



Staying Healthy in Kirkby Stephen

Diet and Slimming

Eat less carbohydrates, fat & sugar and drink more water

Read 'Dietitian, Nutritionist, Nutritional Therapist or Diet Expert?' - A comprehensive guide to roles and functions.

Download the guide at the following link:
https://www.bda.uk.com/publications/dietitian_nutritionist.pdf

Or, ask at the Upper Eden Medical Practice for a local registered professional.

Slimming World

The Rugby Club. Wednesdays at 6.30pm

Kay Hunter 01539 620137 <https://www.slimmingworld.co.uk/>

Juice Plus+

<https://lb71545.juiceplus.com/gb/en>

<https://www.facebook.com/louise.bousfield>

Reducing alcohol consumption

<https://www.nhs.uk/news/food-and-diet/new-alcohol-advice-issued/>

Alcoholics Anonymous: Tel. 0800 9177 650

Gentle Exercise

Health professionals suggest you do 150 minutes of moderate exercise every week if you're aged 19-64.

Further advice can be found at:
<https://www.nhs.uk/live-well/exercise/>

Kirkby Stephen and District walkers are welcome.
<http://www.walkeden.org/>

Weekly Dawdle walks

Meet at The Cloisters on Thursdays at 10:30am.
<https://www.facebook.com/wawks/> . Tel. 017683 71976

Get a FITBIT or equivalent and build up your steps per day (computer or mobile phone required).

Walking Netball. Alternate Tuesday's & Friday's at KSGS Gym.
Cost: £2. Contact: Anne Cradock.
Email: anne.cradock@btinternet.com. Tel. 017683 7142.

Better Balance: Margaret Hind. Tel. 017683 71818

Friday Night Footy

8pm at KSGS astro-turf.

<https://www.facebook.com/james.coulthard>.

Manjushri Kadampa Meditation Centre

<https://manjushri.org/drop-in-classes-in-the-area>

Legs, Bums and Tums and Pilates

Every Tuesday at Kirkby Stephen Grammar School.

Contact Liz Riley lizriley480@icloud.com

Sara Sylvester - exercise class

Mondays 10am to 11am at the Masonic Hall.

Tel 0781 121 6590

Kirkby Stephen Bowling Club

April to September: 5.30pm weekdays and Sat mornings

Riverside Bowling Green: Contact Mick Botterill

Tel. 017683 72973 / Email. michaelbotterill@btinternet.com

Tap Dancing and All That Jazz

Mondays' at Kirkby Stephen Sports & Social Club at 2pm.

Contact Norma on 017683 41462

Meg Fynn Dance

Wednesdays: Kirkby Stephen Grammar School Dance Studio.

Various times available. Website: www.megfynndance.com

Tel. 0770 334 6165 / Email: meg.fynn@yahoo.co.uk

Appleby Leisure Centre and Swimming Pool

<https://www.better.org.uk/leisure-centre/eden/appleby>

Teesdale Leisure Centre & Swimming Pool

<http://www.durham.gov.uk/teesdaleleisurecentre>

Other Activities

For other sports or exercise such as: spinning, tennis, netball, rugby, cricket, badminton, football, running, hockey, Tae Kwon-Do please visit:

<https://www.kirkby-stephen.com/community-information/voluntary-and-community-groups/sports/>

Further Information

For further information about everything that is happening in the area please visit:

<https://www.kirkby-stephen.com/whats-on/>

Support Groups

Mind

Tel: 01228 370633 / Website: www.cemind.org

Email: connect@cemind.org.

South Eden Project: Lindsey Holding – Tel. 0796 664 1300

Suicide Safer Eden

Juliet Gray: Carlisle Eden Mind: Tel: 0751 030 952. Email:

juliet.gray@cemind.org

Christians against Poverty (CAP UK)

Jon Cook – Tel. 0800 3280 006. Website: <https://capuk.org/>

Eden Sight Support

Tel. 01768 891724

Parkinson's Café

The Eden Emporium, Kirkby Stephen. Meeting on the fourth Wednesday of each month from 10.30am to 12.00pm.

Tel: Andrew or Robina on 017683 41997.

Alzheimer's Society

Website: <https://www.alzheimers.org.uk/>

Email: volscumbrialancs1@alzheimers.org.uk

Tel. 01539 742631

Upper Eden Memory Club

Meeting alternative Thursdays. Contact Tony Taylor on 017683 42702 or email revtt@hotmail.com

Age UK Carlisle and Eden

Website: <https://www.ageuk.org.uk/carlisleandeden/>

Tel: 01768 863618

Email: admin@ageukcarlisleandeden.org.uk

Eden Carers

Website: <https://www.edencarers.co.uk>

Tel: 01768 890280 / Email: enquiries@edencarers.co.uk

Eden Independent Living

Tel. 01768 890657 or email enquiry@eil.org.uk

GamCare: Gambling Addiction

Website: www.gamcare.org.uk / Tel. 0808 8020 133

The Cumbria Counselling Group

Website: www.thecumbriacounsellinggroup.co.uk