

Lewisham Exercise on Referral Scheme

We work closely with GPs and health professionals to help people who may need to exercise for specific health reasons. Current schemes are the Exercise on Referral Scheme and the Active Heart Programme. If you have a specific condition such as diabetes, your GP may refer you to regular exercise classes geared to your specific needs.

Lewisham Exercise on Referral Scheme

What is it?

It is a structured programme of 24 exercise sessions (2 per week for 12 weeks) tailored to your individual health needs and supervised by qualified exercise professionals. You will also be given 3 assessments; before you start, half way through the scheme and a final assessment at the end.

Who is it for?

This scheme is accessible to Lewisham residents who are referred by their local GP (doctor) because they have one or more of the following conditions:

- Hypertension
- Diabetes type 1 and 2
- Depression
- Arthritis
- Asthma, COPD
- Stress
- Weight problems - BMI > 30 or < 45
- Inactive/ Sedentary lifestyle

For more information on these schemes, call the Sport and Leisure Service on 020 8314 8499.

How to find us...

By train

Grove Park mainline station part of the South Eastern Railway Network is less than 1km from the centre and provides a regular service (30mins) from Charing Cross (via London Bridge and Waterloo East). The route provides regular service from Sevenoaks/Orpington to Grove Park (20mins).

There is an increased service during peak periods.

By bus

Four buses stop within 400m of the centre. They are the 181, 136, 124 and 284. They all run approximately every 10 minutes.

The information in this leaflet can be made available in large print, audio tape, Braille and in a variety of languages on request. Please contact the site for further details.

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Harpers at Downham Health & Leisure Centre

Leisure Guide



Harpers at Downham Health & Leisure Centre
7-9 Moorside Road,
Bromley Kent BR1 5EP

020 8461 9200

downham@leisureconnection.co.uk

Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

www.harpersfitness.co.uk



Managed by Downham Lifestyles Ltd in partnership with the London Borough of Lewisham. Operated by Leisure Connection Ltd.

www.harpersfitness.co.uk

NHS Primary Care Trust

Health services are also available at the Downham Health & Leisure Centre.

With GP surgeries and an extensive range of community based health services.

Some of these have moved from other local health facilities including:

- Sexual and Reproductive Health
- Foot Health
- Physiotherapy
- Counselling
- Dentistry
- Child development clinics
- District Nursing service
- Foot Health home visiting service

There will also be some new health services provided including:

- Speech and language clinic
- Leg ulcer clinic

For further information, please contact 0208 049 1800.



AccessPoint

AccessPoint in the new Downham Health & Leisure Centre will allow customers access to a number of Lewisham's online services through the use of self service kiosks.

Customers will be able to:

- Pay their council tax, housing rents and parking fines online
- Request a recycle bin, housing repair, council tax balance and school admission appeals form online
- Report a street problem, abandoned vehicle, fly tipping and change of address online
- Apply for a council tax band reduction, council tax and housing benefit, licensing, house swap and free school meals and clothing grants online
- Complete a feedback form (compliment, complaint, comment) online
- Access the following services online: libraries, adult and community education and community and living online.

Forms and Evidence service allows customer to have their evidence checked and verified in relation to their claim for council tax, housing benefits, education student support and awards.



Opening hours

Monday - Friday	09.00 - 17.00
Saturday	Closed
Sunday	Closed



Public Art Project

Artist Mark Haywood has been working with local residents to create a series of art works to be permanently displayed at the Downham Health & Leisure Centre.

During November and December 2006, Mark led workshops with groups from Rangefield, Good Shepherd and Forster Park schools, the 999 Club, Downham Way Family Church, Downham Elderly Health Project and the Wesley Halls Youth Club. The workshops explored themes of healthy living and learning and encouraged participants to create messages for people using the new centre. Storyteller Richard Neville with the help of his accordion and harp collaborated in a number of workshops, collecting and reciting local stories from the participants.

Mark is delighted with the results, 'The groups worked really hard and have produced some stunning ideas.' Mark is now using these ideas as the basis for the pieces. Rather than create a single artwork, Mark is aiming to use the entire building as a canvas for beautiful compositions of words and letters. The participants' contributions will be displayed in the new library in a special exhibition about the project.

Mark is a well known artist with a strong background in public art. He has exhibited internationally and delivered community arts projects for high profile galleries including Tate Modern and the V&A.

This project has been co-ordinated by Downham Cultural Consortium and has been funded by the National Lottery through Awards for All, Lewisham Council and the private sector partners.

The project is now in place within the centre and we are delighted with the results. The art work brightens up key areas and makes for interesting discussions among users of the facility.



