

One Leisure Active Lifestyles Newsletter

November 2025

Important Notice!

Cambridgeshire County Council's Public Health Team have recently re-tendered their 'Healthy You' Services due to the conclusion of the previous contract.

The contract includes Tier 1 physical activity and healthy eating services, Tier 2 adult weight management, smoking cessation and NHS health checks among a number of behavioural change themes.

The new contract was awarded to MoreLife UK who are currently undergoing handovers with all incumbent contract holders and will commence the contract on 1st December 2025.

Previously Huntingdonshire District Council's Active Lifestyles Team were contracted to deliver elements of this contract including Tier 1 Physical Activity (including 6-week beginner courses and Wellbeing Walks), some Tier 2 Adult Weight Management provision (Active for Health) as well as some falls prevention activity (including Pre-Fit/Re-Fit in Yaxley).

As a result of this change of contract Active Lifestyles will be reviewing its services moving forward and there will be changes to the current offering. Some activities may stop, others may become a chargeable service whilst still offering good value.

We will be working with MoreLife UK to ensure a smooth transition to ensure there is no impact on residents or health practitioners who use these services for their patients.

Next month we will be asking MoreLife UK to share information on their services and relevant contact details.

Young People Sessions

We're excited to announce the expansion of our current young people programme with two new sessions for teens launching in November, funded by the Police and Crime Commissioner.

Teen Sports:

- **One Leisure St. Ives Outdoor:** Mondays 15:30 - 17:00 (*starting 3rd November*)
- **One Leisure Huntingdon:** Fridays 15:00 - 16:30 (*starting 7th November*)

We also continue to work with St Neots Town Council delivering two free weekly sessions for young people.

Youth Cafe: A hub for young people to socialise, keep active and enjoy pizza!

- **Loves Farm House, St Neots:** Wednesdays 16:00 - 17:00

Multi-Sports: A great way to be active and socialise in a fun, engaging environment.

- **Market Square, St. Neots:** Wednesdays 17:30 - 18:30

*All sessions are term-time only

National Baby Week

 <https://babyweek.co.uk/cambridgeshire/>

National Baby Week is 14th November - 20th November 2025. To celebrate, we are offering free Buggy Fitness and Mini Movers sessions.

Buggy Fitness: For parents to come and exercise with their baby.

- **One Leisure St Neots:** Tuesday 18th November 9:00 - 10:00
- **One Leisure St Ives:** Wednesday 19th November 9:00 - 10:00
- **One Leisure Ramsey:** Wednesday 19th November 11:00 - 12:00
- **One Leisure Huntingdon:** Wednesday 19th November 11:00 - 12:00



Mini Movers: A fun and friendly movement-based session for children under 5.

- **One Leisure St Neots:** Monday 17th November 9:15 - 10:15
- **One Leisure Huntingdon:** Thursday 20th November 9:15 - 10:15

*Mini Movers typically runs term-time at One Leisure St Neots, One Leisure Huntingdon (both £2) and One Leisure Ramsey (£1.50). Pre-bookings can be made via the One Leisure app or calling 01480 388111.

Active For Health & Staying Active

We have new dates for upcoming Active for Health and Staying Active for January.

Active For Health: A 12-week programme for inactive adults aged 18+. A chance for participants to become more active.

- **One Leisure St Ives:** Starting Monday 5th January 2026 17:00 - 18:00
- **One Leisure Huntingdon:** Starting Wednesday 7th January 2026 17:00 - 18:00
- **One Leisure St Neots:** Starting Thursday 8th January 2026 17:00 - 18:00

*Active for Health will be charged (£62) per person from January. For more information, head to our website - www.huntingdonshire.gov.uk/activeforhealth

Staying Active: A 9-week programme aimed at helping individuals aged 55+ become more active and prevent frailty.

- **Brampton Memorial Centre:** Starting Monday 5th of January 2026 14:00 - 15:00
- **One Leisure St Neots:** Starting Tuesday 6th January 2026 14:00 - 15:00
- **One Leisure Huntingdon:** Starting Tuesday 6th January 2026 16:00 - 17:00

*Staying Active will remain free for participants due to funding -

www.huntingdonshire.gov.uk/stayingactive

Active Men's Hub



Our weekly Active Men's Hub is a welcoming space for men to socialise, boost mental well-being, improve fitness and have fun!

With instructor-led sports sessions and fitness classes, plus free teas and coffees between activities, it's a great way to keep moving and connect with others in a judgement-free environment.

- **One Leisure St Ives Outdoor:** Fridays 10:00 - 12:30

For more info, please visit: www.huntingdonshire.gov.uk/menshub



Over 60s Club



www.huntingdonshire.gov.uk/rightstart

Join us for a combination of free play, fun and sociable games.

- **One Leisure St Ives:** Tuesdays 10:15am - 11:10am & Wednesdays 4pm - 4:55pm
- **Coneygear Centre:** Tuesdays 2pm - 3pm
- **One Leisure Huntingdon:** Wednesdays 10am - 10:55am and Fridays 1pm - 1:55pm* (new)
- **One Leisure St Neots:** Thursdays 10am - 10:55am
- **Brampton Memorial Centre:** Thursdays 3:30pm - 4:30pm
- **Buckden Village Hall:** Fridays 10am - 11am

Hunts Community Cancer Network



Whether you're preparing for treatment, in recovery, or looking to improve strength and wellbeing - these weekly sessions are tailored to help you feel good in your body.

We currently run four sessions at our One Leisure sites:

- **One Leisure St Ives:** Mondays 12:45 - 13:45
- **One Leisure Huntingdon:** Tuesdays 10:00 - 11:00
- **One Leisure St Neots:** Wednesdays 16:30 - 17:30
- **One Leisure Huntingdon:** Thursdays 12:30 - 13:30

We also have free monthly sessions being delivered in in the community.

Old School Hall, Sawtry: 3rd and 4th Monday of each month.

- Class 1: 12:00 - 12:55
- Class 2: 13:00 - 13:55

Eatons Community Centre: 3rd Thursday of each month.

- Class 1: 15:00 - 15:55
- Class 2: 16:00 - 16:55



Find out more: <https://www.huntingdonshire.gov.uk/living-with-or-beyond-cancer/>

Pulmonary Maintenance



www.huntingdonshire.gov.uk/healthconditions



We have Pulmonary Maintenance classes running in Huntingdon and St Neots! These classes are for people living with respiratory conditions, such as COPD. Enjoyable and sociable sessions led by a qualified instructor.

- **One Leisure Huntingdon:** Mondays 13:45 - 14:45
- **One Leisure St Neots:** Wednesdays 15:00 - 16:00

£4.70 pay as you go or £42.00 for a 10 class pass. Pre-bookings can be made via the One Leisure App or calling 01480 388111.

ESCAPE Pain



escape
pain

We have a brand new ESCAPE Pain course starting in January! The programme includes structured exercise and education about pain management strategies for those suffering with hip and knee arthritis.

- **One Leisure St. Neots:** Tuesdays and Thursdays 15:00 - 16:00 (Starting 13th January 2026)

£40 for the course. Apply by completing the application form -

www.huntingdonshire.gov.uk/escapepain

