



**ACTIVE together**  
OADBY AND WIGSTON

**ADULTS  
16+**

**December 2010 - April 2011**

# WhatsOn?

## PHYSICAL ACTIVITY GUIDE

*Getting Oadby and Wigston more active*



**Welcome** to the latest **What's On Guide** for Oadby and Wigston, your guide to physical activity in the borough.

In this guide you will find details on upcoming events and activities to help you get moving and have fun. If you have any questions or would like more details on any of our activities, please contact the Physical Activity Team on (0116) 2572 681 to book your sessions.



**Try something new this Winter with Active Together and our variety of reduced rate taster sessions! You only need to call and book if stated. If not, just turn up!**



### South Leicestershire College Student wins Mountain bike courtesy of Active Together

George Marsh of Wigston was the lucky winner of a mountain bike when the Active Together team attended the brand new South Leicestershire College freshers fayre.

(pictured with Physical Activity Development Officer, Leanne Plummer)

#### Disclaimer

*This guide has been produced by Oadby and Wigston Borough Council to provide information about activities available in the borough. Whilst every effort has been made to verify entries, Oadby and Wigston Borough Council cannot be held responsible for the accuracy of the data. Nothing referred to in this guide should be relied upon as a recommendation or endorsement by the Council of the nature or quality of services and facilities provided by any of the activities included in the guide. Nor does it entitle any member, user or visitor of an activity listed in this guide in any circumstances to any right or remedy arising out of their use of the activity against the Council. Participants, parents or guardians are advised that it is their responsibility to check credentials and health and safety requirements for each activity.*

### Sign up now for Oadby and Wigston's ultimate fitness challenge!

Want to get fit for the new year? Need an incentive? The 333 challenge encourages willing participants to take part in 30 minutes of activity, 3 times a week for 3 months. Activities are recorded in your very own log book and upon completion you will receive a goody bag and be entered into a prize draw to win bigger prizes. If you think you have what it takes to complete the challenge, and also would like the chance to take advantage of free physical activity sessions, call Leanne or Nimesh now on 0116 2572 681 or email [active.together@oadby-wigston.gov.uk](mailto:active.together@oadby-wigston.gov.uk)



# Oadby and Wigston Taster

**January is traditionally the month when we feel the pinch, both in the pocket and around our waistlines after the December festivities, but don't worry, Active Together is here to help you!**

## WIGSTON TASTER SESSIONS

### Back to Netball

Guthlaxton College indoor facility, Every Wednesday, Starting 12 January, 7-8pm, £2 per session. Following the success of the summer Netball Programme, a winter programme has now been arranged. Not played since school? Don't worry! The sessions are for everyone and usually attract a range of ages from 16 to 60. So come along, meet some like minded people and have fun whilst exercising!

### 30/30 Karate/ KickBox

Tuesday 18 January – 8 March, 7:00 p.m. to 8:00 p.m. Central Avenue Christian Church. 30 minutes karate, followed by 30 minutes kickboxing (non contact). Great cardio workout. £1 per session.

### 30/30 Urban Rebounding/ Body Tone

30 minutes urban rebounding, followed by 30 minutes body tone. Great cardio workout. Thursday 3 February – 24 March, 7:00 p.m. to 8:00 p.m. Central avenue Christian church. £1 per session.

### Pilates – Beginners

7pm – 8pm All Saints Primary School, starting from Tuesday 18 January for 8 weeks. Price - £1.50 per session.

### Health Checks –

### Wigston Magna Library

23 February 2011 – 10:30 a.m. – 1:00 p.m. Free

## SOUTH WIGSTON TASTER SESSIONS

### Showtime Dance

St Thomas Church Hall, Tuesday's, starts 11 January, 8:30 – 9.30pm. Back by popular demand showtime dance will get you dancing to all of your favourite songs from the musicals. £2.00 per session.

### Family Dance Class

United Reformed Church, Thursday's, Starts 13 January 6.30-7.30pm. Suitable for parents and children aged 5-14, this fun class enables parents and children to take part in an exercise class and get fit and active together. £1.50 per adult, £1 per child.

### Health checks

South Wigston Library, 22 February 2011 – 10:30 a.m. – 1:00 p.m. Free.

