

core arts promoting positive mental health



coresport

**GET
MOVING**

www.coresport.co.uk

free with
Hackney
GP referral

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



GET UP

ABOUT US

Launched in April 2015, Core Sport is a new 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 well-being 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.



Core Arts

Vitality
RUN SERIES

WE ARE CONNECTED

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
- The Wellbeing Network
- Sport on prescription through a GP referral

The sports programme is free for City & Hackney residents, but there is also an option to 'pay and play' for those who live outside the borough.

There is no need to book and no limit on how many sessions you can attend. Equipment is provided and all levels are welcome to all classes.

JOIN US!

- no need to book
- unlimited sessions
- all levels welcome
- general health checks
- choose from team sports, aerobics, strength training, mind, body & soul training, aquatic exercise and weight management

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

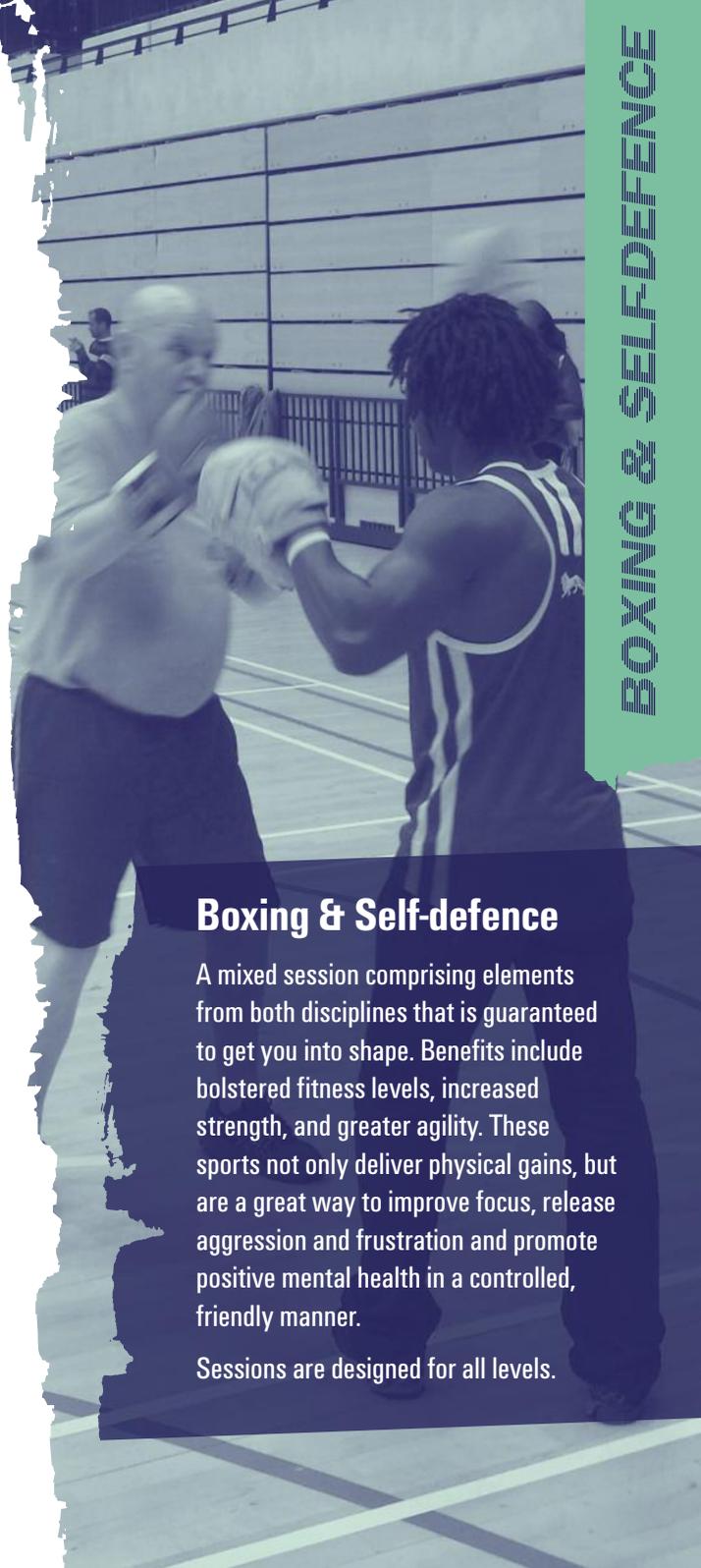
I really enjoy the social aspect that the team sports provide. These make me happy and healthy, whilst having fun.

