

core arts promoting positive mental health



CORE SPORT PROGRAMME

“Digital Clinical Transformation Award”

Winner HSJ Value Awards 2021

“Mental Health Sports Programme Winners”

Winner Sports and Recreation Alliance Awards 2019

“Mental Health Innovation of the Year”

Winner HSJ Awards 2019

www.core-sport.co.uk



A FEW BENEFITS OF EXERCISE:

- ★ *less tension, stress and mental fatigue*
- ★ *a natural energy boost*
- ★ *improved sleep*
- ★ *a sense of achievement*
- ★ *focus in life and motivation*
- ★ *less anger or frustration*
- ★ *a healthy appetite*
- ★ *better social life*
- ★ *boost confidence and self-esteem*
- ★ *having fun*



ABOUT US

Launched in April 2015, Core Sport is an enterprise established by Core Arts, an award winning mental health charity based in Homerton, Hackney. Core Sport provides opportunities for adults with mental health needs to participate and engage in inclusive supportive sporting provisions.

Our mission is to promote positive mental health and wellbeing through creative learning, training, sporting activities and employment opportunities. These initiatives assist people experiencing mental health issues to overcome barriers, fulfil their potential to achieve their personal goals and aspirations, and make a full contribution to society.



JOIN US

- ★ *flexible access*
 - ★ *one-to-one support*
 - ★ *all levels welcome*
 - ★ *general health checks*
 - ★ *choose from our holistic and inclusive timetable*
- www.corearts.co.uk/core-sport

HOW IT WORKS

Core Sport offers a wide range of sport-specific and exercise classes, along with a weight management programme and regular health checks. Core Sport can be accessed by:

- Being a member of Core Arts
 - GP referral or Health Care Assistant (HCA)
 - via the GP SMI register eligibility (Primary Care Mental Health Alliance)
- The Wellbeing Network
- Sport on prescription through a GP referral or Health Care Assistant (HCA)

The sports programme is free to everyone who identifies with or has a mental health diagnosis who wishes to improve mental wellbeing through physical activity with a GP referral.

Depending on the referral pathway there may be more one-to-one support for those City & Hackney residents. All equipment is provided and all levels are welcome to all sessions.

Core Sport is the best thing to happen to Core Arts!



DANCING

Keep fit the creative way by joining in with our dance course in a variety of styles. Dance is a great way to boost body confidence, strength and fitness and also improve posture. All classes are inclusive have an emphasis on fun and enjoyment as well as providing choreography for all levels.



CORE HEALTH

A health and wellbeing discussion programme that provides you with all the nutritional information you need to reach your weight management goals along with an optional weigh-in. Core Health boasts peer support weekly sessions to keep you on track, motivated and on your way to leading a healthy lifestyle.

Core Sport has changed my mindset about diet and exercise. I have been able to do things I thought I would never be able to do.



AEROBICS

A class for those wanting to raise your fitness level! This class offers the ideal combination of aerobic activity along with strength training to deliver the perfect workout, comprising of exercises targeting the entire body. All levels are welcome and exercises can be customised depending on individual levels of fitness and mobility. The ideal class for those wanting to lose weight, tone up and get fit!



STRETCH & RELAXATION

Core Sport offers different styles of gentle movements and relaxation classes to suit different needs. All classes help to improve flexibility, posture and create a greater sense of relaxation and stress relief. In addition to these benefits, regular participation leads to relief from pain, better range of motion around the joints and enhanced muscular co-ordination.

These classes are ideal for those seeking a more gentle approach to exercise that not only has physical benefits, but also supports mental well-being.



MIXED SAUNA

Core Sport offers a mixed sauna session in partnership with Community Sauna Baths – Hackney Wick as part of our sport provision. It's a great way to relax, unwind and support recovery after exercise. Benefits include easing muscle tension, improving circulation, and boosting overall wellbeing. Whether you're looking to de-stress or simply enjoy some quiet time, this session is for you.

