

Physical Activity Resources

Newry, South Down & South Armagh area



The following will give you information on different ways in which you can start to engage in physical activity.

Your health care professional may already have discussed what may be most appropriate for you at this time.

ACTIVITIES

Click the icons to follow the links.

Gym & Swimming pools/Couch-2-5K

Locations Newry/Kilkeel Leisure Centres / St Colman's Sports Complex, Newry

Contact 0330 137 4026

Couch-2-5K

NHS Couch to 5K will help you gradually work up towards running 5km.

Tennis courts and Bowling Greens

Locations Newry and Warrenpoint

Contact 0330 137 4044

Yoga Fellowship of Northern Ireland

Locations Details across Northern Ireland

Clanrye Group Be Active

Helping our community improve their quality of life, providing a range of physical and mental health and wellbeing services.

Newry U3A

U3A is an active ageing centre with activities to keep your mind and body active!

Contact 028 3026 6034 (am)

Move More Macmillan

This is a physical activity project that supports people living with and beyond cancer to become and remain active.



Newry Sure Start

Programmes and services for expectant parents, parents / carers and young children.



Contact 028 3083 3780

Mourne Sure Start

Programmes and services for expectant parents, parents / carers and young children in the Kilkeel area.

The Conservation Volunteers

Green gym and volunteering projects to promote better health and well-being, a socially alternative to conventional gyms.

Disability Sport NI

Information and contacts

Walks

Walks for all abilities.



Healthy Living Centres

Support to improve all aspects of health:

South Armagh Rural Health Partnership

Contact 028 3086 1220

Clanrye Group

Contact 028 3089 8119

Kilkeel Development Association

Contact 028 4176 2525



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HSC Southern Health and Social Care Trust
Quality Care - for you, with you






ONLINE ACTIVITIES

Click the icons to follow the links.







World Health Organisation 'Every Move Counts'



Older adult's physical activity sessions

- Age UK - 'Move with Mary' 
- Age UK - simple exercises to get moving more 
- Improve strength & balance exercises for beginners 
- Strength & balance for older adults who want to stay active 
- Home workout videos 

Sessions for people with medical conditions

- Pilates for arthritis low-level work out 
- Pilates for those with knee problems 
- Chair based Pilates workout 
- Seated exercises for adults with mobility issues 
- Managing your bone, joint or muscle pain 
Chartered Society of Physiotherapy Resources for managing pain and improving quality of life for a range of Musculoskeletal conditions
- NHS Fitness Studio exercise videos 
24 instructor-led videos: aerobic, strength, resistance, pilates and yoga

Useful online Physical Activity information

- Chartered Society of Physiotherapy Staying Active at Home 
Includes 4 resources:
 1. Working from home
 2. Helping older people stay active at home
 3. Drive clear of pain
 4. Guide to getting up from falls
- Versus Arthritis 

Getting support for recovery from COVID-19



Apps for Healthcare