AIM HIGH

Basketball

A team sport allowing a more socially interactive way of exercising, combining fitness and fun. Benefits of this sport include spacial awareness, hand-eye co-ordination, accuracy and increased level of fitness. Sessions consist of drills, skill learning and match play.

All playing ability levels welcome.



Boxing & Self-defence

A mixed session comprising elements from both disciplines that is guaranteed to get you into shape. Benefits include bolstered fitness levels, increased strength, and greater agility. These sports not only deliver physical gains, but are a great way to improve focus, release aggression and frustration and promote positive mental health in a controlled, friendly manner.

Sessions are designed for all levels.



Circuit Class

A high-intensity class for those wanting to get a little bit sweaty! This class offers the ideal combination of aerobic activity along with strength training to deliver the perfect workout, comprising exercises across 10 different stations targeting the entire body. All levels are welcome and exercises can be customised depending on individual levels of fitness and mobility.

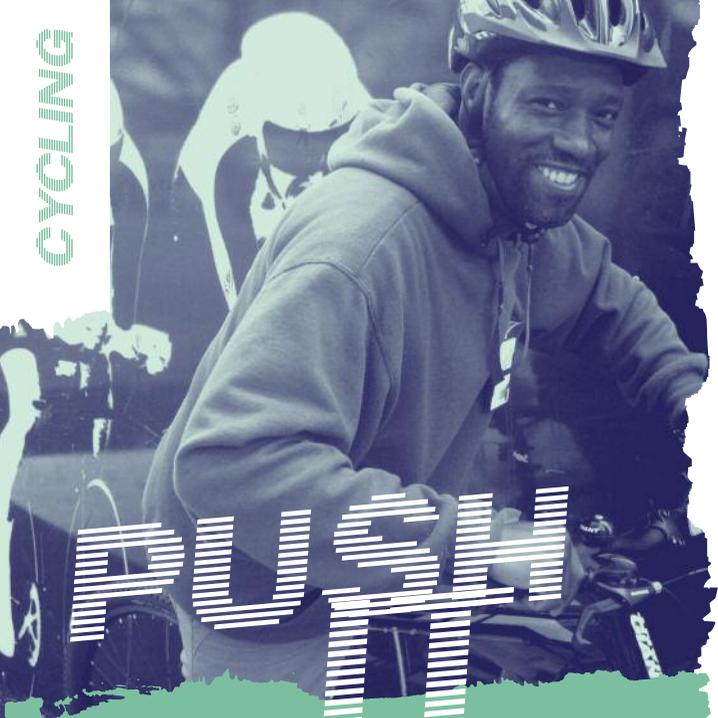
The ideal class for those wanting to lose weight, tone up and get fit!



Core Health

A weight management 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.”



