

# South Northants ACTIVITY MAP



Want to spend more time outdoors?  
Or fancy a brush with art?

Our wellbeing activity map is the perfect way find a low-cost activity near you. The online resource features everything from art classes to walking groups, gardening groups to community choirs and yoga.

Find an activity that inspires you at:


**[www.southnorthants.gov.uk/  
wellbeing-map](http://www.southnorthants.gov.uk/wellbeing-map)**

If you are an activity leader, we would love to include your activity on the map. Please get in touch:


**[Wellbeing.map@Cherwellandsouthnorthants.gov.uk](mailto:Wellbeing.map@Cherwellandsouthnorthants.gov.uk)**



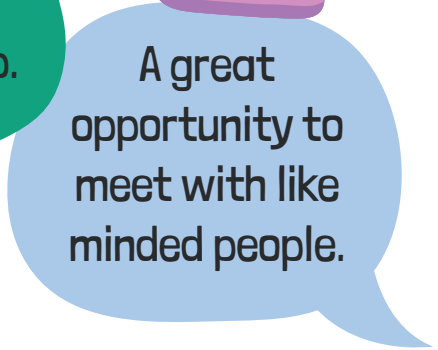
**South  
Northamptonshire  
Council**




I have a limited budget so it was great to find affordable activities, near to my workplace.



We have built up some true friendships within the group.



A great opportunity to meet with like minded people.



My daughter found me a yoga class and it has helped me to build up my confidence. I now swim five times per week and enjoy walking, too.