Welcome to the Downham Health & Leisure Centre Guide

The centre provides first class facilities for the whole community. Whether your under 6 or over 60, there will be an activity for you to enjoy.

The main facilities include:

- 25m swimming pool and teaching pool, which will include Leisure Connection's award winning SwimSchool programme. The teaching pool also has the ability to be screened-off to provide a private area, ideal for male or female only sessions.
- First class changing facilities.
- A community hall that can be hired by community groups or used for badminton.
- 1 multi-activity room for martial arts and classes.
- Health Care facilities including GP surgeries, community health Facilities and community dental practices.
- Youth IT facilities including a range of multimedia facilities.

- An exciting new library with many state of the art facilities.
- A floodlit AstroTurf area for football, netball and basketball.
- Café to relax after your activity.
- Harpers Fitness suite featuring 99 pieces of the latest fitness equipment to help you get in shape.
- Aerobics studio featuring a programme of the latest classes.

You can keep up to date with the latest developments at the sports centre by visiting www.leisureconnection.co.uk and follow the links to Downham Health and Leisure Centre, alternatively if you have any specific questions you can call us on 020 8461 9200 or email at downham@leisureconnection.co.uk.

Lewisham Plus Card

Enjoy a good workout, improve on your sport or try a new one. This annual card gives you just this opportunity - at great discount prices.

The Lewisham Plus Card offers discounts including 25% off the full adult price on the following activities at the Downham Health & Leisure Centre during opening hours.

- Public swimming sessions
- Use of the fitness studios
- Activity classes (such as aerobics)

Pensioners and disabled people in receipt of benefits with a Lewisham Plus Card also receive:

- Free swimming
- Free use of the fitness suite (not including the induction)

The Lewisham Plus Card costs only £2. You can apply for one if you are aged 16 or over and live or study in Lewisham and receive:

- Income support
- Job seekers allowance
- Asylum seekers ID card
- Council Tax rebate
- Rent allowance
- Housing benefit
- Family credit
- UB40 holders with verification letter certified by benefit office
- Pension
- Benefits because of a disability
- Disability living allowance.

Pick up an application form today from reception.



Affordable leisure for the whole community

Area Hire Price

Community Hall (schools, club/group, voluntary)	£18.70
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Astroturf Without Floodlights Floodlights

Adult 5-a-side	£23.85	£29.15
Junior 5-a-side	£12.40	£14.60
Adult 7-a-side	£36.70	£41.00
Junior 7-a-side	£18.35	£20.50

Crèche Price

Crèche (per hour)	£1.70
Crèche (2nd child)	£1.00

General Peak Off-Peak

Adult Badminton	£10.80	£8.65
Junior Badminton	£8.65	£6.50
Adult Table Tennis	£5.95	£4.85
Junior Table Tennis	£4.30	£3.25
Tennis	£10.00	£8.00

Harpers Health & Fitness Peak Off-Peak

Harpers Fitness Induction	£17.45	£17.45
Harpers Fitness Session (1 hour)	£4.85	£4.20
Junior Induction	£10.80	£10.80

Harpers Health & Fitness Classes Price

Aerobics/Step, etc.	£4.70
Aqua Aerobics	£4.70
GP Referral Aqua Session	£2.00
GP Referral Fitness Class	£2.60

Miscellaneous Price

Adult Spectator	FREE
Junior Spectator	FREE

Outside Courts Without Floodlights Floodlights

Adult Tennis	£6.00	£9.00
Junior Tennis	£3.50	£5.50
Adult Netball	£12.00	£16.00
Junior Netball	£8.00	£10.00

Pensioners & Disabled People in Receipt of Benefit with Lewisham Plus card Price

Health & Fitness (does not include induction)	FREE
Swimming	FREE

Playing Fields Price

11-a-side Adult Pitch	£60.00
Mini Soccer Pitch (both including changing rooms)	£30.00

Swimming Peak Off-Peak

Junior	£1.70	£1.60
Junior Ticket Book (10 swims for the price of 8)	£13.60	£12.80
Adult	£3.00	£2.65
Adult Ticket Book (10 swims for the price of 8)	£24.00	£21.20
Under 5s	FREE	FREE
Family (2 adults, 2 children)	£8.75	£8.50

Specialist / established sports clubs

We welcome specialist and established clubs which can offer both social and competitive membership to hire our facilities. They can cater for the complete

beginner to international standards and should welcome new members of any age. Clubs currently associated with us:

