

DEREHAM
LEISURE CENTRE

BRECKLAND
LEISURE CENTRE
AND WATERWORLD

Healthy Communities Breckland

Summer 2025

Walking Netball at Dereham

Through Dereham Dazzlers, we are running weekly walking netball sessions at Dereham Leisure Centre for all ages and abilities. 10-15 people attend each week, getting active and having fun, together. Email fliss.von.christian@englandnetball.co.uk to get involved!



**Fred
Nicholson
School**

Good Boost Aqua

Good Boost Aqua sessions continue to operate at Breckland Leisure Centre & Waterworld with 83 participants across the 17 sessions between January- April.

The 30-minute sessions take place every Friday morning at 9am and are ideal for anyone living with muscle or joint pain as part of our wider Musculoskeletal (MSK) health hubs project. How do I get involved? You will need to take 5-minutes to complete a self referral form on www.leisurecentre.com/MSK. Your healthcare professional is also able to refer you. Once we have received your referral, our team will contact you directly to get you involved.

SEND School Provision

Pupils from Fred Nicholson school continues to attend Dereham Leisure Centre four times per week during term-time. Sessions accommodate the needs of their 162 pupils of which 19 are on the autistic spectrum. The pupils have engaged exceptional well with their swimming lessons and it has been great to see their confidence continue to develop in the water! In addition our 'Adaptive Swimming' lessons continue to operate at Breckland Leisure Centre twice per week, we 157 visits upto the end of April this year.





Supporting Talented Athletes

Through our Promising Athletes Programme at Dereham, we are proud to be supporting local triathlete, Grace Bird; and wheelchair rugby player, Millie Partridge with free access to much needed training facilities within our leisure centres. We are excited to hear about their successes in 2025.



Our swim lessons are expanding!

Following increased demand at Dereham Leisure Centre, we are pleased to introduce additional Swimming lessons for stages 7, 8 and 9 and Rookie Lifeguard sessions on a Tuesday 16:00-18:30.

We're proud to partner with Swim England to teach their Learn To Swim programme for all ages and abilities, growing confidence in the water.

Want to get involved? Call 01362 693419 to book today!

Free Period Products across our sites

With thanks to funding provided by Lex Leisure CIC, we have introduced free period products through 'Caught Short Kits' across our sites, supporting girls and women to remain active throughout their period.

With special thanks to our supplier, Citron Hygiene, 1 in 10 sanitary products we purchase are donated to the Youth Sports Trust for Girls in the UK, supporting reducing period poverty.

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Caught short by your period?

We've got you covered.
Ask a member of staff for a 'White Envelope'

No questions asked, you will receive an envelope containing

- 1 tampon
- 1 sanitary towel



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Steady Steps

Since launching in September, our Steady Steps classes at Breckland Leisure Centre & Waterworld have grown from strength to strength with up to 20 participants now taking part. We have a similar class taking place at Dereham Leisure Centre which is proving popular!

Delivered in partnership with Active Norfolk and Waveney, classes are mainly chair-based, delivering safe, effective and progressive exercises with the aim to reduce the fear of falling in older adults. Sessions take place on a Thursday at 11.30am at Breckland and on a Tuesday at 12.00 at Dereham. Call 01842 753110 to get involved.



activeNoW
Supporting physical activity in Norfolk and Waveney

 **active
norfolk**

GP Referral Scheme

With support from Active Norfolk and Active NoW, the delivery of the GP referral scheme continues to develop, with 139 customers enrolled on the programme with referrals primarily coming from diabetes and hypertension pathways.

49 new customers enrolled onto the programme up to the end of April this year, with a further 17 people extending their membership beyond the initial 12-week programme.

We are pleased to announce that Dereham Leisure Centre now provides support for Cardiac and Cancer rehabilitation patients on our GP Referral Scheme.



Intensive Swim courses this Summer!

We are providing intensive swim courses at Dereham and Breckland Leisure Centres this Summer, providing 5 days of focused lessons including tailored instruction of swimming techniques and specific strokes, building confidence and relaying water safety messages to foster trust and growth for all participants.



Know the Signs

We have been actively supporting the NHS Be Body Aware and Breast Screening campaigns, displaying 'Know the Signs' resources in our toilets and changing facilities to support people with the knowledge to check themselves for early signs of cancer.

Accessible Swimming

We are pleased to provide casual Accessible Swimming sessions at Breckland Leisure Centre & Waterworld every Tuesday- Thursday morning in the Leisure Pool, and cater for customers with limited mobility and people who may struggle to access the Main Pool without assistance.