The sessions are perfect for beginners and more experienced sauna-goers alike.

www.community-sauna.co.uk

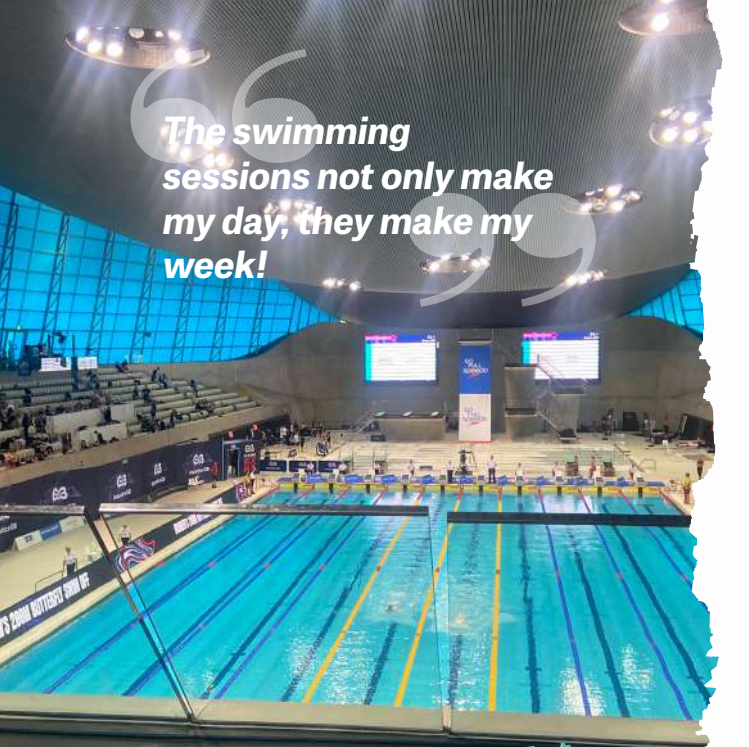


RACKET SPORTS

Core Sport offers tennis and badminton as part of our sport provision. These sports are a great way to improve fitness, hand-eye co-ordination and to help find future playing partners. Benefits include using up excess energy, improved concentration and focus. Whether you like a friendly rally or a bit of competition, these groups offer it all.

All sessions are perfect for beginners and the more advanced.

In partnership with Lee Valley Hockey and Tennis Centre.



The swimming sessions not only make my day, they make my week!

SWIMMING

Based at the Aquatic Centre in the Olympic Park in Partnership with Everyone Active. Core Sport is able to provide access to swimming where the London Olympics 2012 took place.

Self-directed Aqua-based activities are ideal for those who would like to partake in low-impact and minimal weight bearing exercises. These type of exercises boost fitness levels and enhance breathing capacity. Water can create a calming effect on the body, so would be ideal for those wanting a more relaxing form of exercise, or weekly dip.

www.everyoneactive.com



GYM

Core Sport has use of the gyms in both the Aquatics Centre and the Copper Box, based in the Olympic Park. Both gyms are fully air conditioned and boast 100+ station fitness suites with a mixture of cardio, fixed resistant and free weight equipment and machines.

Members of Core Sport will have an induction with Core Sport team and have the opportunity to have a fitness programme written up if you would like one to help you reach your goals.

We will also support you to sign up as part of our progressional pathways, which allows you to use the facilities in your time.

Partners:

www.everyoneactive.com

www.better.org.uk



CYCLING

Cycling is a low-impact aerobic exercise that allows you to take in the greenery and canal paths around Hackney and the surrounding boroughs whilst building cardiovascular fitness. Learn how to cycle safely on the roads, master working through the different gears and test your skills on different terrains. If you do not have a bike, no problem! Core Sport has bikes that can be borrowed for this session, which will work on a first come, first served basis. You are more than welcome to ride your own bike too.

In partnership with Lee Valley VeloPark.

I have loved getting back on my bike. The routes are quiet and scenic and at times I feel like I am on a mini holiday.

A photograph of three people ice skating on an indoor rink. In the center, a person wears a bright yellow puffer jacket and black pants, skating forward. To their left, a person in a black jacket and cap is in a low, ready stance. To the right, another person in a black jacket and beanie is also skating. The background shows the rink's white boards and large glass windows of the building.

ICE SKATING

Lace up and hit the rink with Core Sport's ice skating sessions. There's something special about gliding across the ice — it builds balance, strengthens your legs, and gets your heart rate up, all while you're having a laugh with the group. It's a brilliant way to blow off steam, meet new people, and pick up a skill that's as fun as it is challenging.

