

TOWCESTER

## LEISURE CENTRE

BRACKLEY

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# Healthy Communities West Northamptonshire

Spring 2025

### Walking Netball at Towcester

We are running two weekly walking netball sessions at Towcester Centre for Leisure for all ages and abilities to get active and have fun, together. Teams took part in the Walking netball festival in Market Harborough in April, well done to the Towcester Hares and Tortoises!



### Rest, Restore & Relax...

We hosted our very own Rest, Restore & Relax workshop at Towcester Centre for Leisure, providing 25 residents with an afternoon of yoga, meditation and sound baths. We received wonderful feedback on how the workshop improved mood and wellbeing and are hoping to make this a regular occurrence in West Northants.

### Swimathon Success

15 swimmers took part in the annual Swimathon event at Towcester Centre for Leisure on 30th March, swimming between 400m to triple 5000m and raising money for Cancer Research UK, Marie Curie and Swimathon Foundation. Our own team completed 12.5km, more than double their original target... Well done to all swimmers involved!



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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



### Free Period Products across our sites

We have introduced free period products through 'Caught Short Kits' across our sites, supporting girls and women to remain active throughout their period. 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.



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## Supporting Talented Athletes across West Northants

Through our Promising Athletes Programme, we are proud to be supporting local triathlete- Mia Hawkins, ballroom dancer- Ryan Lloyd, Road and Track Cyclist- Sam Martin and Swimmer- Benjamin Thorne with free access to much needed training facilities within our leisure centres. We are excited to hear about their successes in 2025.

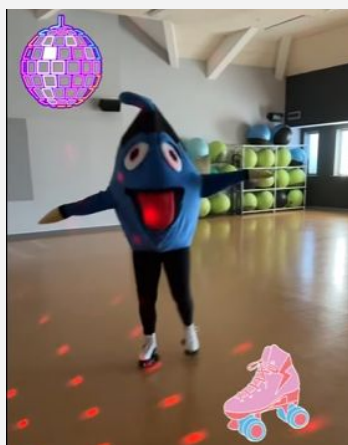


## Our swim lessons are expanding!

Following increased demand, we are pleased to introduce additional Swimming lessons for stages 1- 5 on a Sunday at 5pm. 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.

## Brackley Athletic Club Awards

We will be hosting the annual Brackley Athletic Club Awards in July at Brackley Leisure Centre, welcoming over 300 local athletes in a wonderful community event which celebrates participation, achievement, and the positive impact of Brackley Athletic Club.



## New Roller Disco coming to Brackley

You asked, we listened! We are excited to be launching a new weekly roller disco on Friday evenings at Brackley Leisure Centre for children, young people and families to have fun together. Grab your skates and get involved!



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## Musculoskeletal (MSK) Hub at Brackley

Our MSK Hub at Brackley serves as a vital resource in supporting individuals managing MSK conditions, which affect one in five adults every year. Our weekly Goodboost aqua programme provides flexible and personalised rehabilitation sessions to support individuals living with muscle or joint pain. Find out more about [Brackley's MSK Hub](#).



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**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.

## ICAN Get Up and Go programme

Working with Northamptonshire Sport, the 6-month ICAN Get up and Go programme at Towcester Centre for Leisure provides individuals living with mild to moderate frailty with free weekly classes. Participants referred by their healthcare practitioner are benefiting from improved balance, coordination, strength and overall well being.



## Stroke Rehabilitation Sessions

Stroke Rehabilitation sessions provided by the community stroke Team at Towcester Centre for Leisure provide a community stroke rehabilitation service, supporting over 30 stroke patients through specialist support provided by physiotherapists, occupational therapists and speech & language therapists.





## My Healthy Way x Common Knowledge Podcast

My Healthy Way are proud to be hosting the Common Knowledge Podcast on their webpage! Co-hosts Mel Spooner and Col Robertson are on a mission to make useful and meaningful health and lifestyle information free and accessible to everybody. Each episode is packed with practical advice and guidance that should be common knowledge.



## Milk Mentors Antenatal & Breast Feeding Support

We are pleased to welcome Milk Mentors to Towcester Centre for Leisure, providing weekly antenatal & breast feeding support to local families alongside soft play sessions. With our soft play offering in our breastfeeding friendly facilities, we hope even more local parents will be able to benefit from the support available.

## Community CPR & Defibrillator training

We have introduced a dedicated space in each of our cafes to provide crucial training for the local community to know how to provide CPR and use the Defibrillators located around Towcester and Brackley



## SPRING social prescribing sessions

We're thrilled to support Age UK SPRING (Social Prescribing in Northamptonshire) to bring regular drop-in sessions to Towcester and Brackley Leisure Centres! SPRING offers tailored non-medical support to help adults improve their health and wellbeing. Funded through the NHS and Public Health, individuals can access FREE physical activity and wellbeing resources for up to 12 months





## Wellbeing Walk West Northamptonshire

We are pleased to be working with West Northants Council, providing the meeting point for the West Northamptonshire Walks programme! The walks help support local communities to maintain active lifestyles and improve the health and wellbeing of local people.



