

MOVE MORE ACTIVITIES FOR YOUNG PEOPLE

Health & Wellbeing Advice

Children & Families Information Service

Hounslow Children & Families Information page is now on [Facebook](#). The Hounslow Family Information Service (FIS) helps support families by providing information on activities for children and young people - see [Family Services Directory](#) for information and support.

Confident You Programme

This programme is designed to help young people (14-19yrs) to improve their health, wellbeing and confidence. This can be achieved by learning about healthier food choices and keeping active. The Confident You programme can enable you to make small positive changes helping you to feel more in control. [More Information](#)

Every Mind Matters

Public Health England have launched the Better Health [Every Mind Matters](#) campaign to support the nation's mental wellbeing. This "Make Inside Feel Better" 2021 message will encourage people to create a free NHS-approved [Mind Plan](#).

Physical Activity and Sport

Brentford Community Sports Trust

A range of online sessions for young people including [football development](#) and [Community Football, Gymnastics, Fitness](#)



Our Parks

[Our Parks online sessions](#) continue to be popular, with over 50 free weekly sessions designed for all ages and abilities, as well as 9 week programmes such as [Couch to Fitness](#), [Couch to Family Fitness](#) and [Couch to Bhangra](#) – why not [try something new!](#)



Street Tag App

Hounslow residents have walk, run, and cycle over 101 thousand miles with Street Tag, that's over 4 times around the world. Download the game Play Store: <https://bit.ly/2EPufY> App Store: <https://apple.co/31QaJ7b> .



The Daily Mile Bingo

The Daily Mile Back-to-school Bingo [is here!](#) A 'New Year Bingo' card has been designed to support parents wishing to take part in Daily Mile activities at home.

Positive Movement

[Positive Movement](#) are running some great online sessions. Join us for a family workout to shake off that tension, release those endorphins and stay connected whilst improving your fitness.

NHS Resources (for different ages and abilities)

No matter how much you do, physical activity is good for your body and mind. Some is good – more is better still. A daily brisk walk can boost your energy, lift your mood and make everyday activities easier. Try these tools, tips and special offers to move more every day. [More Information](#)

Couch to 5k App

You can also be coached by celebrities Jo Whiley, Sarah Millican, Sanjeev Kohli or Michael Johnson. More than 4 million people have used Couch to 5K to start running. [Download the App](#)



Activities for Disabled Young People

Disability Sports Coach

The DSC Home Activity Programme is accessible to disabled people nationally. During the Covid-19 pandemic, we aim to motivate as many disabled people as possible to be active in the safety of their own homes, while having a great time! [More Information](#)

Yoga

At the end of last year, we released our first online Chair Yoga session with Claire Miller. More sessions have since been released and all are available on our YouTube page [More Information](#)

Get Yourself Active at Home

Available on [YouTube](#) these pre-recorded videos are designed to support disabled people and people with long term health conditions to be active at home. The timetable includes four series all led by different trainers and involving a variety of different activities that can be carried out from the comfort of your home.

British Blind Sport

British Blind Sport have a suite of online audio described classes for people to attend. These include some audio-led workouts, covering a wide range of activities such as Yoga, Pilates, HIIT, Boxercise and Strength. For more details visit their website [Active-at-home](#).

Eyes-Free Fitness

We have a full suite of audio described exercise sessions from Eyes-Free Fitness on the Metro Blind Sport website [More Information](#).

Active Sense

Sense provide free inclusive activities every day of the week. All sessions are available via Zoom or by phone call. Please note that all live sessions need to be booked in advance. Sessions include Drumming to Music, Tai Chi and Boxing. Visit the Sense website for all booking details.

<https://active.sense.org.uk/>

Sport for Confidence Zoom Sessions

The team from Sport for Confidence provide Fun Fitness and Gentle Exercise sessions online. To join in, please contact Deb or Vera at Sport for Confidence via deb@sportforconfidence.com or vera@sportforconfidence.com

Sport England– Disability or Long-term health conditions

[Activities for Disability or Long-Term Health Conditions](#)

One You Hounslow

The OneYou Hounslow website contains over 50 activities for all ages, with guidance and advice on getting active. Visit oneyouhounslow.org/more-more/.

Please contact the providers listed for more information and to take part. For more activities and visit [One You Hounslow](#) or download Hounslow's [Get Active Map](#)!