### Zumba

St Thomas Church Hall, Monday's 7-8pm 15 November – 20 December, Resumes on 10 January 2011 7-8pm. The most fun and exciting way to burn calories, Zumba combines musical beats from all over the world to create exciting rhythms for you to dance to. £3.00 per session.

### Dance through the Decades

Every Tuesday starting 11 January – 3 May, 7:30 – 8:30pm, St Thomas Church Hall, South Wigston. Join us for this dance class and dance your way through the decades from the 1950's to noughties! Each decade will have a block of sessions, you can come to all sessions or just choose your favourite decade. No need to book, just turn up! £2.00 per session or £6.00 for the decade.

11 January – 1 February - 1950's/60's  
15 February – 1 March – 1970's  
8 March – 29 March – 1980's  
5 April – 26 April – 1990's  
3 May – 24 May – 2000's

*\*please note dates may vary due to extenuating circumstances, please call to confirm dates or send us your mobile number to receive text message updates.*

## OADB Y TASTER SESSIONS

### New aged Kurling

Parklands Leisure Centre, every Friday 10-11am, £1.50 per session. Think of a cross between ice curling and the concept of bowls and you've got new age kurling! Suitable for all abilities, the game can be played standing, sitting or even laying down.

### Dance to Glee

Beauchamp College, Mondays, 10 January – 28 February, 6-7pm. The hit show Glee comes to life in Oadby. During this class you will dance to the biggest hits. Don't miss out on this fun class! £2 per session.

### Urban Rebounding

United Reformed Church, Rosemead Drive, every Monday starting 10 January 7-8pm. Bounce your way to fitness by taking part in this high energy class. Don't miss out on booking onto this popular class. £2.00 per session. Booking Essential.

### Dance to Ga Ga

United Reformed Church, Rosemead Drive, Thursdays starts 13 January – 3 March, 7:30-8:30pm. Love Lady Ga Ga? You'll love this class! Come along and dance to Ga Ga's biggest hits. £2 per session.



# Sessions



## Zumba

United Reformed Church, Rosemead Drive, Thursdays 13 January – 17 March, 8:30-9:30pm. The most fun and exciting way to burn calories, Zumba combines musical beats from all over the world to create exciting rhythms for you to dance to. £2 per session.

## Fencing

United Reformed Church, Monday's, Starts 8 February 8-9pm. Ever wanted to try something completely different? Fencing could be for you! The sessions will teach you the very basics of this skilled sport whilst getting fit. All equipment will be provided. Please wear long trousers. £20 for 10 week course or £3 per session. Booking Essential.

## 30/30 – Urban Rebounding/ Body Tone

St Pauls Church Hall, 8 week course, Saturdays 2-3pm, 15 January – 5 March £2 per session or book with a friend for a free session.



## Golf

Wednesday 2 February 2011 10:00 a.m. – 11:00 a.m. 50+ 4 week package £15. Saturday 5 February 2011 10:00 a.m. – 11:00 a.m. Any age over 16. £15 for 4 weeks (booking essential) only 15 places per course.

OADBY GOLF COURSE, BY LEICESTER RACECOURSE,  
LEICESTER RD, LEICESTER, LE2 4AJ, **0116 270 9052**  
OR **07905757168**. JBUTLERS2005@HOTMAIL.COM

## GOLF LESSONS FOR CHRISTMAS?

THE PERFECT PRESENT FOR THE ASPIRING GOLFER!

*Vouchers valid for 6 months*

HELP DISCOVER THEIR TRUE GOLFING POTENTIAL

**THE JOHN BUTLER GOLF SCHOOL**

DISCOVER YOUR TRUE GOLFING POTENTIAL

[WWW.OADBYGOLFCLUB.CO.UK](http://WWW.OADBYGOLFCLUB.CO.UK)



## Move 4 Less Week 17 - 23 January 2011

All activities  
ONLY  
£1

From **17 January 2011** for one week you can take advantage of a range of activities, all for just £1! Many of our activities are part of continuing courses anyway, so if you do enjoy them on your first visit, you can go back every week!

