



FREE Online Class Programme



Botcherby Community Centre Healthy U online programme, delivered by Paul Jennings Personal Coach, Funded by the NHS in partnership with the Cumbria Community Foundation, is dedicated to keeping you fit and healthy, whether you are living with a health condition or looking for support to help your physical and mental well-being during these challenging times.

All the below activities are delivered and accessible remotely via Zoom and Facebook Live. To book a place and access these activities please contact Paul.Jennings@carlisle.gov.uk or via Facebook @botcherbycc

Available on + LIVE



This is a low to moderate intensity activity, with the purpose to support and develop individual's muscular strength and balance through a variety of bodyweight strength and functional movement exercises.

Equipment needed:

Appropriate space, stable chair, 2 tins of food or Dumbbells and a suitable drink for exercise.

Class Time:

Wednesday's 10:00 - 11:00am



This is a low impact, low to moderate intensity circuit style class which will include bodyweight resistance, cardio, and functional movement exercises.

Equipment needed:

Appropriate space, stable chair, 2 tins of food or Dumbbells and a suitable drink for exercise

Class Time:

Friday's 1:30 - 2:30pm



This is a moderate intensity cardio class to support individual's physical and mental well-being. All exercises will be bodyweight and all you need is some appropriate space and a suitable drink for exercise.

Class Time:

Monday's 1:00pm to 2:00pm
Wednesday's 5:00 to 6:00pm

Who is this Programme for?

Anyone who does not meet the weekly 150 minutes of recommended moderate physical activity, has any ongoing health conditions and who would like support for their physical and mental well-being.

Health and well-being comes in all shapes and sizes. Our team is ready to help with any number of issues, or you may just need someone to talk to....

Healthy U programme delivered by Botcherby Community Centre & Paul Jennings Personal Coach.



Funded By



There are, however, some exclusion criteria that may not allow participation or require further assessments from health care professionals prior to embarking on an exercise programme.

- Have a physical disability that limits the individual's ability to take part in exercise options such as online exercise activity.
- Older people >65 years at risk of falls. Frail older people with osteoporosis and history of fracture
- Severe Osteoarthritis/ Rheumatoid arthritis with associated mobility
- Moderate to severe arthritis with accompanying autonomic neuropathy, advanced retinopathy
- Have any unstable medical condition which would be exacerbated by exercise.
- Unstable angina, heart failure, arrhythmias
- New or uncontrolled arrhythmias
- Stroke/TIA Recent (>3 months ago)
- Orthostatic hypotension - Fall SBP -20mg/Hg or DBP -10mg/Hg within 3 mins of standing
- COPD/emphysema with true ventilatory limitation
- Type 1 or Type 2 Diabetes (Uncontrolled and/or Advanced)
- Psychiatric illness/cognitive impairment/dementia with an AMT score of <8
- Major communication issues restricting ability to participate in Exercise