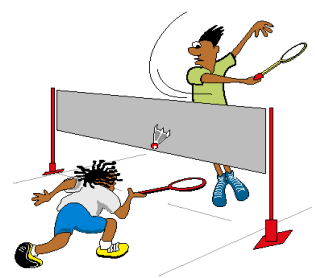
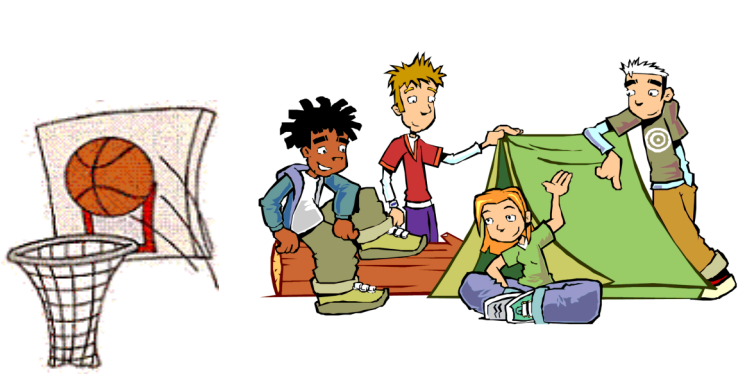




# InterAct with us:



Thanks to Comic Relief Local Community Funding we are able to support you to access these healthy activities to help you develop a healthy lifestyle. Physical activity is essential to prevent and reduce risks of many diseases and to improve your physical and mental wellbeing.



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InterAct (Chelmsford)



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@interactchelm



Moulsham Mill, Parkway,  
Chelmsford, Essex, CM2 7PX

# Weekday activities

Meet Amy and Jade the activity Coordinators—01245 608307



Amy







Jade



**B** Please book activities by 4th January 2016

First 3 sessions of a new activity are Free!

Date	Time		Activity	Contribution	Where to meet	Additional info
<b>TUESDAY</b> 5 January 2 February 1 March	10:00am — 12:00pm		<b>WALKING</b> — The walk is led by trained leaders and has a back marker at the rear of the group. This means you are free to walk at your own pace without fear of being left behind. Refreshments are provided. (6 SPACES)	FREE <b>B</b> Ref CR001	Rear Car Park Moulsham Mill	Wear suitable clothing and sturdy boots or wellie's
<b>WEDNESDAY</b> 6, 13, 20, 27 January 3, 10, 24 February 2, 9, 16 March	10.00am —1:00 pm		<b>GYM</b> — Do you keep fit? In gym sessions you can learn how to use the equipment and attend different classes of fitness which focus on improving both your physical and mental health. (4 SPACES)	£ 6.00 after the first three sessions <b>B</b> Ref CR002	Moulsham Mill Chelmsford	Wear suitable clothing
<b>THURSDAY</b> 7, 14, 21, 28 January 4, 11, 18, 25 February 3, 10, 17, 24, 31 March	10.00am- 1.00pm		<b>COOKING</b> — Do you have time to cook healthy meals? In these cooking sessions we are learning to cook quick and healthy meals which are ideal for people on the go but also affordable. A balanced diet is important as part of your healthy lifestyle. (5 SPACES)	FREE <b>B</b> Ref CR003	Aspire Centre Moulsham Mill Chelmsford	Bring an apron
9, 19 January 5 February 8 March	10.00am- 1.00pm		<b>BADMINTON</b> — Get sporty at Riverside Leisure Centre with a game of badminton and then afterwards socialise over a healthy lunch of your choice. (8 SPACES)	FREE <b>B</b> Ref CR004	Riverside Centre Chelmsford	Wear suitable clothing and bring money for food only

To book [www.interact.org.uk/booknow](http://www.interact.org.uk/booknow) or for more information phone 01245 608307, email [lesley.bailey@interact.org.uk](mailto:lesley.bailey@interact.org.uk). Lead Health and Wellbeing—Lesley Bailey (07908 616149)

# Weekday activities

Meet Amy and Jade the activity Coordinators—01245 608307



Amy







Jade

# InterAct

**B** Please book activities by 4th January 2016

First 3 sessions of a new activity are Free!

Date	Time		Activity	Contribution	Where to meet	Additional info
<b>FRIDAY</b> 15 January 12 February 4, 18 March	10.00am–1.00pm		<b>ZUMBA</b> — Zumba Fitness is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. (5 SPACES)	£5.00 after the first three sessions <b>B</b> Ref CR005	Aspire Centre Moulsham Mill Chelmsford	Wear suitable clothing
<b>TUESDAY</b> 23rd February	10.00am–4.00pm		<b>FISHING</b> — Enjoy fresh air and relax. We are going to a popular lake in Witham to try our hand and learn the techniques for catching fish which will include hand gathering, spearing, netting, angling and trapping. Fishing Licenses will be provided for the day. (5 SPACES)	FREE <b>B</b> Ref CR006	Moulsham Mill Chelmsford	Wear suitable Clothing and bring a packed lunch
12 January 26 February 11 March	10.00am–1.00pm		<b>BASKETBALL</b> — Get sporty at Riverside Leisure Centre with a game of basket ball and then afterwards socialise over a healthy lunch of your choice. (10 SPACES)	FREE <b>B</b> Ref CR007	Riverside Centre Chelmsford	Wear suitable clothing and bring food money only
<b>WEDNESDAY</b> 13, 27 January 10, 17 February 2, 6 30 March	7.00pm – 9.00pm		<b>BOUNCE AND BOWL</b> — Bowl at Tenpin then bounce at a fun trampoline session led by a qualified coach. Please note: trampoline centre is <u>not</u> suitable for wheelchair users. (12 SPACES)	£5.00 <b>B</b> Ref CR008	Tenpin Bowling	Wear suitable clothing

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# Weekend activities

Meet Amy and Jade the activity Coordinators—01245 608307






Amy



Jade

# InterAct

**B** Please book activities by 18th January 2016

Date	Time		Activity	Contribution	Where to meet	Additional info
<b>SATURDAY</b> 30 January	9.00am– 5.00pm		<b>WOODCRAFT</b> — Is an outdoor activity that explores health/fitness through nature and improves your whole wellbeing—the activities included are: Walking into the woodland, create a 'camp', enjoy cooking and eating a meal together .	£10.00 <b>B</b> Ref CR009	Moulsham Mill Chelmsford 11 minibus spaces	Wear suitable clothing
<b>SATURDAY</b> 27 February	9.00am— 4.30pm		<b>ELMSWOOD HORSE TRIP</b> — Riding horses is a great way to exercise. You will have the opportunity to ride horses from small to large suited to your abilities and need. In addition learning how to look after horses.	£20.00 <b>B</b> Ref CRO10	Moulsham Mill Chelmsford 11 minibus spaces	Wear suitable clothing and sturdy boots or wellie's
<b>SATURDAY</b> 5 March 19 March	9.00am– 1.30pm		<b>JUST RIDE</b> —Hit the saddle and have the ride of your life around the tracks at 'Just Ride' in Southend. This activity is inclusive for all fitness levels and abilities with bikes, trikes, tandems and wheelchair trailers available. The cycling sessions last approx. 2 hours.	FREE <b>B</b> Ref CR011	Moulsham Mill Chelmsford 11 minibus spaces	Wear suitable clothing

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