

LEISURE & COMMUNITY FACILITIES

Abshot Community Centre

tel: 01489 480023 www.abshot.org.uk

BurrIDGE Village Hall

tel: 01489 576045

Fareham North West Community Centre

tel: 01329 845825

Crofton Community Centre

tel: 01329 662821

Locks Heath Memorial Hall

tel: 01489 600629

Lockwood Community Centre

tel: 01489 582512

Sarisbury Community Centre

tel: 01489 573114

Ranvilles Community Centre

tel: 01329 847493

Titchfield Community Centre

tel: 01329 842933

Portchester Community Centre

tel: 023 9221 0070

Priory Park Community Hall

tel: 01489 582568

Warsash Victory Hall

tel: 01489 572913

Wallington Village Hall

tel: 01329 238136

Whiteley Community Centre

tel: 01489 589914 or 881190

www.whiteley-community.co.uk

Fareham Leisure Centre

tel: 01329 233652 www.everyoneactive.com

Portchester Community School

tel: 023 9236 4399

Neville Lovett Community School

tel: 01329 823471

Henry Cort Community School

tel: 01329 843127

Western Wards Community Campus

tel: 01489 576335

USEFUL WEBSITES

Sports Hampshire & IOW

www.sporthampshireiow.co.uk

Gosport Borough Council

www.gosport.gov.uk/

Fareham Borough Council

www.fareham.gov.uk/

Also for sports pitch bookings

HIPS Finder

Hobbies, Interests, Pastimes & Sports (HIPS)

HIPS finder is a FREE website that matches your leisure time against every hobby, interest, pastime & sport.

www.hipsfinder.com/

BBC health page

www.bbc.co.uk/health/

OTHER CONTACTS

Walking to Health

A programme of graded walks for all ages.

For further details and/or a list of the planned walks, please contact

tel: 01329 236100 ext 2392/2463

email: communityinfo@fareham.gov.uk

Exercise Referral Scheme

The exercise referral scheme is for Fareham residents who already have a pre-existing or health risk condition which can benefit from exercise or those at risk through a non-active lifestyle.

For more information contact your GP.

Sports and Physical Activity Alliance (SPAA)

Fareham & Gosport Sport, Health & Fitness

Leisure Activities/Sessions for 16+



SPORT
HAMPSHIRE & IOW

GOSPORT
BOROUGH COUNCIL



FAREHAM BOROUGH COUNCIL
www.fareham.gov.uk

INTRODUCTION

Did you know that it only takes 30 minutes of exercise, five times a week, to dramatically improve your health and happiness?

Even getting off the bus a stop early and walk for ten minutes or kick a ball around with the kids - that's another 20, job done 30 minutes clocked up without even thinking about it!

You'll be amazed how quickly a few small decisions add up to one big change for the better.

This leaflet has been produced by the Fareham & Gosport SPAA (Sport & Physical Activity Alliance) to provide ideas and activities being held in the Borough of Fareham.

The leaflet contains the following information:

CONTENTS

Page 3 Contacts

A list of contacts at Fareham Borough Council.

Page 4 Sports

A list of local sports available in Fareham, for more information, please contact a member of staff at Fareham Borough Council.

Page 5 Leisure & Community Facilities

A list of local leisure & community facilities

Page 6 Useful Websites

A list of useful health and leisure websites.

Please note:

If you have any medical conditions, particularly if you are taking prescribed medication, consult your GP about your chosen activity.

CONTACTS

Charlie Read

Partnership & Development Officer
01329 824714 cread@fareham.gov.uk

Martina Heath

Community Football Development Officer
01329 236100 maheath@fareham.gov.uk

Emma Barrett

Health & Well-Being Community Development Officer
01329 236100 ebarrett@fareham.gov.uk

Janine Daniels

Health Projects Co-ordinator
01329 236100 jdaniels@fareham.gov.uk

Chris Laycock

Sports Pitch Bookings
01329 824602 claycock@fareham.gov.uk

Zita Hobbs

Community Engagement Officer
01329 824448 zhobbs@fareham.gov.uk

Graham Ellwood

Community Engagement Officer
01329 824447 gellwood@fareham.gov.uk

Kat Butler

Business Support Officer
01329 824425 kbutler@fareham.gov.uk

Viv Rance

Community Buildings & Amenities Officer
01329 236100 vrance@fareham.gov.uk

www.fareham.gov.uk

SPORTS

- Angling
- Athletics
- Baseball
- Bowls
- Canoeing
- Croquet
- Disability
- Fencing
- Golf
- Hockey
- Judo
- Keep Fit Classes
- La Crosse
- Motor Sports
- Netball
- Over 50s Activities
- Roller Hockey
- Rowing
- Running
- Skate Parks
- Swimming
- Tchoukball
- Trampolineing
- Volleyball
- Water Polo
- Archery
- Badminton
- Basketball
- Boxing
- Cricket
- Cycling
- Equestrian
- Football
- Gymnastics
- Ice Hockey
- Karate
- Korfbal
- Martial Arts
- Multi Sports
- Orienteering
- Petanque
- Rounders
- Rugby
- Shooting
- Squash
- Table Tennis
- Tennis
- Triathlon
- Walking
- Yachting/ Sailing