

ABOUT US



We're Active Shildon, and we want to get people moving!

Whether it's swapping the car for your trainers and walking the school run, digging your old bike out for a weekend ride, or taking up a new sport at the local leisure centre – small changes can often make the biggest difference to your health and wellbeing.

We understand there are barriers, be it lack of free time or expense, but we hope that by showing all the fun, family-friendly opportunities available in our town we can help you get active.

So, grab your friends, your family, even your next-door neighbour, and let's get going together.

Shildon CAN move!



#ShildonCanMove

Do you have an activity, club or organisation in Shildon that you want to shout about?

Tell us about it!



@Active_Shildon



Active_Shildon

#ShildonCanMove



activeplaces@countydurhamsport.com

www.activeshildon.com



Mobile Adventures is an award winning app that gets you moving while having fun! Whether it be with your family or friends it will take you on a fun journey around Active Shildon.



Download the free app Mobile Adventures and navigate around the game unlocking fun tasks and challenges earning points for your team in this exciting and unique activity.

Active Shildon- Hackworth Park Family Game
Scan the QR code or enter 134500400684

#ShildonCanMove



Active Shildon

SHILDON ACTIVITIES

- 01 Sildon Athletics Track**
 - Crook Athletics Club
 - Evenwood Road Runners
 - Aycliffe Running Club
 - Sildon Athletics & Running Club
 - Spartans Baseball Club
- 02 Sunnydale Leisure Centre**
 - Durham District Roller Skating Club
 - Durham Tigers Rugby League
 - Sildon Indoor Bowls Club
 - Spectrum Roller Skating Club
- 03 Sildon Railway Sports & Social Club**
 - Sildon Railway Bowls Club
 - Sildon Railway Cricket club
 - Sildon Railway Football FC
- 04 Jubilee Fields Community Centre**
 - Weekly Walk
 - Gentle Circuits
 - Carpet Bowls
 - Football (under 4's)
- 05 Hackworth Park**
 - Hackworth parkrun
 - Sildon Bowls Club
 - Tennis Courts
 - Parkletics Outdoor Gym Equipment
- 06 Sildon Alive**
 - Kids in the Garden
 - Hub Centre & Community Gardens
- 07 Sildon AFC**
 - Sildon AFC in the Community
- 08 Hackworth Industrial Park**
 - Sildon Phoenix Muay Thai
 - Macs Strength & Performance Gym
- 09 Sildon Library**
 - Weekly Walk
- 10 Sildon Railway Institute**
 - Sildon Amateur boxing club



For more information on any of these activities, email us at activeplaces@countydurhamsport.com or visit www.activeshildon.com

*Due to the Government guidelines regarding COVID 19 some activities may have changed or not currently be available. Please check with the provider or facility before attending.

COMMUNITY VENUES

- 11 Dianne White Academy of Dance
- 12 Foundations Centre
- 13 Livin Community Lounge - Lilburn
- 14 Livin Community Lounge - Rowan
- 15 Livin Community Lounge - West
- 16 Livin Community Lounge - Harrison
- 17 Livin Community Lounge - Garbutt
- 18 Livin Community Lounge - Chestnut

OTHER

- WALK DURHAM -**
Programme of short weekly walks
- RUN DURHAM -**
Council 25K
- CYCLE DURHAM -**
Includes the Sofa to Cycle programme
- GREENLINKS -**
Outdoor activities for dementia sufferers and their carers
- WAYS TO WELLBEING -**
Range of opportunities including physical activity, arts and crafts and reading groups to support wellbeing