

BINGHAM ARENA

COTGRAVE

LEISURE CENTRE

RUSHCLIFFE ARENA

KEYWORTH

LEISURE CENTRE

Healthy Communities Rushcliffe

Summer 2025

Our swim lessons are expanding!

Following increased demand, we are pleased to be expanding our swimming lesson programme for all Lex Leisure centres in Rushcliffe. 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.



Walking Cricket

Our Walking cricket sessions at Rushcliffe Arena 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.

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 summer at Toot Hill Sports Centre and Excel delivering at Rushcliffe Arena



my
healthy
way

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.



Supporting talented Athletes across Rushcliffe - FANS

Working with Rushcliffe Borough Council, through the Free Access for National Sports People scheme, we are proud to be supporting local athletes with free access to our facilities to help them with training:

- **Willem Murray** (Short Track Speed Skating) – Willem went to the Youth Olympics last year
- **Stuart Wood** (Paracanoe) – Stuart won a bronze medal at the European Championships, was 5th at the World Champs and was the reserve boat for the Paris Olympics, he is in the LA Paralympic cycle and is hoping to be selected in 2028.
- **Kingston McKenzie** (Ice Hockey) – Kingston plays for GB U18's and represented GB at the Youth Olympics in 2024.
- **Poppy Malik** (Athletics – 200m and 400m sprint) – Poppy is ranked 3 in the UK (U21's) for the 400m sprint, she raced in the London Diamond League and will race in the U23 European Champs and World Outdoor Champs, and has been selected to represent England in the 4 x 400m at the Manchester International.

Supporting local Clubs

We support so many wonderful clubs across Rushcliffe including; Calverton and Bingham Swimming Club, Rushcliffe Swimming Club, Leander Swimming Club, Rushcliffe Athletics Club, Bingham Gymnastics and Bingham Town Football Club amongst many others.



Musculoskeletal (MSK) Hubs In Rushcliffe

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



Lex Leisure Funding

Lex Leisure funding has purchased a brand new Boditrax machine at Keyworth Leisure for post refurbishment - a total of 4 boditrax machines are now available across the leisure centres.

Boditrax open days will be introduced to provide scans for the entire community, led by our fitness team to advice and guide on healthy living advice.

Lex Leisure funding has also allowed our Health and Wellbeing coordinator to become qualified in Cardiac and cancer rehabilitation, offering a unique and much needed opportunity to the community to improve health and wellbeing post treatment.



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.





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.



Forget Me Notts

Forget Me Notts is Trent Bridge Community Trust's Dementia-based project. These weekly sessions at Edwalton Golf Centre and Rushcliffe Arena provide the opportunity for social and sporting activities for those living with dementia and their carers, working to reduce social isolation, encourage physical activity and provide support to those directly and indirectly affected by dementia.

Vegan Food Festival

Rushcliffe Arena also held its first Vegan Food Festival which was a big success with a wide range of foods on display to try and buy, offering another unique event to add to the diversity of Rushcliffe Arena with hundreds of people in attendance.



Cotgrave Youth Services

Nottingham Youth Club Cotgrave runs within the Cotgrave LC building. On a Tuesday evening, around 3 groups of 20 young people gather to socialise, play football and other activities. Cotgrave LC work with the youth service to reduce ASB and petty crime in the area.



Notts in Mind

Notts in Mind is a health and wellbeing group created by Trent Bridge Community Trust for women at risk or facing social isolation for any reason.

Notts in Mind are a close knit and supportive group with a variety of women from all different backgrounds and abilities. Sessions involve a mixture of mental wellbeing activities, workshops and support in combination with physical wellbeing activities, ranging from dancing, circuit training, guided gym work, boxercise, adaptive exercise, aqua aerobic sessions, yoga, mindfulness activities and so much more.

If you have a goal to get mentally or physically stronger, make some new friends or try something new, Notts in Mind is for you.

Sessions take place every Thursday Morning at Cotgrave Leisure Centre (10:30am-12pm)




 Funded By
 Rushcliffe
 Borough Council







Thursdays 12pm-1pm
 5 Thursdays of FREE Golf
 July 21st
 August 7th
 August 14th
 August 21st
 August 28th

Try a New Sport
 Learn New Skills
 Ages 8-12

EMAIL NOW TO
 BOOK YOUR
 SPACE!
kirsty@golfinnottingham.co.uk
 Cotgrave Leisure Centre
 Woodview
 Cotgrave
 Nottingham
 NG12 3PJ

Indoor Golf at Cotgrave Leisure Centre

Edwalton Golf Centre's pro golf coach is coming to Cotgrave this summer to deliver free indoor golf sessions to aspiring 8 - 12 years olds. 5 weeks of coaching will be available - a fun, active way to spend the summer learning a new skill!

GP Referral at Bingham Arena

We are pleased to confirm Bingham Arena will be introducing GP Referral sessions this summer. With over 300 people with pre-existing medical conditions already on the programme we are looking forward to supporting the communities well being further through the Refer-All programme



Accessible Swim Sessions!

Accessible swim sessions are available at Rushcliffe Arena and Bingham Arena on a weekly basis offering swimming sessions to disabled users.

Specific pool hoist equipment is readily available alongside wider lanes.



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.

Cotgrave Integrated Neighbourhood

We are proud to be working alongside Rushcliffe Borough Council and a number of local partners as part of the Cotgrave Integrated Neighbourhood Working Young People's Subgroup.

With the newly refurbished Cotgrave Leisure Centre there is a huge amount of opportunity to support activity for the younger community





myhealthyway

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!



my healthy way



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 Rushcliffe.



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