No experience? No problem. From first-time wobblers to confident skaters, everyone's welcome on the ice.

In partnership with Lee Valley Ice Centre.



CHAIR AEROBICS

Chair based aerobics is a good way for older adults to move without putting too much strain on their bodies.

The exercises are perfect for those with limited mobility or balance issues. The movements increase blood circulation and flexibility while also lubricate the joints and strengthen individual muscles.



KICKBOXING & BOXING

Kickboxing offers a holistic approach to mental well-being, combining physical exercise with mental discipline, stress relief, and social support.

The classes at Core Sport are designed to reduce stress, enhance mood and boosts confidence.

Kickboxing also improves focus and concentration, promotes mindfulness and social interaction. Classes at Core Sport are fully inclusive, open to all levels and abilities!



YOGA PRACTICE

Slow down, breathe deep, and reconnect with your body at Core Sport's yoga sessions. It's more than just stretching — yoga builds strength, improves flexibility, and gives your mind a proper reset from the day-to-day noise. Expect better posture, steadier balance, and that hard-to-beat feeling of calm once you roll up your mat.

Whether you're after a gentle unwind or a bit more of a challenge, there's a flow here for everyone — from first-timers to seasoned yogis.



TABLE TENNIS

Core Sport offers table tennis as part of our sport provision. It's a great way to make friends, improve fitness and hand-eye coordination, and meet like-minded playing partners. Benefits include burning off excess energy and improving concentration and focus. Whether you enjoy a friendly rally or a bit of competition, this group has it all.

The sessions are perfect for beginners and more advanced players alike.



EVENTS & EXPERIENCES

Through fantastic community partnerships such as Lee Valley, and local health facilities such as Cooperbox, Aquatics centre and Velodrome, Core Sport delivers a diverse and exciting programme including one-off sporting experiences. Alongside active participation, Core Sport also offers opportunities to attend Sound Baths, live sporting events, our gigs and exhibition events programme and trips such as Kew Gardens.

Attending events can be highly motivating—helping to build inspiration, increase confidence, reduce social isolation, and create a sense of belonging through shared experiences. Each experience is designed to support health and wellbeing, encourage social connection, and build confidence, ensuring that members can engage in physical activities in a way that feels accessible, enjoyable, and empowering.



PEER DEVELOPMENT

Here at Core Sport we are very much member-led. You can have your say on how we run the organisation, choose interests, and shape the programme through feedback and our Core Council meetings.

Our successful member volunteer programme is also a vital aspect of our peer development ethos giving members the opportunity to give back, support new members, be up-skilled to build on capabilities gaining valuable work experience by becoming part of the Core Sport delivery team.



PER BOX ARENA

COPPER BOX ARENA

1:1 GOAL SETTING & HEALTH CHECKS

Core Sport aims to build confidence, develop knowledge and skills, and achieve personal health goals. Through optional, personalised 1:1 meetings, individuals are supported to set realistic, meaningful targets and work towards them at their own pace. The programme also incorporates health checks, helping participants to monitor and improve their physical health alongside their mental wellbeing, we can support GP liaison too.

Whether focusing on fitness, socialising, or overall wellbeing, Core Sport encourages progression, celebrates achievements, and empowers participants to take ownership of their health journey.

Having 1:1 support really helps me stay focused. I feel more confident setting goals and pushing myself, and I'm proud of what I've achieved.

My quality of life has improved. I'm not isolated. I now have things to do in my schedule and have met some great new people. Yes I have been living a healthy lifestyle playing lots of Sport through Core: tennis, cycling and aerobics. Core helps me as it's a non-judgemental environment with like-minded people and fantastic tutors teaching a wide array of activities.

Cycling has been a life changer for me.... It's wonderful and I now feel so well.... physically and mentally.....I don't know if I would survive without core sports and especially cycling.... I'm now fit and emotionally in a much better place.....

