



# Free or low-cost exercise in Westminster

(Created June 2022)

- **Drugs and alcohol wellbeing service Get connected Fitness Programme**, which includes a Park Fit running group, Gym & Swim – to find out more contact [daw@turning-point.co.uk](mailto:daw@turning-point.co.uk) or call 0330 303 8080.
- **One You Westminster** – you can access this service to lose weight, get active or stop smoking. Visit <https://www.oneyou-rbkc-westminster.org.uk/#Sign-Up> to sign up.
- **Physical activity referral scheme (PARs)** 12 weeks of physical activity referral scheme is available to help support, guide, and motivate inactive people who maybe struggling with their mental and physical health. This is available at 7 centres in Westminster. Referral via GP or nurse. More information at: <https://everyonehealth.co.uk/location/westminster/>
- **Active Westminster Card**, which provides a gym discount, is available for those who can provide proof of Westminster residency and is in receipt of benefits. [Website](#) provides more information as well as this [leaflet](#).
- **Everyone Active Gyms** provide the option to pay as you go (to access sign up [here](#)) or [membership](#) starting from £14.99. [Queen Mother Sport Centre](#) located in south Westminster and [Porchester Centre](#) for North Westminster. Find your local centre [here](#).
- **Westminster Mind, in partnership with Everyone Active**, are offering supported gym sessions at the Porchester Centre, Queensway, W2 5HS. These are available for Westminster residents with lived experience of mental health challenges, that want to get more active and would benefit from learning how to use the gym independently. For more information contact [community@bwwmind.org.uk](mailto:community@bwwmind.org.uk) or phone 07710092811.
- **Open Age** provides free activities (meditation and mindfulness, disco) for those over 50 at 2 hubs. Visit <https://www.openage.org.uk/membership> to join.
- **Age UK** Anyone over the age of 50 can join Age UK's free activities in Westminster. Here is the [activity timetable](#) listing activities and addresses.

