

12 Weeks to Wellbeing Programme Information Sheet (April 2025 intake)

What is it?

The 12 Weeks to Wellbeing programme is delivered by Cambridge City Council with funding from Cambridgeshire County Council and is designed to support adults in Cambridgeshire make positive changes to their lifestyle through a programme of weekly physical activity and lifestyle support.

As part of the programme, participants will choose a physical activity pathway (5 different activities detailed below). Participants will also be expected to attend a complimentary programme of lifestyle workshops (delivered fortnightly throughout the 12 weeks) and a celebratory event at the end of the 12-week programme.

All session dates, times and locations are included in this information sheet. The programme will run from April - July 2025.

Who is it for?

We invite referrals from anyone who meets **all** of the following criteria:

- Must be resident in Cambridgeshire or registered with a GP in Cambridgeshire
- Must be aged 18 or over
- Must have a Body Mass Index equal to or greater than 25 (if you are from a South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family background your BMI needs to be above 23).
- Must not currently be participating in any regular structured physical activity e.g. an exercise class or group session
- Must be committed to making a positive change to their lifestyle and able to dedicate the time to attend the sessions in the programme

**Use the NHS tool
to calculate your
BMI Index**



You can use the NHS tool to [calculate your BMI index here](#) or scan the QR code with a mobile device if you have printed this document.

If you are unsure if you meet the criteria or want to ask any questions before completing the referral form, please feel free to contact the team before applying. You can email us at wellbeing@cambridge.gov.uk or contact Dani on 01223 457373.

Physical Activity Pathways

Participants can choose one of the following Physical Activity pathways based on their activity preferences and availability. Places on each programme are limited so we may not be able to offer participants their first preference. Places will be offered on a first come first served basis.

Pathway 1 – Return to Fitness

- Wednesday, 7 – 7.45pm
- 23rd April – 16th July 2025
- Indoor Studio, Abbey Leisure Complex, CB5 8NT

This 12-week studio-based programme will give you the opportunity to enjoy a wide range of different exercise classes including, Zumba, Spin, Legs Bums & Tums, Stretch & Relax and much more. All classes will be delivered by Better Leisure experienced instructors and will be tailored for the group to ensure everyone gets the most out of each session. This programme is perfect for those returning to exercise after a break or starting for the first time. Over the 12-weeks you will improve your strength, endurance, flexibility, and overall wellbeing. Plus, with the variety of classes and a fun, encouraging atmosphere, you'll stay engaged and committed to your fitness goals, helping you feel stronger, healthier, and more confident.

Pathway 2 – DDMix Dance Fitness

- Friday, 10.45 – 11.45am
- 25th April – 25th July 2025 (no session 30th May)
- Indoor Hall, Meadows Community Centre, CB4 2JL

DDMIX is a great workout. No experience is necessary, just bring your enthusiasm, trainers, and a smile! We will cover different dance genres such as Salsa, Bollywood or African routines and a range of different eras including the 1960s to 1980s. It is a great way to exercise and get fit. This programme is delivered by local dance teacher, Victoria Quirke who has lots of experience working across the community teaching and performing. The programme will build up over the weeks learning more routines. You will develop your muscle memory and build on your fitness levels as we slowly up the pace.

Pathway 3 – Cardio Tennis

- Monday, 7 – 8pm
- 28th April – 21st July 2025 (no session 26th May)

- Outdoor tennis courts, North Cambridge Academy, CB4 2JF

Cardio Tennis is a fun, sociable group fitness class with a tennis twist. Everyone is welcome to Cardio Tennis, no matter what your tennis skill level is! The class moves along quickly, so no one will be judging your skills, and it doesn't really matter whether the ball goes in or out. You will experience great music, get to hit lots of tennis balls, build up your skills and work up a sweat.

Cardio Tennis offers a great workout from a cardio fitness perspective as well as working out muscles across your body, from your core to your glutes. Each session is an hour long, with a short warm-up, a 40-minute full body workout, and a cool down.

The course will be delivered by Matt Perry the Head Coach at Love Tennis Academy based at North Cambridge Academy. Matt is an LTA Level 4 Accredited+ coach and Cambs LTA Development Coach of the Year Award 2024! Matt will be supported by Sam Cottam who is a Level 3 Personal Trainer.

Pathway 4 – Return to the Gym (Better)

- Flexible days and times
- 12 weeks from 28th April 2025
- Participants can access the gym facilities at Abbey Leisure Complex (CB5 8NT), Parkside Pools and Gym (CB1 1LY) and Cherry Hinton Village Centre (CB1 9EJ).

Includes flexible access to the gym facilities at any of the Better managed sites in Cambridge City. All participants must attend a gym induction at the beginning of the programme. This option does not include any instructor-led sessions so it is better suited to individuals who can self-motivate.

Participants will be expected to attend a Welcome Session on Wednesday 23rd April at Abbey Leisure Complex (drop-in between 5 – 7pm) to receive your welcome pack and complete your baseline weight measurement.

Pathway 5 – Swimming for Health

- Flexible days and times
- 12 weeks from 28th April 2025
- Participants can access pool facilities at Abbey Leisure Complex (CB5 8NT), Parkside Pools (CB1 1LY), Jesus Green Lido (CB4 3AX) and Kings Hedges Learner Pool (CB4 2XF)

Includes flexible access to all public swim sessions on the timetable at Better Swim Sites in Cambridge City. This option does not include any instructor-led swimming sessions so it is better suited to individuals who can self-motivate.