CYCLING

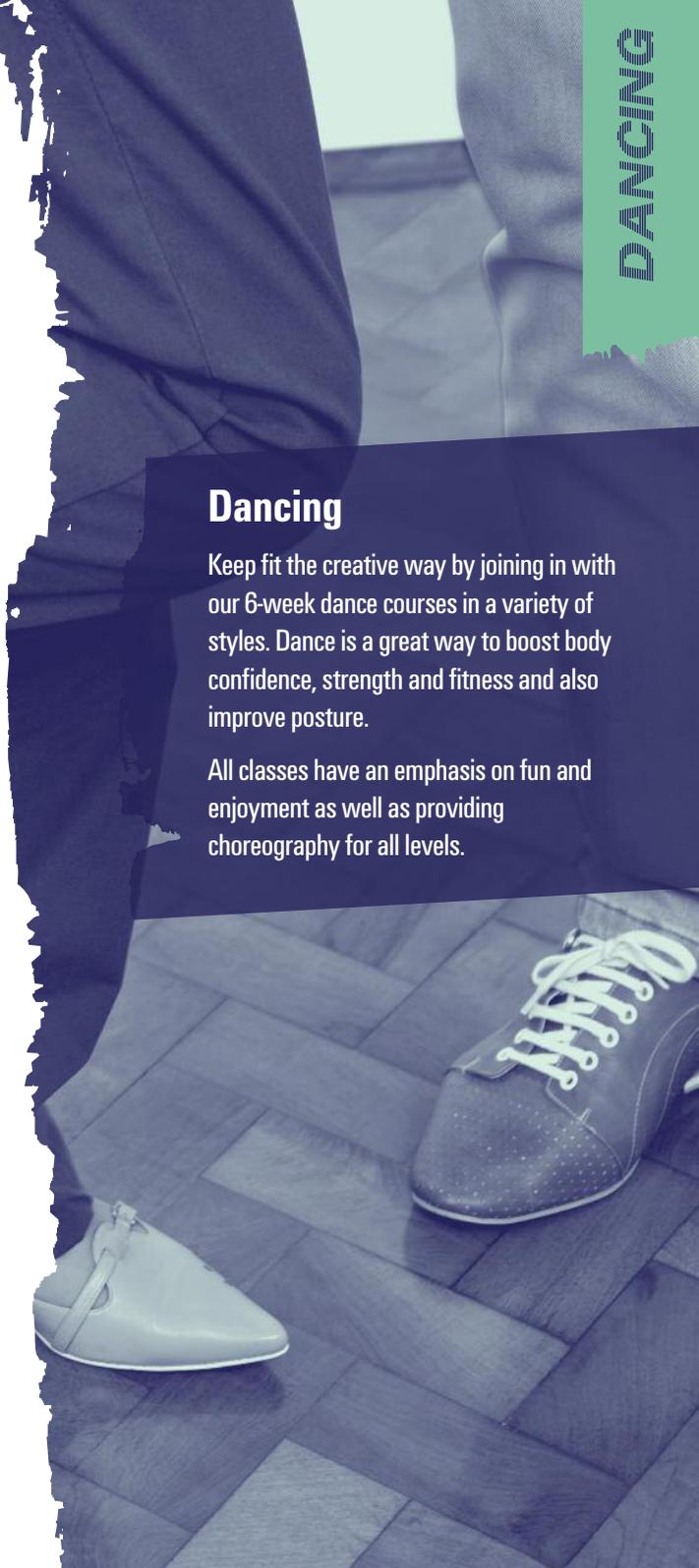
SPORT

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 10 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.

“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.”



DANCING

Dancing

Keep fit the creative way by joining in with our 6-week dance courses in a variety of styles. Dance is a great way to boost body confidence, strength and fitness and also improve posture.

All classes have an emphasis on fun and enjoyment as well as providing choreography for all levels.

FOOTBALL



Football

In partnership with Hackney Hawks FC, a mixed team based in Homerton, Hackney. Football is a very social way to partake in physical activity and improve fitness at the same time. Sessions include skills, drills and match play, along with the opportunity to compete in a 5-a-side league.

You will need to be referred to the training sessions via Core Sport to ensure you are eligible to join in.

GYM



ENJOY YOURSELF

Gym

Core Sport will have use of the gyms in both the Aquatic Centre and the Copper Box, which boast a 100+ station fitness suite. These are ideal places to get both cardio and strength training done all under one roof.

Members of Core Sport will have an induction with a qualified instructor and enroll on a 6-week programme leading onto an inclusive card scheme entitling you to a reduced membership of £19.95 per month, which includes use of all Better Gyms across London.

You will need to sign up for places through Core Sport to be able to attend the 6-week course.



Racket Sports

Core Sport offers table tennis and badminton as part 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.

Stretch & Relaxation

Core Sport offers different styles of yoga 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; in particular for those suffering from depression, anxiety and insomnia.

“Sport has now become a really important part of my life. It has helped me focus, added routine and structure and has made me feel more positive about myself.”

SWIMMING

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 Better Gyms. Core Sport will be able to provide lane swimming as well as water aerobics where the London Olympics 2012 took place.

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.

