

# ANKER VALLEY NEWSLETTER

AUTUMN 2024

Dear all residents,

Welcome to our Anker Valley Sports Complex newsletter. Here we bring you news and information about activities and tips on improving wellbeing.

Anker Valley will be open in the day for local use, with a variety of free activities for you to take part in throughout the week. We also have a new refreshment area (The Healthy Hub - card payments only) that will be open everyday, for anyone to pop down and have a cuppa, healthy snack and chat. This is an ideal place to make new friends.

We will be inviting different groups to Anker Valley to offer advice in things such as health, steps to work, keeping safe at home etc.

## MONDAY

1.00 - 5.00pm

3.00 - 4.00pm

Recreational darts

Wellbeing show up and play  
football (3G)

Chat, play and have fun.

FREE

FREE

## TUESDAY

1.00 - 5.00pm

1.30 - 2.30pm

Recreational darts

The Anker Valley over 50's  
multi activities

You have the chance to try your hand at a variety of sports, outdoor badminton, volleyball, walking football, bowls, bocca, rounders, and most importantly the chance to make new friends). Some activities will be on the 3G.

Guided walk

Why not increase your step count for the day, as well having a cuppa and chat whilst making new friends.

2.30 - 3.30pm

4.00 - 5.00pm

Recreational football 11-16yrs  
football (3G)

FREE

FREE

FREE

FREE

## WEDNESDAY

1.00 - 5.00pm

2.00 - 3.00pm

### Recreational darts

#### Guided walk

Why not increase your step count for the day, as well having a cuppa and chat whilst making new friends.

FREE

FREE

## THURSDAY

1.00 - 5.00pm

11.00 - 12.00pm

12.00 - 1.00pm

### Recreational darts

#### Show up and play ladies walking football (3G)

This session is good for complete beginners or those that want dust off their skills, getting active is the best way to improve your health and wellbeing.

#### Show up and play over 35 years ladies football (3G)

This activity is open to beginners and those of you who to put those old skills to the test, this is a great opportunity to improve your fitness, meet new people and just have fun.

FREE

FREE

FREE

## FRIDAY

1.00 - 5.00pm

3.00 - 4.00pm

### Recreational darts

#### Friday fun - show up and play football (3G)

Why not pop down have a kick about, cuppa and a chat.

FREE

FREE

*(All activities on the 3G - moulded studded football boots must be worn no flats or bobbled bottom footwear, thank you)*

## FUN FACTS ABOUT WALKING

An average adult will walk in their lifetime the equivalent to three times around the world (approximately 75,000 Miles).

Walking briskly for a mile burns approximately the same number of calories as jogging.

Walking in nature has been proven to help mental health and can help to lower blood pressure.

Hopefully this will encourage you to increase your daily step count, (should aim for 10,000 steps a day).

See below some helpful tips to help you along on your journey to better wellbeing.



- 1 Take the stairs instead of the lift.
- 2 Walk to work/shops instead of taking the car.
- 3 Join a walking meeting, chance to exercise and meet new friends.
- 4 Go for a 10min walk during your lunch break.
- 5 Meet a friend and instead of going for coffee, go for a walk.

We are looking forward to seeing you down at Anker Valley Sports Complex.

Yours in health  
THE ACTIVE WELLBEING TEAM.