.com/centre/harborough-leisure-centre/?activitySearch
Badminton	Lutterworth Sports Centre, LE17 4RB	Various	01455200800
Basketball	Market Harborough Leisure Centre, LE16 9HF	Various	01858410115 https://www.everyoneactive.com/centre/harborough-leisure-centre/?activitySearch
Basketball	Lutterworth Sports Centre, LE17 4RB	Various	01455200800
Bowls	Market Harborough Leisure Centre LE16 9HF	Various	01858410115 https://www.everyoneactive.com/centre/harborough-leisure-centre/?activitySearch
Martial Arts	Market Harborough, LE16 7QJ	Various	07931722910 https://martialartsmarketharborough.co.uk/programs/teen-adult-programs/family-programs
Swimming	Market Harborough Leisure Centre, LE16 9HF	Various	01858410115 https://www.everyoneactive.com/centre/harborough-leisure-centre/?activitySearch
Swimming	Lutterworth Sports Centre, LE17 4RB	Various	01455200800
Roller Skating	Lutterworth, LE17 5JD	Various	01455209225
Table Tennis	Lutterworth Sports Centre, LE17 4RB	Various	01455200800
Yoga	Great Bowden, LE16 7ET	Various	07917195232 yogadabbodo@gmail.com https://www.yogadabbadoo.org/family-classes
Family Yoga	Wilbarston Village Hall, LE16 8QD	27/10/2019 2-3pm	

Events

Session	Venue	Day/ Time	Website
Squires and Spires Sportive 2020	Naseby Village Hall, NN6 6DE	12/05/2020 8am-3:15pm	https://www.eventbrite.co.uk/e/squires-and-spires-sportive-2020-tickets-68022281475
Draycote Water Santa Dash 10k & 5 mile	Draycote Water, Rugny, CV23 8AB	08/12/2019 09:45-11:30am	https://www.letsdothis.com/gb/e/draycote-water-santa-dash-31438
She Rallies Fun Days course FREE	The Leicestershire Tennis and Squash Club, LE2 3HF	24/11/2019 10am-12pm	https://www.eventbrite.co.uk/e/she-rallies-fun-days-course-tickets-73948785809
Harborough Santa Run 2k or 5k	Welland park, Market Harborough, LE16	08/12/2019 2pm	https://www.raceharborough.co.uk/santa-run/
Naseby 16.45 miles road race	Naseby Village Hall, NN6 6DE	TBC	https://www.raceharborough.co.uk/naseby-1645/
Festival of Cycling	TBC	TBC (March)	https://www.raceharborough.co.uk/cycling/
Battlefield Duathlon: Sprint, Standard & Middle Distances	Naseby Village Hall, NN6 6DE	TBC	https://www.raceharborough.co.uk/battlefield-duathlon/
Carnival of Running	TBC	TBC (June)	
Conker & Welly Wanging for Dementia Harb & Canine Partners	Husbands Bosworth Village playing fields, LE17 6JW	06/10/2019 11am	https://harboroughfm.co.uk/event/conker-welly-wanging-championships/#1

Outdoor Activities

Session	Venue	Day/ Time	Contact Details
Parkfit—Fun and Social Park Based Activities	Welland Park Café, Market Harborough, LE16 9DR	Thursday 09:15am	07962990283 lizadams.wellnow@hotmail.com
Broughton Astley Couch to 5K	Hallbrook Primary School, Broughton Astley, LE9 6WX	Monday 09:15am	Alisoncoulam@me.com https://www.lrsport.org/getactive/activity/broughton-astley-couch-to-5k-running-group
Emotive	Fleckney Recreation Ground, Fleckney, LE8 8BG	Monday 09:20am	E.andrew@harboroguh.gov.uk
Emotive	Fleckney Recreational Ground, Fleckney, LE8 8BG	Thursday 18:30pm	E.andrew@jharborough.gov.uk
Fleckney and Kibworth Beginners Running Group	Beauchamp College, Oadby, LE2 5TP	Thursday 19:00pm	07712816317 https://www.fleckneyandkibworthrunners.co.uk/about_us
Harborough Athletics Club	The Training Shed, Market Harborough, LE16 7DS	Various	martin@pmhughes.free-online.co.uk
Harborough Junior Park Run	Welland Park, Market Harborough, LE16 9DW	Sunday 09:00am	marketharborough@parkrun.com
Harborough Park Run	Bowls Pavilion, Welland Park, Market Harborough, LE16 9DW	Saturday 09:00am	marketharborough@parkrun.com
Healthy Harborough Walks	Welland Park Café, Market Harborough, LE16 9DW	Wednes day, 10:15am	01858828282 https://www.walkingforhealth.org.uk/walkfinder/healthy-harborough-walks
Healthy Harborough Walks	Welland Park Café, Market Harborough, LE16 9DW	Monday 12:00pm	01858828282 https://www.walkingforhealth.org.uk/walkfinder/healthy-harborough-walks

Healthy Harborough Walks	The Shambles Public House, Lutterworth, LE17 4DW	Monday 13:30	01858828282
Healthy Harborough Walks	The Library, Broughton Astley, LE9 6RD	Thursday 13:30pm	01858828282
Ramblers	Lutterworth Town Hall Car Park, LE17 4AT	Sunday	07885518388
Scraftoft Joggers	White House Pub, Scraftoft, LE7 9SE	Monday 19:00pm	bazildee@gmail.com
Squirrels Running Group	White Horse Car Park, Broughton Astley, LE9 6PT	Monday and Wednes day	luksmith19822002@yahoo.co.uk
WI Walking Group	Market Harborough	Monthly on a Sunday	07547890756 oxendon12@gmail.com
Outdoor Gym	Lutterworth Sports Centre, LE17 4RB		
Outdoor Gym	Welland Park, Market Harborough, LE16 9DR		
Outdoor Gym	Fleckney Recreational Ground, LE8 8BG		
Outdoor Gym	Billesdon Playing Field		
Outdoor Gym	Gilmorton Park		
Well Now Brisk Walk	Limner St, Market Harborough, LE16 9HN	Monday 08:00am	07962990283 lizadams.wellnow@hotmail.com