

mytimeactive



Debra Weekes, Partnerships Manager

Mytime Active - Who we are

We are a social enterprise on a mission to improve wellbeing for the people in our communities regardless of what stage they are in their life



Facilities across Borough of Bromley

- Walnuts LC, Darrick Wood Pool, Crofton Halls & Orpington Golf Centre
- Biggin Hill Memorial Library and Pool
- High Elms Golf Centre in Downe
- West Wickham Leisure Centre
- Spa in Beckenham & Beckenham Public Halls
- Pavilion LC & Bromley Golf Centre



Adults – what do we offer?

- Gym
- Swimming
- Group exercise
- Sports - squash, badminton
- 10 pin bowling
- Golf – rounds, driving range, lessons
- Personal Training
- Halls to hire
- Exercise Referral Programmes
- Primetime for older adults



Children & Young People – What do we do?



- Swimming lessons
- School swimming
- Soft Play - *3 soft play facilities*
- Childcare - *breakfast & after school clubs*
- Parties
- London Youth Games - *Team Bromley*
- ArtsTrain - *Creative music for young people*

ArtsTrain

- Creative Music programme
- Arts Council England Funded - NPO
- Work with targeted young people
- Song writing, music production
- All work created is original
- Exit route into ArtsTrain Academy
- Performance opportunities



Exercise on Referral

FreshStart by mytimeactive

A supervised physical activity programme for those recovering from illness or diagnosed and living with a long term medical condition.



Who is it for?



- Atrial Fibrillation
- Cancer
- Diabetes (Type 1 & 2)
- Hypertension
- >10% risk of CVD
- Mild to Moderate Mental health conditions
- Arthritis
- COPD
- Neurological Conditions
- Obesity BMI >30
- Osteoporosis

Exercise on Referral

HeartSmart by mytimeactive

Supervised specialist sessions for secondary prevention of cardiovascular disease for those recently diagnosed or living with Heart disease

- A Heart Attack
- Bypass surgery,
- * Angioplasty/Stent
- Stable Angina
- Heart Failure
- A Pacemaker / ICD
- Had a heart transplant



Primetime

- Classes are suitable for older adults but open to all.
- Over 80 weekly classes
- Monthly membership or pay as you go
- Dance, seated classes, keep fit, circuits, gym, aqua, yoga, Pilates, strength & stability
- Primetime Staff & Volunteer Buddies



Primetime



My Primetime friends are like my family and the instructors are anti depressants on legs! Thank you Primetime I am not exaggerating when I say you have changed my life!' (JEAN)



MyClub

- Weekly programme of activities for adults and young people with SEND
- Over 100 people registered
- Activities include: 10-pin bowling, dance, circuits, golf, multi sports.
- MyClub Staff & Volunteer Buddies



Partnerships

- Work with partners to secure funding to support their clients to access facilities / activities.
 - Bromley Drugs & Alcohol Service – grant secured to offer memberships
 - Bromley Children & Families Voluntary Sector Forum & Family Nurse Partnership – grant to offer swimming lessons to clients



Contact details

Partnerships & funded programmes

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Exercise Referral & Health Programmes

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