Activity	Day	Time	Location
Dance to Glee	Monday	6-7pm	Beauchamp College, Oadby
Urban Rebounding	Monday	7-8pm	United Reformed Church, Oadby
Keep Fit Dance	Tuesday	6-7pm	Beauchamp College, Oadby
Dance through the Decades – 1950's	Tuesday	7:30 – 8:30pm	St Thomas Church Hall, South Wigston
Showtime Dance	Tuesday	8:30 – 9:30pm	St Thomas Church Hall, South Wigston
30/30 karate/kick box	Tuesday	7-8pm	Central Avenue Christian Church, Wigston
Back to Netball	Wednesday	7-8pm	Guthlaxton College, Wigston
Pilates	Tuesday	7-8pm	All Saints Primary School, Wigston
Dance to Ga Ga	Thursday	7:30 – 8:30pm	United Reformed Church, Oadby
Zumba	Thursday	8:30 – 9:30pm	United Reformed Church, Oadby
New age Kurling	Friday	10 – 11am	Parklands Leisure Centre, Oadby
Golf (booking essential)	Saturday	10am – 12pm	Oadby Municipal Golf Course



# Physical Activity Guide

## December 2010 - April 2011

### Ongoing Classes



Activity	Day	Location	Time	Cost	Contact
<b>Aerobics - Low impact</b>	Friday	United Reformed Church, Wigston	10:30am - 11:30am	£3.00	Ann: 07748 957551
<b>Aerobics - Weight Care</b>	Wednesday	Bassett Centre	6:45p.m.	£3.50	Gaynor: 0116 2782 038
<b>Aerobics</b>	Monday	Freer Centre	7:30p.m	Call for details	Gaynor: 0116 2782 038
<b>Badminton</b>	Tuesday	Parklands Leisure Centre	8:00pm – 10:00 pm	£4.50	Steve: 07845 804010
<b>Badminton Ladies Only</b>	Wednesday	Parklands Leisure Centre	10:00am – 12:00pm	£4.50	Steve: 07845 804010
<b>Badminton</b>	Saturday	Parklands Leisure Centre	4:00pm – 6:00 pm	£4.50	Steve: 07845 804010
<b>Belly Dancing</b>	Wednesday	Activelife (Beauchamp College)	6:30pm - 7:30pm	7-8 week course at £5 per Session	Katerina: 07845 886694
<b>Belly Dancing</b>	Thursday	St Thomas Church Hall	6:30pm - 7:30pm	7-8 week course at £5 per Session	Katerina: 07845 886694
<b>Belly Dancing - Intermediate Level</b>	Friday	Activelife (Beauchamp College)	6:30pm - 7:30pm	7-8 week course at £5 per Session	Katerina: 07845 886694
<b>Belly Dancing - Advanced Level</b>	Wednesday	Activelife (Beauchamp College)	7:30pm - 8:30pm	7-8 week course at £5 per Session	Katerina: 07845 886694
<b>Belly Dancing - Advanced Level</b>	Friday	Activelife (Beauchamp College)	7:30pm - 8:30pm	7-8 week course At £5 per Session	Katerina: 07845 886694
<b>Bootcamp</b>	Monday, Wednesday, Friday	Manor Road, Oadby	7:00am - 8:00am	Various	Susan: 07963 159667
<b>Bollywood Dance – Desi Masti</b>	Wednesday	St Paul's Church Hall, Oadby	7:00pm – 8:00pm	£3.50	Anand: 07957 148150
<b>Bollyrobics</b>	Wednesday	St Paul's Church Hall, Oadby	8:00pm – 9:00pm	£3.50	Anand: 07957 148150
<b>Boxing Training</b>	Mondays	White Tiger Training Centre, Oadby	8:00pm - 9:00pm	£5.00	Kevin: 07885 594169
<b>Chair Based Exercise</b>	Tuesday	Marriot House, Oadby	12:15 pm – 1:15pm	£2.50	Ann: 07748 957551
<b>Karate</b>	Tuesday	Beauchamp College	7.00pm - 8.00pm	£4.00	Nilesh: 07972 260264
<b>Karate</b>	Thursday	St Paul's Church Hall	7:00pm - 8:00pm	£4.00	Nilesh: 07972 260264
<b>Karate</b>	Wednesday	White Tiger Training Centre, Oadby	6:00pm – 7:00pm	£5.00	Kevin: 07885 594169
<b>Karate</b>	Friday	White Tiger Training Centre, Oadby	6:00pm – 7:00pm	£5.00	Kevin: 07885 594169
<b>Kickboxing</b>	Wednesday	White Tiger Training Centre, Oadby	8:00pm – 9:00pm	£5.00	Kevin: 07885 594169
<b>Kickboxing</b>	Saturday	White Tiger Training Centre, Oadby	2:00pm – 3:00pm	£5.00	Kevin: 07885 594169

