



We continue to bring activities to Oldham with a specific reach to individuals and communities that are isolated and experiencing loneliness, we want to reach as many people as possible.

If you would like to know more about what we are doing please get in touch, if you know anyone that would benefit from our activities please reach out to us.

Community groups & organisations please get in touch

## **Oldham Active Communities – Loneliness & Isolation**

**December 2021**

### **Health Campaigns**

- 16 days of action against domestic violence – 25<sup>th</sup>- 10<sup>th</sup> Dec
- National Grief Awareness Week 2<sup>nd</sup>-7<sup>th</sup> December
- International Day of person with Disabilities 3<sup>rd</sup> December
- International Migrants Day 18<sup>th</sup> December

### **Monday's**

**Oldham Active Communities Women's Wellness Challenge** 6:00pm-7:00pm starting 4<sup>th</sup> October for 12 weeks every Monday, finishes 20<sup>th</sup> December

**Stay Active** 1:30pm-2:15pm at Earls Lodge with Neil

**Address:** Earls Lodge, Albert Street, Failsworth, M35 0JB

**Price:** £2.50

### **Pregnancy Yoga Online**

(Available for all pregnant women & their supporting partner, family member or friend)

The chance to learn new relaxing techniques in a safe control manner.

Monday's 10:30am-11.30am

### **Online Class Only**

Register in advance for this class

<https://us02web.zoom.us/meeting/register/tZEkf-yqrT0jHdwpiugZYK6XHgWdIW2okWYN>

After registering, you will receive a confirmation email containing information about joining the Class

## Tuesday's

### Wellbeing, Bereavement and Support Yoga Online

(Open Access for all)

Providing a space online to relax through Yoga with an opportunity to discuss and received advice and supporting opportunities around Oldham.

#### Online Class Only

Tuesday's 5:00pm-5.45pm starting 7<sup>th</sup> December 2021

Register in advance for this class:

<https://us02web.zoom.us/meeting/register/tZUscOyqqDkoEtU6FQnLIKSlOqcs62Vqxosr>

After registering, you will receive a confirmation email containing information about joining the class.

### Yoga Online for Teachers & Education Staff

Creating an opportunity for Teachers & Education staff to enjoy 45mins of Yoga, relaxation techniques and breathing methods.

#### Online Class Only

Tuesday's 6:00pm-6:45pm starting 7<sup>th</sup> December 2021

Register in advance for this class:

<https://us02web.zoom.us/meeting/register/tZUlceqsgDsuE9TjOesKqPnYVn-wHXVcETUF>

After registering, you will receive a confirmation email containing information about joining the class.

## Wednesday's

**Stay Active** Wednesday 1:00pm-1:45pm at Walker Road Community Centre with Gareth

**Address:** 34 Walker Road, Oldham, OL8 3SW

**Price:** £2.00 per session

**Stay Active** Wednesday 1:00pm-2:15pm at South Chadderton Methodist Church with Ian

**Address:** 25 Thompson Lane, Chadderton, Oldham, OL9 8LX

**Price:** Donations welcome

**Yoga & Connect** Wednesday 5:00pm-5:45pm at European Islamic Centre with Camille

**Address:** 79 Manchester Road, Oldham, OL8 4LN

**Price:** Donations welcome

## **Thursday's**

**Breakfast Club Brew & Chat** Thursday 8:00am-9:00am – Friendly space to have a chat & bring people together with Kidella with Menopause support

**Address:** Oldham Leisure Centre, Middleton Road, Oldham, OL9 6AF

**Price:** Free

**Zumba** Thursday 9:30am-10:15am at Fatima Women's Association with Jayne

**Address:** Marlborough Street, Glodwick, Oldham, OL4 1EG

**Price:** Donations welcome

**Seated Stay Active** Thursday 12:00noon-12:45pm Satellite Centre with Gareth

**Address:** Wellington Road, Greenfield, Oldham, OL3 7AL

**Prices:** £4.00

## **Body Reset Yoga #MenopauseMatters**

This class is for individuals to learn how to reconnect with your breathing and how your body feels whilst taking part in slow, controlled movements.

Thursday's 6:00pm-7:00pm starting 9<sup>th</sup> December 2021

### **Online Class Only**

Register in advance for this class:

<https://us02web.zoom.us/meeting/register/tZEkc-ihqDIsGt37lctYRZbPA5riMB4VJoPC>

After registering, you will receive a confirmation email containing information about joining the class.

## **Friday's**

**Pilates:** Fridays 10:00am-11.00am at European Islamic Centre

**Address:** 79 Manchester Rd, Oldham OL8 4LN

**Price:** £1.00

**Friday Club:** Fridays 10.00am – 12.00pm at Oldham Leisure Centre

**Address:** Middleton Road, Oldham, OL9 6AF

**Price:** £ 3.00

Please contact the Oldham Active Communities team via email

[OldhamActiveCommunities@occl.co.uk](mailto:OldhamActiveCommunities@occl.co.uk) with any enquires

Facebook [www.facebook.com/oldhamactivecommunities](http://www.facebook.com/oldhamactivecommunities)

Twitter @OldhamActiveCom

**Oldham Active Communities is a project targeting Loneliness & Isolation**