

## Support and Physical Activity Opportunities in the Royal Boroughs of Windsor and Maidenhead

### Exercise Opportunities:

- Leisure Centres in Windsor and Maidenhead: <https://www.leisurefocus.org.uk/>
- Berkshire Tri Squad - <http://www.berkshiretrisquad.com/>  
Berkshire Tri Squad is a friendly triathlon club of over 130 members, welcoming triathletes of all ages and abilities. We are offering a free swim and/or spin session.
- Blaze Martial Arts: T: 01344 874031  
E: [Justyn@blazemartialarts.com](mailto:Justyn@blazemartialarts.com) W: <http://www.blazemartialarts.com/>  
Kickboxing and Mixed Fighting / Martial Arts for kids, teens and adults in Windsor, Ascot, Bracknell and Wokingham. Two-week free trial and then 50% discount on the joining fee.
- Braywick Leisure Centre: T: 01628 685333 W: <https://www.leisurefocus.org.uk/our-centres/braywick-leisure-centre/>  
Various sport and physical activity offers. Contact your local centre for more information. Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN
- Charters Leisure Centre: T: 01344 628686 W: <https://www.leisurefocus.org.uk/our-centres/charters-leisure-centre/>  
Various sport and physical activity offers. Contact your local centre for more information. Artificial grass pitch available for hire. Charters Comprehensive School, Charters Road, Sunningdale SL5 9QY.
- Cox Green Leisure Centre: T: 01628 685311 W: <https://www.leisurefocus.org.uk/our-centres/cox-green-leisure-centre/>  
Various sport and physical activity offers. Contact your local centre for more information. Artificial grass pitch available for hire. Highfield Lane, Maidenhead SL6 3AX
- Coz Pilates: T: 07770335968 E: [Coz@cozpilates.com](mailto:Coz@cozpilates.com) W: [www.cozpilates.com](http://www.cozpilates.com)  
MAT, MOTR & Reformer Pilates classes & 1:1 across Maidenhead, Hurley and Windsor. First class free, email to get the discount code.
- Crèche Fit: T: 07515 165096 E: [info@crechefit.co.uk](mailto:info@crechefit.co.uk) W: [www.crechefit.co.uk](http://www.crechefit.co.uk)  
Mum and baby exercise classes suitable for all levels for mums who want to exercise without the hassle of childcare. Advantage Card holders receive a 10% discount and first class free.
- Datchet Golf Club Ltd: T: 01753 545222  
E: [secretary@datchetgolfclub.co.uk](mailto:secretary@datchetgolfclub.co.uk) W: <http://www.datchetgolfclub.co.uk/>  
Nine hole golf course located 2 minutes walk from Datchet and along the Windsor Road towards Datchet after Home Park. 20% Advantage Card discount to all golfing visitors paying green fees. Call Golf Club Professional Paul Cook on 01753 545222 for details.
- Fitbuzz Pilates: T: 07966 209785 E: [claire.brooks@hotmail.co.uk](mailto:claire.brooks@hotmail.co.uk) W: <http://www.fitbuzz.biz/>  
Fitbuzz Pilates is a modern group exercise class designed to develop strength and muscle tone, increase flexibility, reduce stress, enhance posture, balance and stability. Suitable for all levels. Introductory £5 discount for first term booking with your advantage card.
- Furze Platt Leisure Centre: T: 01628 308296 W: <https://www.leisurefocus.org.uk/our-centres/furze-platt-leisure-centre/>  
Various sport and physical activity offers. Contact your local centre for more information. Furze Platt Senior School 101 Furze Platt Rd, Maidenhead, SL6 7NQ



- Jazzercise: T: 07708 275527  
E: [jazzercise4marthese@yahoo.co.uk](mailto:jazzercise4marthese@yahoo.co.uk) W: [www.fb.me/jazzercisebucks](http://www.fb.me/jazzercisebucks)  
One Month Free (EFT sign-up applies) and no joining fee. Unlimited classes per week. Have fun at Jazzercise and get SUPER FIT! Join Us Today!
- Maidenhead Basketball Academy:  
T:07525027520 E: [admin@maidenheadbasketball.com](mailto:admin@maidenheadbasketball.com) W: [www.maidenheadbasketball.com](http://www.maidenheadbasketball.com)  
Basketball training for Youth boys and girls age 5-16. Offering 20% discount to Advantage card holder for first month subscription to new members.
- Maidenhead Softball Club: T: 0755 381 1048 W: [www.maidenheadsoftballclub.co.uk](http://www.maidenheadsoftballclub.co.uk)  
Maidenhead Softball Club is based at North Maidenhead Cricket Club, offering Softball to anyone 14+. Free training sessions all year round. Advantage Cardholders get a 10% discount on first year membership. contact us about Softball and next sessions.
- Movement Pilates: T: 07770335968 E: [Info@movement-pilates.com](mailto:Info@movement-pilates.com)  
MOTR Pilates classes in Berkshire. Combining Mat and Reformer Pilates. Launching some of the first group classes in the UK. First class free, email to get the discount code.
- Royal Ascot Golf Club: T:  
01344625175 E: [admin@royalascotgolfclub.co.uk](mailto:admin@royalascotgolfclub.co.uk) W: <http://www.royalascotgolfclub.co.uk/>  
15% discount on all green fees and also on first year subscriptions (no joining fee currently).
- Teeofftimes.co.uk: T: 0845 675 6004  
E: [enquiries@teeofftimes.co.uk](mailto:enquiries@teeofftimes.co.uk) W: <https://www.teeofftimes.co.uk/>  
The UK's largest tee time booking service allows golfers to book discounted tee times online, from a choice of over 1,000 golf clubs in the UK. 5% off for advantage cardholders, quote RBWM.
- Temple Golf Club: T: 01628 824248  
E: [secretary@templegolfclub.co.uk](mailto:secretary@templegolfclub.co.uk) W: <http://www.templegolfclub.co.uk/>  
Stunning views and a challenging 18 hole golf course. £10 off standard summer green fees (1 April to 31 October) or £5 off winter green fee (1 November to 31 March) for advantage cardholders.
- Windsor Leisure Centre: T: 01753 778577 W: <https://www.leisurefocus.org.uk/our-centres/windsor-leisure-centre/>  
Various sport and physical activity offers. Contact your local centre for more information. Artificial grass pitch available for hire. Clewer Mead, Stovell Rd, Windsor, SL4 5JB
- Wing Tsun Martial Art School: T: 0780 983 9527  
E: [info@startmartialarts.co.uk](mailto:info@startmartialarts.co.uk) W: <http://www.startmartialarts.co.uk/>  
Learn Wing Tsun Martial Arts in Slough and Windsor. Adults and children's classes available. Three weeks free training.
- GoodGym - local residents who run, walk, or cycle to help out community projects and older people in Windsor and Maidenhead: <https://www.goodgym.org/v3/areas/windsor-and-maidenhead>