Activity	Day	Location	Time	Cost	Contact
<b>Latin American Line Dance</b>	Monday	United Reformed Church, Oadby	10:00 am - 12:00pm	Call for details	Rosemary: 07949 953 917
<b>Latin American Line Dance</b>	Thursday	St Peters Centre, Oadby	9:30 – 11:00am	Term fee - please call for details	Rosemary: 07949 953 917
<b>Nordic Walking</b>	First and Third Saturday of every month	Brocks Hill Country Park, Oadby	2:30pm - 3:30pm	£4.00	Teresa: 07510 706970
<b>Pilates</b>	To Be Confirmed	Activelife (Beauchamp College)	7:15pm - 8:15pm	£4.00	Dawn: 07966 846835
<b>Wigston Phoenix Running Club</b>	Tuesday	Meet at British Legion, Wigston	6:45 pm	Call for details	Ray Howe: 0116 2703 154
<b>Wigston Phoenix Running Club</b>	Thursday	Meet at Manor Road Running Track	7:00pm		Ray Howe: 0116 2703 154
<b>Salsa</b>	Tuesday	Beauchamp College		Call for details	Jenny: 07931524825
<b>Self Defence</b>	Saturday	Activelife (Beauchamp College)	2:00pm - 2:45pm	£2.00	Nasser: 07792 242150
<b>Seated Exercise</b>	Thursday	St Paul's Church, Oadby	11:30 am - 12:30 pm	£4 per class or £10 for 3 classes	OWBC: 0116 2572 672
<b>Seated Exercise</b>	Monday	Bassett Centre	2:00 pm - 2:45pm	£3.00 per class or £10 for 4 classes	OWBC: 0116 2572 672
<b>Tai Chi</b>	Wednesday	Activelife (Beauchamp College)	8:30pm - 9:30pm	£5.00	Nasser: 07792 242150
<b>Tai Chi</b>	Thursday	Walter Charles Centre, Oadby	2:00pm - 3:00pm	£3.50	Nasser: 07792 242150
<b>Tai Chi</b>	Friday	Brocks Hill Country Park	10:00am - 11:00am	£3.50	Nasser: 07792 242150
<b>Tango Argentino Dance</b>	Tuesday	St Peters Centre, Oadby	7.30 pm – 8.30 pm	£3.50	Rosemary: 07949 953917
<b>Beginners Tango Argentino</b>	Tuesday	St Peters Centre, Oadby	8.30pm – 9.30pm	£3.50	Rosemary: 07949 953917
<b>Walking Group</b>	First Saturday of every Month	Meet outside the Grange Pub, Oadby	10:00 am	Free	Enid: 0116 2719 883
<b>Walking Group -Walking the Way to Health</b>	Saturday	Meet at South Wigston Methodist Church	9:20am meet	Free	OWBC: 0116 2572 672
<b>Yoga for all</b>	Tuesday	Brookside Primary School, Oadby	7:00pm - 8:30pm	£20 for 5 classes	Nicky: 0116 2546 998
<b>Yoga</b>	Wednesday	South Wigston High School	8:00pm - 9:00pm	£4.00	Susan: 0116 2866 997



## Walking for Health

Come along and join the walking group on the first Wednesday of every month. The group meet at 10.30am at Wigston library for a fun, sociable and friendly walk around Wigston usually lasting between 1.5 – 2 miles. People of all ages and abilities are welcome. The group usually end at Age Concern, Paddock Street for more chat and a drink. Call Enid on 0116 2719 883 for more details.

