



South Tyneside Council



# Connected Health and Leisure Event

**Friday 26 September 2025  
1 - 4pm, Haven Point**

**FREE  
EVENT**

**Exercise  
taster classes**

**Local health  
and wellbeing  
services**

**Health  
care talks**

[www.southtyneside.gov.uk](http://www.southtyneside.gov.uk)



Spread the word!

**THIS IS  
SOUTH  
TYNESIDE**

Take part in our Healthy Lives exercise taster classes, enjoy educational talks with healthcare professionals and browse stalls to talk with local health service providers. See our full timetable of events listed below:



## Education Talks (Haven Point, Wouldhave Room)

TALK	DESCRIPTION	TIME
<b>FLIPPIN PAIN</b>	Flippin' your understanding of pain could change the lives of you and your loved ones forever. The first step is understanding – attend this session to start the journey.	1 – 2pm
<b>OSTEOARTHRITIS</b>	Exploring myths, facts and options for living well with the condition. From surgery to squats with an experienced physiotherapist leading the session.	2 – 3pm
<b>LIFESTYLE</b>	Exploring the science behind why lifestyle factors matter, and how small changes can make a big difference to your health.	3 – 4pm

## South Tyneside Council Leisure Services Exercise Taster Classes (Haven Point, Studio 2)

These classes are suitable for people with medical conditions, joint pain and low levels of fitness.

CLASS	DESCRIPTION	TIME
<b>HEALTHY LUNGS</b>	Suitable for people with lung conditions and heart problems. You will learn breathing techniques and how to pace yourself during each different activity.	1 – 1.30pm
<b>HEALTHY LIVES CIRCUITS</b>	A whole class warm up followed by different exercises around the room, allowing you to choose what is suitable for you.	1.45 – 2.15pm
<b>HEALTHY KNEES &amp; HIPS</b>	These exercises offer different levels and options, included seated exercises, and are designed to help with pain management.	2.30 – 3pm
<b>HEALTHY MIND &amp; BODY RELAXATION</b>	A seated Pilates workout with different levels and options, followed by mindful meditation. This is designed to keep you active in your mind and body.	3.15 – 3.45pm

Places must be booked in advance for the Education Talks and Taster Classes.

### FOR BOOKINGS OR MORE INFORMATION PLEASE CONTACT:

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