**BRACKLEY  
FOODBANK**

## Supporting Brackley Foodbank

Our team are helping to collect donations for the Brackley Food Bank. In March/ April, we coordinated on a rowing challenge to encourage donations, with further challenges planned for the year. We provide meeting rooms for the Brackley Food Bank trustee meetings and look forward to supporting more throughout 2025

## Club support

We support so many wonderful clubs across Towcester including; Disability Inclusive Sports Club, South Northants BSAC, Step by Step Dance, Touche Fencing, Towcester Badminton Club, Towcester Town Football Club, World Judo Kuin Do and many more!



## Holiday Camps are a hit!

We provide a range of activities for children and young people to stay active throughout the holidays. We have Koala Klubs delivering this Easter, WR Sports delivering in Whitsun as well as the popular KW Coaching Football Camps.





## Intensive Swim courses this Easter!

We are providing intensive swim courses at Brackley and Towcester Leisure Centres this Easter, 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.

## A Mother's Day Teddy Bears Picnic

We had the most delightful Mother's Day celebration with children and their mums, nans and aunts celebrating together with gymnastics, soft play, singing, dance and other activities. Children crafted handmade Mother's Day cards and enjoyed a role-play picnic with their cuddly teddy bears. Thank you to all who joined us for this great morning!



## 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.



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## Children in Need

We continue to support national fundraising activities and had a great time hosting Pudsey bear themed preschool swimming classes for Toddlers and their parents. Participants experienced games and songs, led by our team of instructors, we're looking forward to doing more!



## Ballroom Dancing Competition

We will be welcoming over 100 dancers from across the UK to Towcester Centre for Leisure on 5th May for The Oxfordshire Titles Ballroom dancing competition. Spectators will be coming from afar to watch some of the very best ballroom dancers, inspiring others to get dancing!

## Walking Football

Our Walking football sessions offer a fantastic opportunity for individuals to enjoy a slower-paced version of the game. These sessions provide a friendly and inclusive environment for all abilities. Feedback has been really positive, where participants enjoy a slower pace to staying active, having fun, and meeting new people.



## Community T1 Rugby Festival

We are excited to announce that we are working with the RFU bringing a Community Festival with T1 Rugby to Towcester Centre for Leisure on Friday 30th May. The event will celebrate 100 days to go until the Women's Rugby World Cup games take place at Franklin Gardens, getting as many people involved in non contact rugby.





## Towcester Hockey Club- community funding

Legacy Leisure's Towcestrians Sports Ground is now the home of Towcester Hockey Club. Funding from Legacy Leisure has gone into facilitating the junior sessions for the 170 children currently on the books, with the money used to buy equipment such as goalkeeper kits.



## Brackley Youth Group- community funding

South Northants Youth Engagement (SNYE) runs youth groups across South Northants, in Towcester and Brackley, helping to engage the youth and community in the local areas. In Brackley, the group is based in Brackley Leisure Centre, operated by Legacy Leisure who funded a wonderful community play day event.

## Brackley Athletic FC- community funding

Brackley Athletic FC received funding from Legacy Leisure to purchase new training equipment for the club. The Soccer School, aimed at players aged four to six, will benefit from the new equipment, where children can engage with the sport, take part in a healthy activity and learn new skills.



## U3A Pickleball- community funding

Community grant funding from Legacy Leisure will help attract more people to U3A Pickleball at Towcester Leisure Centre, promoting the sport to support the activity and the health and wellbeing of the local community.





## Disability Inclusive Sports Club (DISC)- funding

DISC is a multi-sports club for children with disabilities to attend with their families. Funding from Legacy Leisure has enabled purchase of new equipment including new balls, bats, nets to support the wide range of activities and the growing number of participants attending so everyone can get involved."



## Brackley Swimming Club- community funding

Legacy Leisure community grant funding has been put towards the purchase of backstroke ledges and other vital equipment for the club. This additional equipment is crucial to expanding the kit available to swimmers, increasing the capacity of each session, meaning more participants can be involved and the club can grow.

## 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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### SPRING FORWARD: NURTURING WOMEN'S WELLBEING

Welcome to Our Spring Newsletter.

As we embrace the new season, we're excited to share our latest updates and inspiration to help you bloom into your healthiest, happiest self! Spring is a time of renewal and growth, and it offers the perfect opportunity to reset and focus on your well-being — whether it's through nourishing your body, rejuvenating your mind, or reconnecting with nature.

As always, we're here to support you on your journey to optimal health and wellness. 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](http://myhealthyway.co.uk)

Thank you for being a part of our vibrant community. Let's welcome Spring with open arms and renewed energy!

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 at on [www.myhealthyway.co.uk](http://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.

### 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](https://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 West Northamptonshire.



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