Saxon Crown Swimming Club

Contact: Tony Ferrelly
Tel: 07980 597257

GBM Swimming Club

Contact: Karen Duxbury
Email: info@gbmsc.com
Website: www.gbmsc.com

Tigra Karate

Contact: Tom Tennick
Tel: 020 8325 8082

Yokohama Judo

Contact: Wayne Tippet
Tel: 07772 581 286

Nomad Taekwondo

Contact: Chi
Tel: 07795 467 829

Hapikdo

Contact: Master Nick Tsavalos
Tel: 07710 407 021

GLYPT Theatre Group

Contact: Emma or Claire
Tel: 020 8854 1316

If you are associated with a club that would like to use Downham Health & Leisure Centre, call 020 8461 9200 to discuss your needs.





harpers
health & fitness

Achieving your goals, feeling good and having fun are all part of a successful exercise programme. Leisure Connection offers a range of ways in which you can use the facilities, one of which is sure to suit you. We will provide you with all the motivation you need to stay on track for a healthier lifestyle. From your initial personalised programme to nutritional advice, a great range of fitness classes and a pool to complement your exercise programme, Leisure Connection has everything you need. There are a range of ways in which you can use our facilities, whether you want to pay as you go or take out one of our value for money membership packages the choice is yours.

Harpers Fitness offers you so much more!

- Excellent range of high quality cardio vascular and resistance equipment
- Harpers qualified staff to help you achieve your goals
- Cardio theatre audio / visual entertainment system
- Pre-exercise medical screening
- Unlimited use membership packages
- Fitness classes
- Various fitness levels catered for
- Social evenings and events
- Junior Harpers (13-15yrs)*

Motivation

Fun is the order of the day in Harpers with regular promotions and social events. Not only will Harpers improve your health and fitness it will also improve your social life!

Harpers Personal Training

Personal Training can help by providing you with that extra attention, support, confidence, encouragement and guidance needed to achieve your personal goals, weight loss, body tone/definition, increased fitness or just feeling the benefits of a healthier life style.

Once you've joined we will provide you with the ongoing support and motivation you need to stay on track. The fitness team will continue to assess your progress and update your programme. If you're ever unsure how to use the equipment or need help with an exercise, our friendly fitness team are there to help.



Keeping our local community fit and healthy

Health and fitness classes

It's easier to get your motivation and exercise by working out with other people. Harpers Fitness classes offer a comprehensive programme to suit everyone no matter what your level of fitness.

- Body training systems e.g. Body Pump
- Aerobics/body conditioning
- Pilates
- AquaFit
- Circuit training
- Harpers Spin
- Yoga/Supple Strength
- Junior classes eg. Street dance
- and much more...

Pick up an aerobic timetable from reception

Membership packages

Our great value for money membership packages are perfect for those people who want to use the facilities more regularly and include:

Active

- Free introduction and personalised exercise programme
- Unlimited use of the gym
- Unlimited fitness classes
- Unlimited use of the swimming pool*
- All for a fixed monthly fee
- Discounts available for couples and families

Pure Water

- Unlimited use of the swimming pool.
 - All for a fixed monthly fee.
- *Terms & conditions apply.



Working in partnership with swimming's governing body the Amateur Swimming Association (ASA), Swim School adheres to the ASA National Plan for Teaching Swimming. This means that Swim School is monitored by the ASA to ensure we maintain the highest standards of teaching and customer service.

Professional teaching staff

Our committed teachers are all ASA qualified and attend required training courses as part of continued professional development to keep them up-to-date with the latest thinking in learning to swim. This means they are always striving continually to improve all aspects of swimming teaching.

Comprehensive syllabus

The ASA National Plan for Teaching Swimming has not only the most up-to-date syllabus, it also offers clearly defined progression levels that are easily understood. With 12 different levels we can accommodate many different abilities which means pupils can progress quickly.



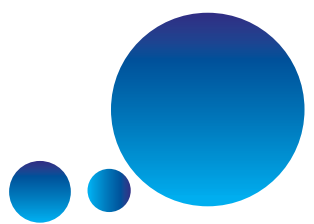
The emphasis is on teaching correct technique over short distances providing the foundations for sound swimming and pupil progress. It is our policy to ensure lessons are enjoyable, interesting and above all offer the highest standards of water confidence, skills and technique.

ASA National Swim Awards

- Fantastic badges and certificates for skill awards and distances.
- Sponsored by Kellogg's Frosties featuring Tony the Tiger!
- Superb ASA Awards File for pupils to keep their badges and certificates to plot their progress.

There's even more to Swim School

- Small teaching groups.
- Personalised progress reports for each pupil each term which includes a recommendation for the next course.
- Parent/teacher evenings for parents requiring more information about their child's progress.
- Swim School newsletter.



Party Animals!

As much mayhem and mess as you can handle... and we clear up!

Party Animals parties are designed to ensure your child has a wonderful and memorable day and it's not just for them, you too can have a stress free time.

