

Have You Ever Thought About Volunteering?

If you enjoy meeting people and helping the local community you are the ideal person to volunteer on any one of our schemes. Any amount of time that you are able to give to a scheme is welcome.

We pay 45p per mile, for every mile that you drive on behalf of a scheme. If you are interested in volunteering for us, please contact **Bassetlaw Action Centre** for more information.

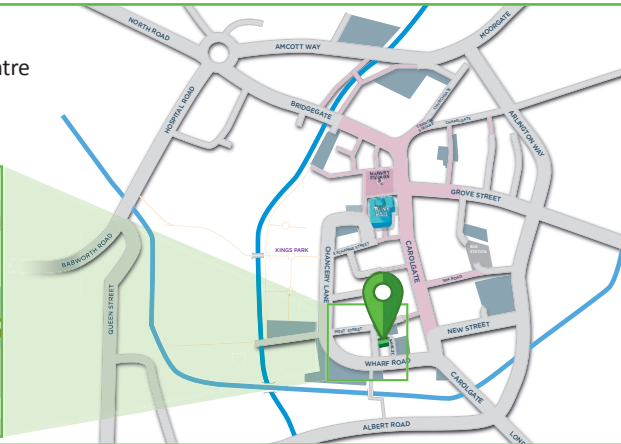


01777 709650

enquiries@actioncentre.org.uk



Where to find us:
Bassetlaw Action Centre
Canal Street, Retford
DN22 6EZ



Bassetlaw Action Centre is affiliated with the following organisations:



Registered Office

Bassetlaw Action Centre
Canal Street, Retford
Nottinghamshire DN22 6EZ

01777 709650
enquiries@actioncentre.org.uk
www.bassetlawactioncentre.org.uk



Bassetlaw Action Centre



@BassetlawBAC

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Registered Charity No: 1106908
Company Registered in England & Wales No: 5177066

Bassetlaw

ACTION



Centre

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Get Out Get Active Bassetlaw



A better quality of life living with
a long term health condition



Get Out Get Active



GogaBassetlaw

GetOutGetActiveBassetlaw

Get Out Get Active (GOGA) Bassetlaw

This is a project that is working across the district to support those who are inactive or have a long term health condition to get active by taking part in fun, safe and inclusive activities.

GOGA is about more than just being active, it strengthens community spirit, increases confidence and improves mental health. GOGA reaches out to the very least active, disabled and non-disabled people in the community. GOGA aims to provide support to encourage greater activity in a genuinely inclusive environment, helping to build friendships, maintain health, increase independence, reduce stress and boost self-esteem.

You can simply come along to any of our walking sessions, they all last around 45mins, there is no need to book. If you would like any additional information please contact one of our advisors at the centre or email goga@actioncentre.org.uk

Our walk leaders have all undertaken first aid training and mental health first aid training.



Men's Walk & Talk

A Grassroots Community Initiative to support Men's Mental Health by encouraging men to open up, feel able to talk to other men and reduce social isolation.



Women's Walk & Talk

A walking group for women, encouraging women to gain confidence, maintain health, open up, feel comfortable talking to others and reduce social isolation.

We host walks at different locations across Bassetlaw, with the help of our staff and volunteers.

Stay Pawsitive

Fresh air, animals and talking are a winning combination so we have launched a dog walking group open to anybody to come along have a walk and a chat.

Held at Idle Valley Nature Reserve, you enjoy the changing seasons and flourishing nature.

There is no need to bring a dog, if you don't have one.

The café on site is open till 3PM and allows well-behaved dogs in.



To talk with one of our advisors about any of the programmes, please call the Bassetlaw **Action Centre** on 01777 709650

Walking Tennis

Walking tennis is safe, fun, inclusive and fantastic way to stay active!

GOGA Bassetlaw have teamed up with Retford Tennis Club to offer a walking tennis session.



An opportunity to enjoy a low impact sport, tailored for individuals with long-term health conditions, those recovering from long-term injuries and complete beginners.

An hour of tennis followed by refreshments and a chance to have a good natter and make new friends.

There is no need to have your own equipment as this is available to borrow. These sessions are £6 each.



Staying Well

The Staying Well Expert Patients Programme (EPP) is a 'chronic disease self-management course' to help people living with long term conditions maintain their health and improve their quality of life.

The courses are led by 2 people who also have long term health conditions. The six week courses are available throughout Bassetlaw.



Follow us on Facebook, to keep up to date with our activities and monthly schedules.

For more information on any of the above, contact our team by telephone on 01777 709650 or visit our website: www.bassetlawactioncentre.org.uk