### Dates of Walks:

December 1st 2010  
 5 January 2011  
 2 February 2011  
 2 March 2011  
 6 April 2011



# NEWS what's been happening in your borough...



## Kurling

Kurling is very popular in Oadby and Wigston and a new kurling session is running on Friday mornings at Parklands Leisure centre from 10-11am. The price is just £1.50 for the hour. There is no need to book, just turn up. Never played before? Don't worry, help is on hand during the session with an instructor present. The game can be played from a standing or sitting position and pushers are available if you are unable to push the stone from a standing position. For more information please contact Leanne on 0116 2572 672.



## Softball comes to Oadby for Labor Day

In September, Softball teams from all over the country competed in the East Midlands League annual Labor day tournament, held at the University of Leicester playing fields. With the bulk of the teams coming from Nottingham, Bristol, Norwich and Leeds, and one Leicester team – the Leicester Royals. It is the first time that a tournament such as this has been held in Leicestershire and due to the success of the day, the league are considering using the same venue for next year's tournament.

Softball is a game which anyone can get involved in. It is one of the few sports which is mixed sex aged 14 and upwards and is a great game for all the family to be involved in. The Leicester Royals team play recreational slow pitch, meaning that the level of the game is suitable for beginners and is more focused on involvement and enjoyment as opposed to winning.

Want to get into softball? Call Kayleigh Green from the Leicester Royals on 07791 968016

## Sports Workshop

If you are involved in sport or you are interested in sports coaching why not sign up to the CLUB MARK workshop listed below. This minimum operating standard workshop is aimed at coaches of all levels, team managers, club officers, teachers and volunteers. This is also a required workshop for those clubs working towards Club Mark status.

Equity in your Coaching

**Date:** Wednesday 16 February 2011

**Time:** 6:30pm to 9:30pm

**Venue:** Oadby and Wigston Borough Council Offices

**Cost:** £20 (payable to Leicestershire County Council, via the County Sports Partnership)

### Learning outcomes:

- Explain what sports equity is and why it is important
- Identify barriers to participation
- Use of appropriate language and terminology
- Identify and challenge inequitable behaviour
- Interpret the legal framework that affects coaching

For more information please contact Avril Lennox, the Oadby and Wigston Leisure Development Officer on Leicester (0116) 2572 673 or email [avril.lennox@oadby-wigston.gov.uk](mailto:avril.lennox@oadby-wigston.gov.uk)

## 2011/2012 Sport and Leisure Club Directory

If you would like to have your sport or leisure club listed in the forthcoming new Sport and Leisure Club Directory, please contact Avril Lennox our Leisure Development Officer. There is no charge for this free publicity; your details will also be placed on the internet.

All the clubs listed in the current 2009/10 Directory will be contacted soon to ensure details are up to date. If you have not been contacted or you require any other information please contact Avril on Leicester (0116) 2572 673 or email [avril.lennox@oadby-wigston.gov.uk](mailto:avril.lennox@oadby-wigston.gov.uk)





## Age Concern, Paddock Street, Wigston

Pop along today to see what's going on at Age Concern Wigston. For more information about the activities please call Pam Holyoak on 0116 2885 203



Activity	Day	Time	Cost
Tea Dance	Monday	2-4pm	£2
Line Dancing (advanced)	Tuesday	3.30-5pm	£2
Indoor Bowls	Tuesday	2-4pm	£2
Gentle Exercise	Wednesday	12-1pm	£2.25
Dancercise	Wednesday	4-5pm	£2
Tai Chi Beginners	Thursday	9.15-10.15am	£2
Tai Chi Improvers	Thursday	10.15-11.15am	£2
Table Tennis	Friday	10am-12pm	£2
Line Dancing (Beginners)	Friday	1.30-3pm	£2
Line Dancing (advanced)	Friday	3.15-4.45pm	£2
Walk for Health (departs from Wigston Library)	First Wednesday of every month	10.30 – 11.45pm	Free

## Young at Heart Day 2010

Once again, the young at heart day organised for the senior citizens of Oadby and Wigston proved to be a great success.

