

Volunteering

If you enjoy meeting people you are the ideal person to be a volunteer activities supporter. Any amount of time that you are able to give to the scheme is welcome. We pay 45p per mile for every mile that you drive on behalf of the scheme. If you are interested in volunteering for us please contact the Bassetlaw Action Centre for more information.



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Bassetlaw Action Centre

is supported by or affiliated to:



Bassetlaw

ACTION



Centre



Get Out Get Active Bassetlaw

GREEN SOCIAL PRESCRIBING
In South Yorkshire and Bassetlaw
Connecting with nature for a happier and healthier you.

Retford
TENNIS CLUB

South Yorkshire's
Community
Foundation



Bassetlaw Action Centre

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Get Out Get Active Bassetlaw



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GOGA Bassetlaw offers a range of activities to help people remain healthy and independent.

Staying Well

The Staying Well Expert Patients Programme (EPP) is a 'chronic disease self-management course' to help people living with long term conditions maintain their health and improve their quality of life. The courses are led by 2 people who also have long term health conditions. The six week courses are available throughout Bassetlaw. To book on these course call 01777 709650 or email stayingwellprogramme@bassetlawactioncentre.org.uk

GOGA – Get Out Get Active

Get Out Get Active (GOGA) Bassetlaw is a project that is working across the district to support those who are inactive or have a long term health condition to get active by taking part in fun, safe and inclusive activities.

GOGA is about more than just being active, it strengthens community spirit, increases confidence and improves mental health. GOGA reaches out to the very least active, disabled and non-disabled people in the community. GOGA aims to provide support to encourage greater activity in a genuinely inclusive environment, helping to build friendships, maintain health, increase independence, reduce stress and boost self-esteem.

You can just come along to any of our walking sessions they are all about 45mins there is no need to book but if you would like any additional information please either call 01777 709650 or email goga@actioncentre.org.uk

Our walk leaders have all undertaken first aid training and mental health first aid training.

Men Walk Talk

Grassroots Community Initiative to support Men's Mental Health by encouraging men to open up, feel able to talk to other men and reduce social isolation.

The 2nd Saturday of every month meet at Idle Valley Nature Reserve 10AM

The 4th Saturday of every month meet at the Kings Park entrance opposite the Old Police Station 10AM

The 4th Saturday of every month meet at the skate park at Langold Lake 11AM

Women Walk Talk

A walking group for women that want to get out and have a walk and talk to other women.

The 2nd and 4th Thursday of the month meet at the café at The Canch in Worksop 2PM

The 1st and the 3rd Friday of the month meet at the Kings Park entrance opposite the Old Police Station 2PM.

Stay Pawsitive

Fresh air, animals and talking are a winning combination so we have launched a dog walking group open to anybody to come along have a walk and a chat.

Stay Pawsitive meets every Tuesday at Idle Valley 2PM, there is no need to bring a dog if you don't have one.

Walking Tennis

Walking tennis is safe, fun, inclusive and fantastic way to stay active! GOGA Bassetlaw have teamed up with Retford Tennis club to offer a walking tennis session on a Wednesday morning at 10Am at the tennis club. There will be hour of tennis followed by refreshments and biscuits and a chance to have a good natter and make new friends. There is no need to have you own equipment as this is available to borrow. These sessions are **£6 each**.