

BROOMWOOD MOVING PARTNERSHIP

Issue 1
Spring 2025
FREE

How to be more active in your neighbourhood

Broomwood Moving Partnership is part of the Trafford Moving Strategy. Local groups and residents are working together to encourage residents to move more every day.

There are over 50 groups and activities based at the Broomwood Health and Wellbeing Centre, aimed at helping people to move more. Take a look at the back pages of this newsletter to find out more!

What is Trafford Moving?

Trafford Moving is Trafford Council's sport and physical activity strategy. The strategy has been developed by the Trafford Moving Partnership - a collective of organisations involved in the delivery of sport and physical activity in Trafford.

Trafford Moving aims to enable people in Trafford to move more, every day.

Trafford Moving will do this by developing local projects, partnerships and initiatives in communities. They will build on existing opportunities, as well as developing new ways to be active locally.



Any questions? email: anna.jones@trafford.gov.uk

Broomwood Moving Partnership

Timperley Amateur Boxing Club

Following additional Sports England funding, the extension work on the boxing club is nearing completion. This will create more memberships and increase the classes available.

For more information, see the What's On Guide on the back page or contact timpabc@hotmail.com or **0779 035 2521**



Family Fun Fit by Strive for Truth

Raise your heart rate and happiness at the same time! Boost your strength, stamina and positivity with exercises to suit all levels.

Saturdays 11am to noon and Wednesdays 7.30pm to 8.30pm.
£5 for adults. £2.50 for children. Email: hello@stridefortruth.com



Altrincham FC Community Sport

Have recently received funding to deliver more activities in Broomwood. Updates will be coming soon on what, when and where, so watch this space. Phone: **0161 928 1045**



Bluesci with Breathchamps

Join us for forest bathing in ancient woodland. Spend quiet, mindful time in nature, using your senses and slowing down to calm your mind. Email: breathchamps@brightnessmanagement.org.uk



Aim 4 Hope

Aim 4 Hope provides sporting activities for young people at Broomwood Wellbeing Centre. With support from the Broomwood Moving Partnership. Aim 4 Hope plan to increase the local activities on offer. Contact: enquiries@aim4hope.co.uk



Youth Leadership Programme

Access Sport will be delivering a leadership programme for young people. The Youth Team, Aim for Hope, Altrincham FC, Timperley Amateur Boxing club would like to hear from young people between 11 to 16 who are interested in taking part.



Broomwood Moving News

New Outdoor Gym Equipment at Broomwood Park

Trafford Leisure has launched its outdoor gym equipment training sessions to help the residents of Broomwood move more! Movement helps to elevate heart rate as well as strengthen muscle and bones. It is also a lot of fun and even better with others.

Come along for FREE on **Tuesdays at 10:45 or noon** and meet new people and learn how to start moving more in 2025.

All ages welcome. Under 16s should be accompanied by an adult.

To find out more contact olga.simpson@traffordleisure.co.uk

Free Table Tennis at Broomwood Wellbeing Centre

Table tennis raises the heart rate, strengthens muscles, mobilises the joints, sharpens reaction time and hugely improves hand eye coordination. Come along and learn how to play or improve the skills you already have! Find out more by emailing

lee@bluesci.org.uk

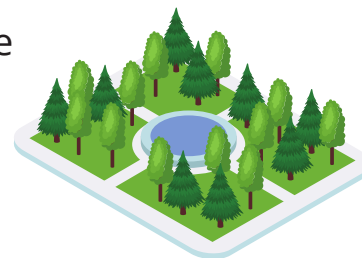
- Free table tennis sessions, 1pm to 3pm every Monday
- Free expert table tennis coaching the last Monday of the month.



Broomwood Park Masterplan

We need you to help develop the Broomwood Park Masterplan. This will help further develop the park to ensure that it provides for the needs of everyone; bringing together all the amazing local resources such as Broomwood Primary, The Wellbeing Centre, the thriving network of community groups, greenspaces and the people who live in Broomwood.

We are looking to develop a group of local people to help lead on this project. Please contact paulgforce@outlook.com



Have Your Say on Moving More at Broomwood

We want to hear from you. You can either pop in to Broomwood Community and Wellbeing Centre to tell us in person or email anna.jones@trafford.gov.uk

- Tell us what sport or activity you enjoy.
- Tell us what activities you'd like to see available at Broomwood Community Wellbeing Centre.



What's on at Broomwood Health and Wellbeing Centre

MONDAYS

- Dancing Class: Adult women only. 10am to 11am. Free.
- Table tennis group. 1pm to 3pm. All Welcome. Free.
- Taekwondo: 5pm for ages 4 to 7, 6.15pm for ages 8 to 12 and 7.30pm for ages 13+. £6.50 (first session free).
- Boxing Club: 5pm to 6pm for beginners aged 9+. 6pm to 7.30pm for carded* boxers. 8pm to 9pm for ages 18+. Children £3 and adults £5.
- Altrincham F.C Community Sports football sessions. 5pm to 6pm. Ages 10 to 15. Free.
- Forest Bathing: 1st Monday of the month. All welcome. Meet at Broomwood Wellbeing Centre. Free.
- Millom Court Dance Easy: Meet at Millom Court. 4th Monday of the month. All welcome. Free.

TUESDAYS

- Yoga: 9.30am to 10.30am. All welcome. £2.
- American Pool: 1.30pm to 3pm. All welcome. Free.
- Aim for Hope: Football/sports. 5pm to 6pm. Ages 11 to 16. Free.
- Boxing Club: 6pm to 7.30pm carded* boxers. 7.30pm to 8.30pm for ages 18 to 25. Children £3. Adults £5.
- Outdoor Gym Equipment Exercise Group. 10:45am and noon. Ages 16+. Free.

WEDNESDAYS

- Karate: 6.30pm to 8.30pm. £6.50. All welcome.
- Boxing Club: 4.30pm to 5.30pm for inclusive beginners ages 8+. 6pm to 7pm carded* circuits. Children £3. Adults £5.
- Fun Fit Family Fitness class: 7.30pm. Adults £5. Children £2.50

THURSDAYS

- Altrincham FC walking football: 10am to 11am. All welcome. £5.
- Bolly Keep Fit Class: 6.30pm to 7.30pm. Adults. £6.
- Boxing Club: 6pm to 7pm carded* only. 8pm to 9pm. Adults. £5

FRIDAYS

- Taekwondo: 5pm for ages 4 to 7. 8.15pm for ages 8 to 12. 7.30pm for ages 13+. £6. First session free.
- Aim for Hope: Football/sporting activities. 4pm. ages 11 to 16. Free.
- Youth Club: 5pm to 9pm. Age 10-16. Free.
- Walking Group: 11am. Free. All welcome.
- Boxing Club: 6pm to 7pm. Children 6+. £3.
- Boxing Club: Adults. 7pm to 8pm. £5.

SATURDAYS

- Fun Fit Family Fitness Class: 11am to 12pm. Adults £5. Children £2.50.
- Amildham Tamil School and badminton group: 3pm to 6pm. Free. All welcome.
- Boxing Club: Open gym 9am to 11am. Women's HITT 11am to 12pm. £5.

SUNDAYS

- Boxing Club: 9am to 11am open gym. 11am to 12pm strength and core class. Adults £5. Children £3.

*certified to compete in boxing.

Information correct at time of writing 31/1/25

Any queries? Call: 0161 980 0720 or Email: andrew.hodson@bluesci.org.uk

If you'd like your group to appear in this What's On Guide email anna.jones@trafford.gov.uk