Participants will be expected to attend a Welcome Session on Wednesday 23rd April at Abbey Leisure Complex (drop-in between 5 – 7pm) to receive your welcome pack and complete your baseline weight measurement.

Lifestyle support workshops

In addition to the weekly physical activity session, participants are expected to attend a series of lifestyle support workshops delivered by a team of wellbeing experts. All workshops will take place on Thursday evenings as follows:

Setting Sustainable Goals with Sophie Dalpra

- Thursday 8th May 2025, 7 – 8.30pm
- Meadows Community Centre, CB4 2JL

This initial workshop with Lifestyle Coach, Sophie, will help you think about what you would like to achieve throughout the programme and beyond, what is motivating your behaviours and how you set yourself up to be successful in achieving your goals.

Foundations of Nutrition with Caroline Collard

- Thursday 15th May 2025, 7 – 8.30pm
- Meadows Community Centre, CB4 2JL

This first nutrition workshop aims to provide foundational knowledge about food, how we can think about the food we choose and categorise it to help make healthier choices. We will look at how we can start to use that knowledge to understand what food also does to our body and think about the kinds of barriers that we face with healthy eating and how to overcome them. This session will provide a solid basis for further nutrition workshops and provide you with visual resources that you can refer to when looking to make healthier food choices at home.

The Neuroscience of Managing Stress with Bianca Armitage

- Thursday 22nd May 2025, 7 – 8.30pm
- Meadows Community Centre, CB4 2JL

This workshop will give an overview of the nervous systems responsible for the balance between stress and relaxation. We will explore various stress management tools and techniques and how they can be used in different situations to manage

both short-term, in the moment, stress and longer-term stress management. We will also learn about the brain networks behind mindfulness meditation and explore how we can fit these new tools into our day-to-day for improved personalised stress management. There will be plenty of practical activities and demonstrations to help aid our understanding of this subject and time for questions as well.

Food and Mood with Caroline Collard

- Thursday 5th June 2025, 7 – 8.30pm
- Online via Zoom

This online nutrition workshop aims to make you aware of how food can affect our emotional and mental health. Our food choices, how we eat, when we eat and why we eat, all impact our mood and our mood can also impact our food choices. Learn more about both the physiological and psychological reasoning behind making better food choices and how it can impact how you feel in both the short and long-term.

Getting Organised: Meal planning, budgeting and batch cooking with Caroline Collard

- Thursday 12th June 2025, 7 – 8.30pm
- Meadows Community Centre, CB4 2JL

This workshop will help you to plan and make healthy meals for the whole family on a small budget. You will get lots of ideas on how to use different types of healthy convenience foods, save money with some top budgeting tips and how to save time & effort by batch cooking. We will demonstrate making some easy meals that you can take home and try with your family.

Food Preparation and Trying New Things with Caroline Collard

- Thursday 19th June 2025, 7 – 8.30pm
- Online via Zoom

This workshop aims to help participants look at healthy food in new and exciting ways and to create new habits and move away from old eating habits that contribute towards developing health issues, including being overweight and many common chronic health conditions. You will be given ideas on meals and ways in which to prepare them quickly and easily without needing complicated recipes, ingredients or kitchen gadgets.

Oral Health and Overall Health with well:o dental wellness

- Thursday 26th June 2025, 7 – 8pm
- Meadows Community Centre, CB4 2JL

In this workshop, you will discover that oral health goes beyond just maintaining your teeth. We will present various facts and figures about oral health and explore its connections to overall health. Additionally, we will discuss how poor oral health can be linked to systemic health conditions such as diabetes, dementia, and more. You will discover practical ways to enhance your oral health at home. We'll share DIY tips on effective toothbrushing techniques and other practices such as tongue scraping.

This workshop is brought to you by Shelley Belgrove and Felix von Nathusius, founders of well:o dental wellness, the UK's first dental wellness studio making it easy and enjoyable to get teeth cleaning by expert dental professionals.

The Neuroscience of Sleep with Bianca Armitage

- Thursday 3rd July 2025, 7 – 8.30pm
- Meadows Community Centre, CB4 2JL

This workshop will help participants understand the neuroscience behind sleep and energy and why we can feel “wired by tired” and importantly, what we can do to heal this. We will explore practical tools to easily have more energy, boost mood and enhance sleep. We'll also look at the neuroscience of habit-building and participants will come away with a clear idea of how to actually initiate positive change in their lifestyle.

Food labelling and Healthy Food Swaps with Caroline Collard

- Thursday 10th July 2025, 7 – 8pm
- Online via Zoom

This session aims to raise awareness of food and drink marketing, how it can confuse you about what healthy choices actually are, how to read food labels properly so that you can make the best choices and compare food items to choose the healthiest options available. Plus, we will share lots of ideas on healthy food swaps you can start making straight away that are simple and easy to change.

Celebration Event

- Thursday 17th July 2025, 7 – 8.30pm
- Meadows Community Centre, CB4 2JL

At the end of the programme, come and join our celebration event. This will be an informal opportunity for all participants on the 12 Weeks to Wellbeing programme to come and reflect on the last 12 weeks, have some refreshments, have a go at some activities and explore your next steps.

How can I apply?

If you meet all of the eligibility criteria (page 1 of this document) we welcome you to [complete the online self-referral form here](#) or scan the QR code below with a mobile device if you have printed this document.

**12 Weeks to
Wellbeing Self-
Referral Form**



Please note, the self-referral form can take approximately 15 minutes to complete. If you are unsure if you meet the criteria or want to ask any questions before completing the referral form, please feel free to contact the team before applying.

You can email us at wellbeing@cambridge.gov.uk or contact Dani on 01223 457373