

Sports Groups that Consider the Emotional Wellbeing of Participants

1. Sport in Mind Tennis at Aylesbury Tennis Club with Caroline. Mondays, 11am-12noon

This session is free and run by Sport in Mind, the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

For more information, see www.sportinmind.org/buckinghamshire or contact Beth Marriott Call: 07760 958668 Email: beth.marriott@sportinmind.org

2. Sport in Mind Yoga at Queens Park Art Centre with Stephanie. Tuesdays, 11am-12noon

This session is free and run by Sport in Mind, the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

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3. Sport in Mind Tai Chi at Queens Park Art Centre with Kim. Wednesdays, 11am-12noon

This session is free and run by Sport in Mind, the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

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4. Sport in Mind Tennis at Buckingham Lawn Tennis Club with Aaron. Wednesdays, 3-4pm

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5. Sport in Mind Yoga at Buckingham Youth Centre with Anna. Tuesdays, 11am-12noon

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6. Sport in Mind Tai Chi at Barn Meadow Community Hall with Chris. Wednesdays, 2pm-3pm

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7. Sport in Mind Yoga at Curzon Centre with Lindi. Mondays, 2pm-3pm

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8. Sport in Mind Tai Chi at Curzon Centre with Sally. Tuesdays, 2pm-3pm

This session is free and run by Sport in Mind, the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

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9. Sport in Mind Badminton and Table Tennis at The Beacon Sports Centre with Simon. Thursdays, 11am-12noon

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10. Sport in Mind Yoga at The Bagnall Centre with Emma. Mondays, 11am-12noon

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11. Sport in Mind Badminton & Table Tennis at Evreham Sports Centre with Phil. Fridays, 11am-12noon

This session is free and run by Sport in Mind, the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

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12. Sport in Mind Football at Wycombe Leisure Centre with Phil. Tuesdays, 12noon-1pm

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13. Sport in Mind Table Tennis at Wycombe Leisure Centre with Phil. Tuesdays, 1pm-2pm

This session is free and run by Sport in Mind, the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

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14. Sport in Mind Tennis at High Wycombe Lawn Tennis Club with Ross. Wednesdays, 1pm-2pm

This session is free and run by Sport in Mind, the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

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15. Sport in Mind Pilates at Trinity United Reformed Church with Alice. Thursdays, 1pm-2pm

This session is free and run by Sport in Mind, the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

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16. Sport in Mind Tai Chi at Court Garden Leisure Complex with Debbi. Mondays, 11.30am-12.30pm

This session free and run by Sport in Mind, the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

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17. Wendover ParkRun at Wendover Woods. Saturdays, 9am

Every Saturday at 9am. A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! Working with Champion the Change at Buckinghamshire Mind to help transform attitudes about mental

health to end stigma. For more information see
<https://www.parkrun.org.uk/wendoverwoods/>

18. Waddesdon Cricket Club at Waddesdon Manor

Anyone is welcome to come along and play with us. We also offer a non-playing membership which encourages people to come along and watch, have a beer or cup of tea. Just being part of a club can make a huge difference to you and really help battle loneliness. For more information, visit
www.waddesdoncricketclub.com

19. Activity Buddies at Stoke Mandeville Stadium

We understand that coming into the Leisure Centre for the first time, or coming back after a while can be a little overwhelming; this is why our Activity Buddy Scheme is open to anyone who feels they would benefit from coming in with a friend when using the gym or going for a swim. For more information, visit
www.stokemandevillestadium.co.uk/activity-buddies-more-volunteering/

20. Fight Klub at Svout Hall Aylesbury with Wes and Mel. Mondays, 9.30am

Fight Klub is the name of the class we teach, it is a high intensity fitness workout to music, using mixed martial arts and boxing techniques to Drum N Bass and Jungle mixes. We use freestanding punch bags and are a non contact class.

This style class, music and moves create a high energy vibe, nicknamed Healthy Raving. No experience necessary, all abilities welcome, ages 13 and over.

We encourage anyone and everyone, or doesn't matter what your ability is, we just want you to make a start. We as instructors have both attended mental health awareness courses through LEAP hosted by Mind. We love to help where we can through our fitness platform.

21. Fight Klub at Sir Henry Floyd Grammar School with Wes and Mel. Mondays and Thursday, 7pm

Fight Klub is the name of the class we teach, it is a high intensity fitness workout to music, using mixed martial arts and boxing techniques to Drum N Bass and Jungle mixes. We use freestanding punch bags and are a non contact class.

This style class, music and moves create a high energy vibe, nicknamed Healthy Raving. No experience necessary, all abilities welcome, ages 13 and over.

We encourage anyone and everyone, or doesn't matter what your ability is, we just want you to make a start. We as instructors have both attended mental health awareness courses through LEAP hosted by Mind. We love to help where we can through our fitness platform.

Contact us via:

Email: bucks@fightklub.co.uk

WhatsApp: 07392969733

22. Fight Klub at Princes Risborough School with Wes and Mel. Tuesdays, 7.15pm

Fight Klub is the name of the class we teach, it is a high intensity fitness workout to music, using mixed martial arts and boxing techniques to Drum N Bass and Jungle mixes. We use freestanding punch bags and are a non contact class.

This style class, music and moves create a high energy vibe, nicknamed Healthy Raving. No experience necessary, all abilities welcome, ages 13 and over.

We encourage anyone and everyone, or doesn't matter what your ability is, we just want you to make a start. We as instructors have both attended mental health awareness courses through LEAP hosted by Mind. We love to help where we can through our fitness platform.

Contact us via:

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WhatsApp: 07392969733

23. Gentle Exercise Class at Stoke Poges Village Centre. Wednesdays, 11am-12noon

An exercise class that helps you be active and healthy. Class suitable for beginners or those that haven't exercised before as all movements carried out at a slow pace. The class is also dementia friendly. Coffee & tea provided after with a chance to socialise with others.

£3 per class (carers go free) Book your session via the Better UK app or for more information email leon.popplewell@gll.org or call 01895 837334.

24. Gentle Exercise Class at Evreham Sports Centre. Thursdays, 9.45am-10.45am

An exercise class that helps you be active and healthy. Class suitable for beginners or those that haven't exercised before as all movements carried out at a slow pace. The class is also dementia friendly. Coffee & tea provided after with a chance to socialise with others.

£3 per class (carers go free) Book your session via the Better UK app or for more information email leon.popplewell@gll.org or call 01895 837334