

Healthy exercises community services Central and South Ribble area

Healthwise	<p>Email: healthwise.preston@gll.org</p> <p>Self-referral or can be referred by a health professional, social care providers, pharmacists, or social prescribers.</p> <p>For people aged 18 and over. 12-week programme of exercise supervised gym sessions, group classes, water-based exercise. Programmes can be adapted to cater for person needs. Within Preston area.</p>
Preston North End Community and Education Trust	<p>Tel: 01772 693309 Email: alistair.white@pne.com</p> <p>Offers PAN-disability football sessions for adults and children of all ages with disabilities. This is also in partnership with Sir Tom Finney Soccer Centre. The pathway is for people to play competitive football and compete in the Lancashire FA ability counts league.</p>
Wheels for all Preston	<p>Tel: 07500554074 Email: hello@wheelsforall.org.uk</p> <p>Offers a cycling programme for children and adults with learning and physical disabilities. Using adapted cycles such as hand cycles, trikes and wheelchair transporter to build confidence and independence cycling.</p>
Preston Wheelchair Curling club	<p>Tel: 01995 676210 Email: enquires@theflowerbowl.uk</p> <p>Offers curling activities for children over 11 years and adults with a learning disability, hearing impairment, physical impairment and mental health.</p>

Wheelchair Rugby (Leyland)	<p>Tel: 07940450651 Email: westcoastwrc@gmail.com</p> <p>Offers Wheelchair rugby sessions for all ages and disabilities.</p>
Ride2Success	<p>Tel: 07767670296 Email: info@ride2success.co.uk</p> <p>Provides horse riding experiences for people with sensory, physical and learning disabilities.</p> <p>Also provides sports activities for all abilities and ages.</p>
u3a	<p>Longridge and local villages</p> <p>Email: u3sites.org.uk/longridge</p> <p>Offers walking, circle dancing, and table tennis.</p> <p>Membership is £20 a year. Open to everyone but most members tend to be over 50 years old.</p>
Dance Syndrome	<p>Tel: 0759794294 Email: info@dancesyndrome.co.uk</p> <p>Offers dance sessions for adults with a learning disability across Lancashire.</p> <p>Also offers youth dance sessions for young people with a learning disability age 14-25.</p>
Preston Panthers Disability Sports Club	<p>Tel: 07599333816 Email: prestonpanthersdsc@gmail.com</p> <p>Offer sports activities of football, cricket, basketball, hockey, badminton etc for SEND children and young people from age 5 to 25 years within Preston.</p>

Active lifestyles South Ribble Borough Council	<p>Self-exercise referral</p> <p>Tel: 01772 625625. Email: active.lifestyles@southribble.gov.uk</p> <p>Offers six-week face to face course gym sessions for age 18 or older.</p>
Chorley Football Club Community Foundation	<p>Tel: 01257 230007 Email: education@chorleyfc.com</p> <p>Offers Deaf football training at The County Ground Leyland every Wednesday 1.30-2.30pm.</p>
Bolton Wanderers Football Club Community Trust	<p>Tel: 01204673790 Email: rslater@bwct.org.uk</p> <p>Offers PAN disability football for under 16 years and adults with a learning disability, hearing impairment, visual impairment and physical impairment. Also offers PAN disability football camps during school holidays from age 7 years.</p>