### Parks in Maidenhead:

- Boyn Grove
- Braywick Park and Sports Ground
- Bridge Gardens
- Brill Green Open Space
- Cherwell Close
- Desborough Park
- Dorchester Close
- Greenfields
- Grenfell Park
- Guards Club Park and Island
- Heynes Green
- Kidwells Park
- Kings Quarter
- Laggan Field
- Thurlby Way
- Treemill Open Space
- Maidenhead Thicket
- Maidenhead Town Moor
- Moffy Hill
- North Town Moor
- Oaken Grove
- Ockwells Park
- Ray Mill Island
- Raymond Road
- Reitlinger Open Space
- Riverside Gardens
- Ross Road
- Shifford Crescent
- Switchback Road

### Parks in Windsor:

- Alexandra Gardens
- Allens Field
- Bachelors Acre
- Baths Island and Promenade
- Bruce Walk
- Bulkeley Avenue
- Castle Farm Spinney
- Clarence Road Gardens
- Clewer Memorial Recreation Ground
- Clewer Park
- Dedworth Manor
- Filmer Road
- Hemwood Dell
- Home Park
- Imperial Park
- Keeler Close
- Knights Close
- Longbourn
- Nightingale Walk
- Osbourne Road
- Osgood Park
- Park Corner
- Sawyers Close
- Sinclair Road
- Sutherland Grange
- The Goswells
- The Promenade
- Vansittart Recreation Ground
- Victoria Park
- Waylands
- Wolf Lane
- Wood Close



### Looking after our mental health as we age:

- [Silverline](#) offers free, confidential, phone support for older people. It is open 24 hours a day, every day of the year.
- [Talking Therapies](#) - is an NHS service that can support people with common issues like depression, stress, anxiety, or phobias.
- [Dementia care advisors](#) (Optalis) - are a key point of contact to support you and your family or carers to live well with dementia.
- [Alzheimer's Society Alzheimer's Society](#) - United against Dementia.
- [Alzheimer's Dementia Support What is dementia?](#)
- [Adult's mental health and wellbeing.](#)

### Drugs and alcohol:

Both can affect your mental and physical wellbeing. There are a variety of support services and resources available if you would like help. Cranstoun Drug and Alcohol Service offers local support and treatment for alcohol and drug misuse

### Adults Mental Wellbeing:

#### Counselling

- Talking Therapies - is an NHS service that can support people with common issues like depression, stress, anxiety, or phobias.
- Silver Cloud - is an online NHS service supporting adults with stress, sleep issues, low mood, or anxiety.
- Number 22 - is a community counselling service for all ages.

Peer support - Friends in Need - provides peer support and activities for people that are lonely, anxious, or depressed.

#### Other useful links

Mental Health Services, Optalis. Citizens Advice East Berkshire.

### Children's Mental Wellbeing:

#### Counselling

- Kooth - is an online counselling and emotional well-being platform for children and young people.
- Talking Therapies - is an NHS service that can support people with common issues like depression, stress, anxiety, or phobias.
- Number 22 - is a community counselling service for all ages.



## **Peer support**

Friends in Need - provides peer support and activities for people that are lonely, anxious, or depressed.

Early Help services

- Family information - Family Information Services provide impartial information and guidance about a wide range of services for children, young people, and their families.
- The Early Help Hub - helps to find the best services to support your family.

Guides:

- Little Blue Book of Sunshine (PDF), Google Play, Apple Books.
- Coping guides for family life, five ways to wellbeing, and young person's guide.

## **NHS Health Checks**

If you're over 40 you may be at risk of developing heart disease, stroke, kidney disease, type 2 diabetes or dementia. A free NHS Health Check with your GP Practice can help find ways to reduce this risk and make sure that you stay healthy.

### **Why do I need an NHS Health Check?**

Even if you feel great, you should take up the offer of your free NHS Health Check. Some conditions, such as high blood pressure, often don't have any symptoms so you may not know that you have them and you can.

### **What happens at an NHS Health Check?**

It's FREE and simple, the check takes around 30 minutes. Your blood pressure will be checked, along with your weight and height. A simple blood test will check your cholesterol level and you'll be asked questions about your current lifestyle and family history. The check will let you know if you are at an increased risk of developing heart disease, stroke, kidney disease, type 2 diabetes or dementia in the future. You can discuss the results and get personalised advice.

### **Where can I get one?**

Your GP practice will invite you for your NHS Health Check if you are eligible (aged 40-74 years without a pre-existing condition). If you haven't been invited but would like to have an NHS Health Check, contact your GP Practice to find out if you qualify for one.