Proud to support Hidden Disabilities Sunflower

We are a proud supporter and Professional Member of the Hidden Disabilities Sunflower, encouraging inclusivity, acceptance and understanding. Site teams have undergone valuable training, enabling our sites and services to be more accessible for people living with a hidden disability.



3G Football Facility Investment

Following a Football Foundation grant of £520,000 along with investment from Breckland Council, Parkwood Project Management and Lex Leisure, the new 3G football pitch at Breckland Leisure Centre & Waterworld is now available for bookings. Partner club include Thetford Town, Thetford Rovers, Thetford Bulldogs, and Norwich City.

Presidents Day

On Wednesday 11th June Breckland Leisure Centre & Waterworld once again hosted the annual Presidents Sports Experience Day on behalf of the Presidents Sporting Club.

The Presidents Sporting Club is committed to inspiring children with additional needs, by providing access to sporting facilities that would not normally be available to them. The experience day provided the opportunity for disabled children from SEN schools across East Anglia the opportunity to take part in over 30 different sporting activities which may encourage them to continue with a particular sport.

Approximately 570 children attended the event, which was also supported by charity patrons Frank Bruno, Peter Shilton, Bob Champion, and GB Wheelchair rugby star Steve Brown.





my**healthyway**

Nutrition courses to improve your wellbeing



My Healthy Way online nutrition courses

Working with registered nutritionist, Jen McDiarmid, we offer 6-week online nutrition courses, providing simple, effective ways to improve physical and emotional health through nutrition. 2025 courses include; Nutrition to support Musculoskeletal conditions, Menopause, Emotional wellbeing, Childhood nutrition and boosting immunity.

Premium Membership brings even more benefits!

Our Premium All-Inclusive Membership provides a range of benefits to further improve health and wellbeing including; access to Health Hero virtual GP appointments, Access to ARVRA wellness platform, 33% discount on nutrition courses and consultations, unlimited Goodboost classes and more!



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YOUR SUMMER FOCUS

Welcome to Our Summer Newsletter.

This season brings new beginnings and fresh perspectives—and we're embracing that spirit with some exciting developments to share. At a time when looking after our health and wellbeing is more important than ever, we're continuing to grow and evolve the support we offer.

We're proud to announce the launch of a dedicated **Men's Wellbeing** area on our website - created to provide tailored support, guidance, and information to help men take proactive steps toward living healthier, more balanced lives.

We're also marking **Alcohol Awareness Week**, a timely reminder to reflect on our relationship with alcohol and explore healthier choices. Whether you're looking to cut back, stay informed, or support someone else, we've gathered helpful tools and insights to support you every step of the way.

We hope you find inspiration and practical advice in this edition—and as always, we're here to support your wellbeing all year round.

If you have a printed copy of our newsletter but would like to download a free digital version with active hyperlinks, visit myhealthyway.co.uk

The My Healthy Way Team

Quarterly My Healthy Way Newsletter!

We release our quarterly My Healthy Way Newsletter, providing easy tips and expert advice for a healthier lifestyle!

Download our latest newsletter to start making small changes that bring big results

www.myhealthyway.co.uk

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My Healthy Way online resources for a happier, healthier life

Explore expert tips, practical tools, engaging blogs and comprehensive nutrition courses. All designed to guide and support your wellness journey. My Healthy Way are dedicated to addressing health inequalities and helping you improve your quality of life.

Nutritional Courses

Enhance your well-being with our online nutrition courses, led by certified Nutritionist, Jen McDiarmid. Discover simple, effective ways to improve your physical and emotional health through nutrition.

Nutritional Consultations

You can also book a 1:1 session with Jen. She will discuss your diet, stress, sleep, movement, digestion, and hormones with you and create your own custom nutrition plan.

Musculoskeletal Health

Take charge of your health with our Musculoskeletal (MSK) health hubs. Explore Good Boost classes and social coffee mornings at your local leisure centre.

Happy Mind

My Healthy Way is proud to support Every Mind Matters, part of the NHS Better Health campaign. Every Mind Matters offers practical tips and tools to manage your mental health, support others and access urgent help if needed.

Get Active

Boost your mood and reduce stress with regular exercise! Staying active releases 'feel-good' endorphins that help ease anxiety and depression, improve sleep, and build confidence. It's a powerful way to manage daily pressures and protect your mental health, leading to a happier, healthier life.

Women's Wellbeing

Discover how balanced nutrition and mindful lifestyle choices can empower your health and well-being. From boosting hormonal harmony to building mental resilience, learn simple, impactful steps to thrive in every aspect of your life.

Visit myhealthyway.co.uk to find out more about each of the courses we offer





Thank you to all our partners!

Thank you to all our our partners and stakeholders who help us to achieve our mission, enabling happier and healthier communities across the Breckland contract.



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