



# Healthy Communities Vale of Glamorgan

Summer 2025

## Walking Netball in the Vale

Weekly Walking Netball sessions are now available in Llantwit Major, Penarth, and Barry Leisure Centre.

Sessions recently began at Barry Leisure Centre every Monday afternoon.

These sessions cater to those who enjoy Netball but prefer a less strenuous version of the game. Walking Netball offers a way to participate in light exercise, socialize, and play at a comfortable pace.



## Pickleball at Colcot

Thanks to funding from the Vale of Glamorgan Council Sport Development Team, Pickleball sessions have expanded to Colcot Sports Centre.

Timetables have been broadened to include Beginner, Intermediate, and Advanced sessions, as well as an evening session to accommodate working individuals.

Pickleball is an enjoyable way to improve both physical and mental wellbeing.



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## Supporting Talented Athletes across the Vale

We are proud to support numerous members through our Promising Athletes program, such as local Triathlete Sam Ekstrom-Gubb, Harrison Morton who competes internationally for Wales in Slalom Races, and Ava Wong, a National Level Surf Lifesaving competitor."

Throughout the year, we're eager to track their advancements. This initiative backs athletes participating in national and regional competitions in their chosen sport. Our program aims to support athletes in reaching the next level of their athletic accomplishments by granting them free access to vital training resources. All athletes, including those with disabilities who meet the application criteria, are welcome to join."



## Low Intensity Full Body Workout Classes

Weekly Low Intensity Full Body Workout Classes have been implemented at all of the Vale of Glamorgan centers. These classes provide a full-body workout without high-intensity or high-impact movements. They are suitable for pre- and post-GP referrals, those returning to fitness, and senior members.



## Good Boost Community Chat Sessions

Monthly Good Boost Aqua Community Chat sessions are held at the end of each month in both Barry and Penarth Leisure Centres. These chats are an important aspect of the program, offering social and psychological benefits in addition to physical activity. Key benefits of participating in the Community Chats include social connection, mental wellbeing, and shared learning.





## Musculoskeletal (MSK) Hubs across the Vale

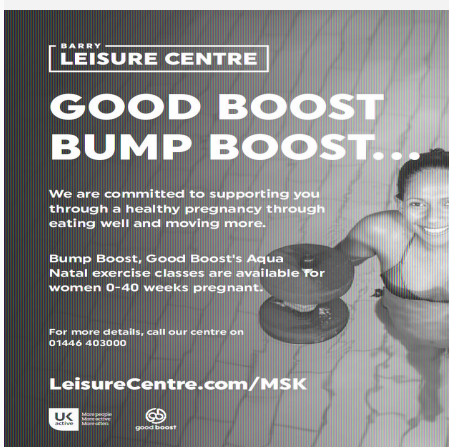
Our MSK Hubs across the Vale serves as a vital resource in supporting individuals managing MSK conditions, which affect one in five adults every year. Our weekly Goodboost aqua programme provides flexible and personalised rehabilitation sessions to support individuals living with muscle or joint pain.

The Good Boost Aqua Programme was launched at Penarth Leisure Centre in September 2024, and we are pleased to announce Penarth has received Goodboost Flagship status!

The Good Boost Aqua Programme now has expanded availability in both Barry and Penarth Leisure Centres, offering members morning, afternoon, and evening sessions.

This program provides support for individuals experiencing joint or muscle pain or those with Musculoskeletal (MSK) conditions. It is a water-based exercise activity that uses information entered into a Good Boost portable computer tablet to tailor exercises to individual needs.

Find out more about our [MSK Hubs](#).



## Good Boost Bump Boost

Good Boost Bump Boost sessions, launched in April at Barry Leisure Centre, now run alongside the Good Boost Aqua timetable.

Bump Boost is Good Boost's Aquanatal Class, designed to support women from 0 to 40 weeks of pregnancy for a healthy pregnancy. All exercises are generated using tablet-based artificial intelligence.



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## My Healthy Way x Common Knowledge Podcast

My Healthy Way are proud to be hosting the Common Knowledge Podcast on their webpage! Co-hosts Mel Spooner and Col Robertson are on a mission to make useful and meaningful health and lifestyle information free and accessible to everybody. Each episode is packed with practical advice and guidance that should be common knowledge.

Common  
Knowledge



## Walking Football across the Vale

Weekly Walking Football sessions are offered at three Vale of Glamorgan centers: Penarth, Llantwit Major, and Cowbridge, where sessions have recently been introduced. Walking Football allows members to play regularly, exercise, meet others, and be part of a football community.

