

# Fareham & Gosport

## SPAA

**Sport & Physical Activity Alliance**



### Events

#### **Hampshire Games - 19<sup>th</sup> & 20<sup>th</sup> June 2009 - Aldershot**

This event is a grass roots multi-sports competition for 6 -16 year olds. Fareham will be represented by over 200 young people from schools and clubs within the Borough. For further information please visit [www.sportshampshireiow.co.uk/hampshiregames](http://www.sportshampshireiow.co.uk/hampshiregames) or contact Martina Heath [maheath@fareham.gov.uk](mailto:maheath@fareham.gov.uk) 01329 236 100

#### **Round the Harbour Cycle - 7<sup>th</sup> June 2009**

32 Miles, 2 ferry crossings, one great ride There are 4 starts in Fareham, Gosport, Havant & Southsea. To enter please visit [www.bhf.org.uk/roundtheharbours](http://www.bhf.org.uk/roundtheharbours) or contact the events team [eastevents@bhf.org.uk](mailto:eastevents@bhf.org.uk) 0808 100 2109

#### **Bike Week - 13<sup>th</sup>-21<sup>st</sup> June 2009**

For further details on information in Fareham, please contact Eleanor Wilde [ewilde@fareham.gov.uk](mailto:ewilde@fareham.gov.uk) 01329 236 100

#### **2009 66 Mile Solent Coasts Cycle Challenge - Sat 20<sup>th</sup> June 2009**

Entry fee is £11.50 Start - 8am. To enter or for further details, please visit [www.cyclingchallenge.org.uk](http://www.cyclingchallenge.org.uk) or contact Malcolm Havercroft [solentccc@tiscali.co.uk](mailto:solentccc@tiscali.co.uk) 023 8066 7542

#### **Falls Awareness Day - 23<sup>rd</sup> June 2009**

For further details, please contact Jill Phipps [Jill.Phipps@hchc.nhs.uk](mailto:Jill.Phipps@hchc.nhs.uk) 01329 224 531

#### **Lazy Summer Afternoon Festival - Thursday 30<sup>th</sup> July, 2-7pm, Park Lane Recreation Ground, Fareham**

This event is free for young people (13-19 year olds). There will be Inflatables, Skateboard tuition, Workshops, Youth Council, Circus Skills, Health Development Team & Music Fusion.

#### **Surf & Turf - Free Summer Event - Thursday 27<sup>th</sup> August, 2-7pm @ Salterns Park, Hill Head**

This event is free for young people (13-19 year olds). There will be Inflatables, Skateboard tuition, Workshops, Youth Council, Circus Skills, Health Development Team & Music Fusion.

### Funding

#### **Fareham Community Grants Scheme**

Fareham Borough Council has a Community Grants Programme which provides a programme of Grant Aid that is designed to support and assist voluntary groups, clubs and organisations in actively providing community, play, sport and leisure opportunities within the borough. To apply or for further information please contact [customerservices@fareham.gov.uk](mailto:customerservices@fareham.gov.uk) 01329 236 100.

#### **Well Being Fund**

The Well Being Fund aims to reduce gaps in provision for the most socially, economically and geographically excluded individuals and groups and creates innovative approaches for future service development. For further information, please contact Martina Heath [maheath@fareham.gov.uk](mailto:maheath@fareham.gov.uk) 01329 236 100

#### **F.A.N.S/ F.A.C.S (Free Access for National/ County Sports people)**

FANS and FACS is an initiative managed by Hampshire & IOW Sports Partnership which enables local sportsmen and women to access local facilities (Off Peak) for FREE. For information please visit [www.sportshampshireiow.co.uk](http://www.sportshampshireiow.co.uk)

**30 x 5 keeps you alive!**  
30 minutes, 5 times a week of moderate exercise is the new recommendation for adults!

**30 x 5 keeps you alive!**  
It takes just 30 minutes physical activity each day to help you become fitter, healthier & happier & able to cope with everyday stresses & strains

## Activities & Courses

### Return to Sport

These courses are aimed at 16+, no experience is needed and the focus is on having fun, learning or developing your skills and meeting other likeminded people. Get Active and Feel Great!

Fareham has the following courses taking place within the Borough at present:

**Judo** - Tuesdays 7-8pm @ Henry Cort Community School Cost - £2 per session

For further information, or to book on the course, please contact Paul Vella [judocoachpv@aol.co.uk](mailto:judocoachpv@aol.co.uk)  
07766 522 264

**Volleyball** - Wednesdays 7-8.30pm @ Brookfield Community College Cost - £3 per session

For further information, or to book on the course, please contact Eleanor Wilde [ewilde@fareham.gov.uk](mailto:ewilde@fareham.gov.uk)  
01329 236 100

**Table Tennis** - Thursdays 7-8.30pm @ Neville Lovett Community College Cost £3 per session

For further information, or to book on the course, please contact Charlie Childs [ktchilds@ntlworld.com](mailto:ktchilds@ntlworld.com)  
01329 828 648

### Healthy Walks - New short walk in Fareham

The new 30 minute walks have been specially designed and developed to be gentler walks for first-timers who do not have a lot of confidence or have health problems and find it difficult to move around (although keen walkers are also welcome to join). The walks are suitable for wheelchair users and parents with buggies.

People do not need to book to join in; meeting point is Fareham Leisure Centre reception. For further information please contact Janine Daniels [communityinfo@fareham.gov.uk](mailto:communityinfo@fareham.gov.uk) 01329 236 100.

**Walks take place every Friday at 10.30am**

### Nordic Walking

This is a new opportunity taking place at Portchester Castle for the over 50's. The session is free. For further information or to book on the course, please contact Eleanor Wilde [ewilde@fareham.gov.uk](mailto:ewilde@fareham.gov.uk)  
01329 236 100

### Multi-Sports Disability Club

This club has been set up for over 18's, and will start weekly sessions from Friday 15<sup>th</sup> May at Crofton Community Centre 1-3pm. The cost is £15 for 10 weeks, or alternatively £2 per session.

For further information, or to book please contact Eleanor Wilde [ewilde@fareham.gov.uk](mailto:ewilde@fareham.gov.uk) 01329 236 100

### Power Chair Football - May Half-Term Holiday Course

Chelsea Football in The Community is teaming up with Fareham Borough Council and Portchester Community School to deliver a holiday course. This course is aimed at young people wanting to learn how to play power chair football, as well as having fun.

#### Course Information:

**Dates** - Tues 26<sup>th</sup>/ Weds 27<sup>th</sup>/ Thurs 28<sup>th</sup> May 2009

**Time** - 9am - 12noon

**Venue** - Sports Hall, Portchester Community School.

For further information or to book on the course, please contact Martina Heath [maheath@fareham.gov.uk](mailto:maheath@fareham.gov.uk) 01329 236 100

### "Smoke Free Sports"

Can your club be smoke free? Please contact Sarah Preece for further information 01252 335

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### Exercise Referral Scheme

This scheme operates at Fareham Leisure Centre, and is for Fareham residents who already have a pre-existing or health risk condition which can benefit from a 10 week exercise programme. For further information or if you would like to be referred, please contact your GP.

### Chairobics

Would you like to improve your mobility, improve your balance, make some new friends and have fun? If so then give Chairobic sessions a go. The sessions include movement to music that aims to improve your strength, flexibility and mobility. For further information please contact Emma Barrett 01329 236 100