WALKING GROUPS

GET GOING

Walking Groups

Pound the streets, parks and riverbanks to fitness. A very social group for those wanting a low-impact way of getting fit, focusing on routes around green spaces, parks and nature.

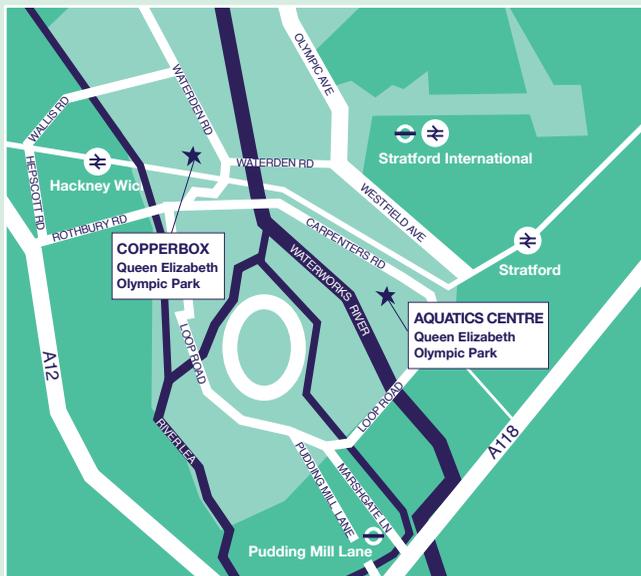
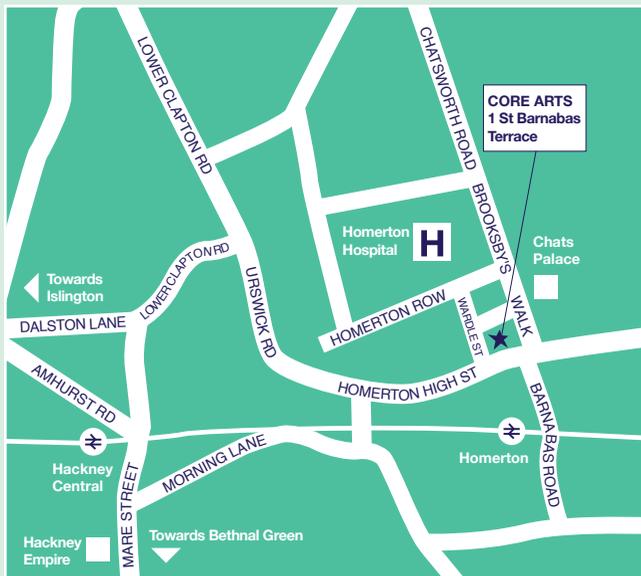
These sessions are ideal for those just starting out on their fitness adventure and wanting to make new friends. Walking in these surroundings is great way to relieve stress and enhance mental well-being.

Speed of walking is dictated by those attending the sessions; all fitness levels are welcome.

HOW TO FIND US

Our locations:

- Core Arts, 1 St Barnabas Terrace, London E9 6DJ
- Aquatics Centre, Queen Elizabeth Olympic Park
- Copperbox, Queen Elizabeth Olympic Park



GP-REFERRAL

I would like to refer

(Name)
(Date of birth)
(Address of Surgery)

to Core Sport.

I can confirm they are physically able to participate in:

- | | |
|--|---|
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Football |
| <input type="checkbox"/> Boxing & Self-defence | <input type="checkbox"/> Gym |
| <input type="checkbox"/> Circuit Class | <input type="checkbox"/> Racket Sports |
| <input type="checkbox"/> Core Health | <input type="checkbox"/> Stretch & Relaxation |
| <input type="checkbox"/> Cycling | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Walking Group |

(Signature)	(Date)
(Name of GP)	
(Address of Surgery)	





core arts exists to promote the artistic and creative abilities of people who experience severe and enduring mental health issues.

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telephone: 020 8533 3500

email: mail@corearts.co.uk

www.facebook.com/corehackney

www.twitter.com/coreartshackney

www.corearts.co.uk

charity no: 1043588 company no: 2985939

funded by:


City and Hackney
Clinical Commissioning Group



designed by: coredesign@corearts.co.uk