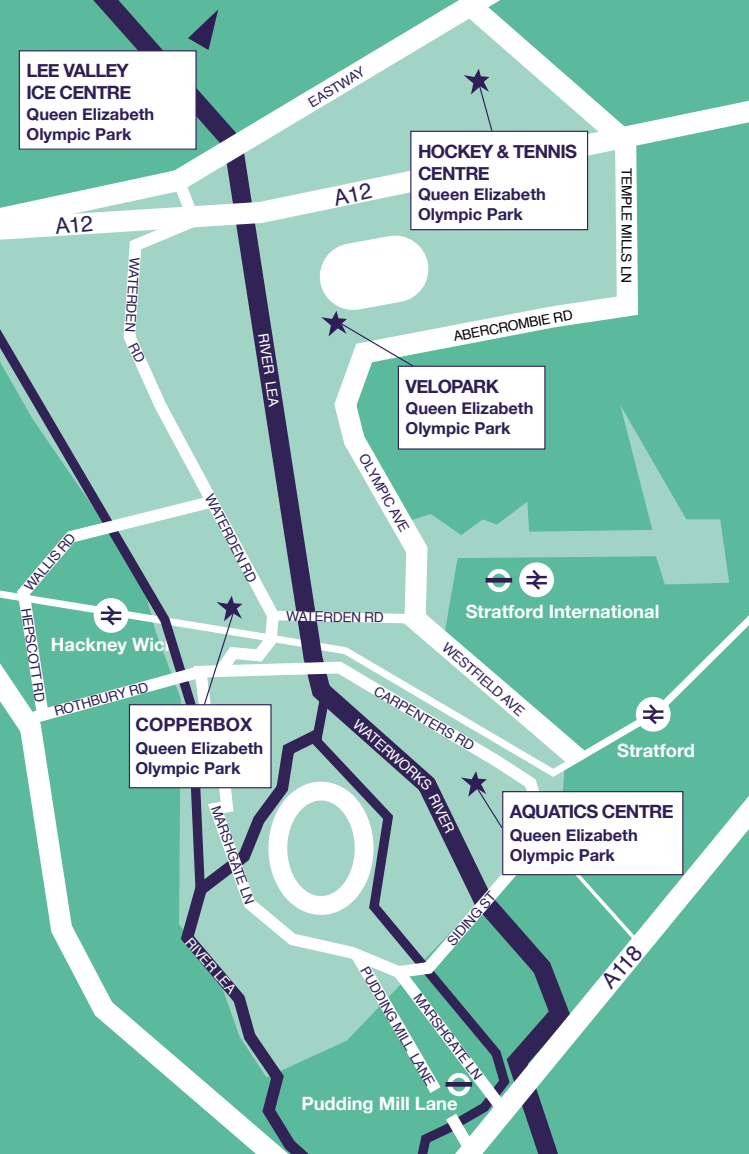
Core Arts is very important to me as it gives me the opportunity to attend exercise classes, cycling and the gym and it makes me get out of my house. It also gives me the opportunity to exercise which helps me manage my diabetes and high blood pressure. My life would be far more miserable if I didn't have access to Core Arts activities. I'm ever so grateful to have the membership of Core Arts.



Our Summer Sports Day is our annual celebration of movement, teamwork and fun — bringing the whole community together for a day of friendly competition and activities for all abilities.



**SPORTS
DAY**



QUEEN ELIZABETH OLYMPIC PARK

★ Core Sport is an inclusive sports programme for persons wishing to engage with healthy activities and goal setting to support for their mental health and wellbeing.

REFERRAL PATHWAYS

The sports programme is free to everyone in City and Hackney who has a mental health diagnosis who wishes to improve mental wellbeing through physical activity with a GP referral confirming eligibility (SMI).

Members must identify with and have a mental health diagnosis and agree the following, Core Sport is;

- Exclusively for persons interested in improving their Mental Health through exercise and healthy activities
- Members are able to attend various sites in Hackney independently (inclusive of travel costs) and demonstrate personal responsibility whilst accessing the opportunities.
- Each member of the programme will be required to sign up to our Code of Respect and will be asked to fill an individual health questionnaire and in line with goals to access our programme

HOW TO FIND US



CORE ARTS, 1 ST BARNABAS TERRACE LONDON E9 6DJ

Core Sport is a branch of the award-winning mental health charity Core Arts in Hackney.

For more information on our sports programme contact us at mail@corearts.co.uk or 020 8533 3500.

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Charity no: 1043588
Company no: 2985939



WWW.COREARTS.CO.UK