We've got the most exciting package for parties of 10 children or more. We organise the party, all you have to do is select an activity and we will do the rest!

Choose from:

Swimming

An hour of splashdown fun in the pool, activities are led by the Party Host, however conditions apply for under 8 year olds.

Fun and Games

An action packed hour of multi-activities for you to try with your friends.

Football

Learn new skills and enjoy a great penalty shoot out at the end of the session.

For menu options please ask at reception.

Party Animals parties include:

- Invitations
- Party host throughout the party
- 60 minutes of your chosen activity
- Activity area for food & presents
- Individual menu options available
- Party bag for all guests
- Free swim voucher

Cost: £9.00 per child (with food)



Children's activities

Our children's activities are jam packed with lots of fun sports and activities for children of all ages during the term time period. These programmes have been created and based on the National Governing Body Awards, to offer fun, educationally sound activities, and with excellent opportunities for all children to participate in competitions, tournaments and festivals. We also have gym and trampolining activities, soft play, casual multi-sports sessions and lots more. Contact reception to find out more.

Badminton

The course offers an introduction to the rules and scoring of badminton whilst developing your basic shots, underarm lifts, overhead smashes and the art of serving. As you progress through the various course levels your enjoyment, technique and skills of the exciting game of badminton will be greatly enhanced.

Kidz Swim Krazy

Junior fun time sessions with pool toys and inflatables.

Football

Soccer School gives a great introduction to basic techniques, leading to advanced training in the drills, skills and tactical moves of the game.

Junior Harpers Gym

Gym sessions for 13-15yrs years old.

Netball

Develop skills and ability fitness with this exciting non-contact game. Caters for all abilities.

Basketball

Basketball is a fast moving, all action, exciting game that requires stamina, speed, skill, agility and co-ordination. Our sessions provide you with the knowledge of the game and an opportunity to be involved in a game that keeps you fit. Basketball is a non-contact team game and great fun to play with friends.

Dance

Dance moves and routines for 3-16 yrs including Streetdance, Hip Hop & Bollywood.

Activities for young people

School Holiday Programmes

A range of School Holiday Programmes are available, covering a range of sports for your children to try and enjoy. Please see the Centre's Notice Boards and Reception for details of what's coming up for each holiday and details of how to enroll.

Activities will include:

- Multi-sports
- Football
- Theatre Workshops
- Street Dance
- Swimming Courses
- Craft Activities



Downham Library

The library will be open seven days a week and will be the first in Lewisham to have self issue and return facilities, giving library staff more time to help customers.

Opening hours

Monday - Friday	09.00 - 22.00
Saturday	09.00 - 18.00
Sunday	10.00 - 16.00

Features will include:

- New books and talking books
- Movies, music for hire and a Film Club
- Visiting authors and a Reading Group
- Regular activities for all ages
- Adult learning courses
- Information Spotlight: advice and information on a range of topics
- Meeting room

The library and the Youth IT Space will together offer over 30 computers with:

- Free internet and e-mail
- IT Support and drop-in advice
- Computer courses
- Silver Surfers sessions for the over 50s

Services asked for by local Young People:

- Youth IT Space: multimedia facilities, including computers with internet access, computer games and a wide range of software for 7-18 year olds
- Teen space with computers and TV screen
- Graphic novels and Manga
- A space to meet with friends

Lots for children and families: activities will include:

- Baby Bounce and Rhyme
- Under 5s funtime: stories, songs and games
- Chatterbooks Reading Groups
- Storytimes and learning, craft and music activities
- Reading Challenges
- Homework support and school class visits
- Family learning and parenting support

For further information please contact 0208 695 8886.

Youth IT Space

The Youth IT Space is open to young people aged between 7 and 18 years. It offers a full range of multimedia facilities including 15 computers linked to the Internet, computer games and a wide range of software. Computers are available for free drop in sessions after school and on Saturdays. Friendly staff are always on hand to help.

Opening hours

Monday	09.00 - 13.00 & 14.00 - 17.00
Tuesday	09.00 - 13.00 & 14.00 - 20.00
Wednesday	Closed
Thursday	09.00 - 13.00 & 14.00 - 20.00
Friday	09.00 - 13.00
Saturday	09.00 - 13.00 & 14.00 - 17.00
Sunday	Closed

During school hours sessions are available for school classes and community groups. There are also regular sessions for silver surfers and adult drop ins.

After school hours and on Saturdays drop in sessions can be booked by children and young people. Activities could include homework research, playing computer games or browsing the Internet.

Workshops for young people will be held during the school holidays. These will include movie making workshops which involve writing, videoing and editing a short film.

If you would like to find out more please call 020 8461 0449.



http://www.