

Enjoy the Outdoors

Are you over 50 and fancy increasing your levels of physical activity and improving your health and well-being?

This could be just the thing for you!

Stockton Council's Leisure & Sports Development Team has joined NHS Stockton-on-Tees to work in partnership with a number of organisations to develop and offer a wide range of opportunities for the over 50's to enjoy physical activity in the outdoors.

Simply telephone the numbers below for more information:

Grangefield Gardening Project

8 week Gardening Courses - flower, plant, vegetable care and growing

The Shaw Trust - Graham Barker 01642 670731

Running For Beginners

Caterpillar group for novices - have a go at running at a slow caterpillar pace

Marsh House Harriers - Richard Scott 07745 985 062

Croquet – Just for Fun

Play croquet bowls a gentle way to increase fitness and make friends

Ingleby Barwick Over 50's - Sheila Rouse 01642 762263

Rowing for Beginners

Learn to row and build up fitness using indoor rowing machines and then practice your skills in a specialised sculling boat for beginners

Tees Rowing - John Green 01642 791728



Ropner Park Bowling Association

Ten week Coaching Course (2½ hrs per week) Open to beginners, suitable for all fitness levels

Ron Williams 01642 583245

Thornaby Village Bowling Club

Bowling for the over 50's

Keith Gillings 01642 766391

Thornaby Bowls & Tennis Club

Bowling for the over 50's

Brian Lewis 01642 591894

Norton Bowling Club

Gentle exercise - bowling for beginners

Jack Mee 01642 550291

Boules, carpet bowling, ten pin bowling

Tilery Residents Association – Just for fun, meet new people

David White 07961 828 477

Nordic Walking

4 week free 'Introduction to Nordic Walking Course' followed by 8 sessions at £1 per session

**Health Performance
07912 892 070**

Silver Cyclists

Free 3 week cycling courses (2hr sessions) designed to build confidence, experience riding in a group and learn practical maintenance skills

**Sustrans - Paul Morrison
01642 803441**

Fab, fit and 50 - Adventure activity away days

Get away from everyday life to take part in activities aimed to increase confidence, self-esteem and self belief in a safe and comfortable environment

**5 Lamps Association -
Malcolm Diegan
01642 628195**

Over 50's Football

Norton and Stockton Ancients Football Club are looking to create an over 50's football team and form an over 50's football tournament

Mick Mulligan 07850 622 544

Fun, informal and great way to meet new friends!



Stockton-on-Tees
BOROUGH COUNCIL



Stockton-on-Tees