## Intensive Summer Crash Course Swimming Lessons

We are offering Intensive Crash Course Swimming Lessons this summer at Penarth, Barry, and Llantwit Major Leisure Centre. Each week includes five days of focused, intensive lessons with tailored instructions on swimming techniques, aiming to build confidence and provide water safety information to foster trust and growth for all participants.



## Tempo Credits Partnership

The Tempo Time Credits Scheme offers another way for our members to spend their credits earned through our time bank. The Tempo scheme is a nationwide organisation that partners with local organisations to offer free opportunities to people who volunteer in their communities.



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## Armed Forces Free Swim

"We provide a complimentary 12-month Swim Membership for Veteran Military workers, allowing unlimited use of all Vale swimming pools."



Llywodraeth Cymru  
Welsh Government



## Carers Go Free

"For customers who need to bring a Carer to our Vale Leisure Centers or Cardiff International Pool, we will simply log your arrival.  
"There are no forms or applications to complete."

## Golden Pass Membership

We offer a 1 Month FREE Membership for our 60+ Members.

There is a selection process whereby customers have to apply to the Vale of Glamorgan Council Sports Development Team to get accepted onto the Programme.



## School Summer Sports Camp!

Camp Leaders and Coaches operate in the field of providing Sporting Activities for Children age 5 - 11 years, ranging from Football, Basketball, Badminton and many more sporting activities.



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## Quarterly My Healthy Way Newsletter!

We release our quarterly My Healthy Way Newsletter, providing easy tips and expert advice for a healthier lifestyle! Download our latest newsletter to start making small changes that bring big results at on [www.myhealthyway.co.uk](http://www.myhealthyway.co.uk)

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## Know the Signs

We have been actively supporting the NHS Be Body Aware and Breast Screening campaigns, displaying 'Know the Signs' resources in our toilets and changing facilities to support people with the knowledge to check themselves for early signs of cancer.

## Premium Membership brings even more benefits!

Our Premium All-Inclusive Membership provides a range of benefits to further improve health and wellbeing including; access to Health Hero virtual GP appointments, Access to ARVRA wellness platform, 33% discount on nutrition courses and consultations, unlimited Goodboost classes and more!



## Proud to support Hidden Disabilities Sunflower

We are a proud supporter and Professional Member of the Hidden Disabilities Sunflower, encouraging inclusivity, acceptance and understanding. Site teams have undergone valuable training, enabling our sites and services to be more accessible for people living with a hidden disability.



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## My Healthy Way online resources for a happier, healthier life

Explore expert tips, practical tools, engaging blogs and comprehensive nutrition courses. All designed to guide and support your wellness journey. My Healthy Way are dedicated to addressing health inequalities and helping you improve your quality of life.

### Nutritional Courses

Enhance your well-being with our online nutrition courses, led by certified Nutritionist, Jen McDiarmid. Discover simple, effective ways to improve your physical and emotional health through nutrition.

### Nutritional Consultations

You can also book a 1:1 session with Jen. She will discuss your diet, stress, sleep, movement, digestion, and hormones with you and create your own custom nutrition plan.

### Musculoskeletal Health

Take charge of your health with our Musculoskeletal (MSK) health hubs. Explore Good Boost classes and social coffee mornings at your local leisure centre.

### Happy Mind

My Healthy Way is proud to support Every Mind Matters, part of the NHS Better Health campaign. Every Mind Matters offers practical tips and tools to manage your mental health, support others and access urgent help if needed.

### Get Active

Boost your mood and reduce stress with regular exercise! Staying active releases 'feel-good' endorphins that help ease anxiety and depression, improve sleep, and build confidence. It's a powerful way to manage daily pressures and protect your mental health, leading to a happier, healthier life.

### Women's Wellbeing

Discover how balanced nutrition and mindful lifestyle choices can empower your health and well-being. From boosting hormonal harmony to building mental resilience, learn simple, impactful steps to thrive in every aspect of your life.

Visit [myhealthyway.co.uk](https://myhealthyway.co.uk) to find out more about each of the courses we offer







# Thank you to all our partners!

Thank you to all our our partners and stakeholders who help us to achieve our mission, enabling happier and healthier communities across Vale of Glamorgan.



Legacy Leisure works in partnership with your Local Authority  
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