Along with a vast array of stalls to look at and a packed afternoon of entertainment was new age kurling and Nintendo Wii sessions. Kurling was as popular as ever this year with around 60 people coming to have a go. The Nintendo wii also proved to be a popular activity with the event attendees. If you would like to know when Nintendo wii sessions are being held please call Leanne on 0116 2572 672 who will be able to inform you of the next wii sessions locally.

## LEAP



### Lifestyle, Eating and Activity programmes

*...helping you to eat smart and become more active!*

Meet new people and learn some healthy eating tips from a Registered Dietician and a Physical Activity Coordinator. **FUN activities, food tasting and more!**

Ask your GP or Practice Nurse or call Dietetics on (0116) 2727 223 for more details

### Do you want to lose weight and keep it off?

Come along to the **FREE LEAP sessions** running in the Borough. Call the Dietetics service on (0116) 2727 223 for information on where your nearest LEAP is running.



## Sports Grants for local residents

### Coach Scholarship Scheme

Oadby and Wigston Local Sport Alliance has recognised that the local area needs more Level 1 and 2 qualified coaches. It has established a small scholarship fund to provide support for sports volunteers and coaches to access National Governing Body Level 1 and Level 2 coach education awards. Applicants must live in the borough and be actively supporting sports programmes which benefit the Oadby and Wigston area.

### Sports Grant Scheme

Young people aged 18 and under, competing at county level or above can apply for £100 funding to assist with the cost of sports equipment, training and travelling expenses. Applicants must live or go to school within the borough to be considered.

For more information on either scheme or for an application form please contact Avril Lennox, Leisure Development Officer, on Leicester (0116) 2572 673 or email [avril.lennox@oadby-wigston.gov.uk](mailto:avril.lennox@oadby-wigston.gov.uk)



The LEAP group on their final session at the Bassett Centre, South Wigston





## 06.02.2011 RELIABILITY TRIALS

Enjoy a days cycling. Three routes available to suit all ages and abilities.

	DISTANCE	BOOKING IN	START
ROUTE A	70 MILES	09:15 – 09:45 am	10:00 am
ROUTE B	45 MILES	09:45 – 10:15 am	10:30 am
ROUTE C	20 MILES	10:15 ONWARDS FOR 11:00 START	

**Entry fee: £5 per rider.**

**EVENT HEADQUARTERS AND REGISTRATION (START & FINISH POINT):**  
AGE CONCERN BUILDING, PADDOCK STREET, WIGSTON, LEICESTER LE18 2AN.

DETAILS OF THE ROUTES (INCLUDING TEA BREAK) WILL BE ISSUED AT THE BOOKING IN POINT. THERE WILL ALSO BE A FREE REFRESHMENT AND A CERTIFICATE UPON COMPLETION OF YOUR ROUTE.

FOR FURTHER DETAILS PLEASE VISIT [www.rataerc.org](http://www.rataerc.org)  
OR VISIT THE RATAE CYCLING CLUB ON THURSDAY EVENINGS (CLUB NIGHT) AT:  
AYLESTONE LEISURE CENTRE, SAFFRON LANE, LEICESTER.

\* All bikes must be safe and roadworthy.  
We advise the use of suitable clothing and head protection.

Would you like more information?  
Would you like to work in  
partnership with us and have your  
class or activity listed in this guide?  
Would you like to try an activity not  
listed in this guide?

Then contact your Physical Activity Development  
Officers, we would be more than happy to help!

**Leanne Plummer** - Tel: (0116) 2572 672  
Email: [leanne.plummer@oadby-wigston.gov.uk](mailto:leanne.plummer@oadby-wigston.gov.uk)

**Nimesh Patel** - Tel: (0116) 2572 686  
Email: [nimesh.patel@oadby-wigston.gov.uk](mailto:nimesh.patel@oadby-wigston.gov.uk)

**Avril Lennox MBE**, Local Active  
Together Manager and Leisure  
Development Officer.  
Tel: (0116) 2572 673  
Email: [avril.lennox@oadby-wigston.gov.uk](mailto:avril.lennox@oadby-wigston.gov.uk)



## Active Together Golf

Active Together has a strong golf programme currently running in Oadby and Wigston. We are working in partnership with the John Butler Golf School, based at the Oadby Municipal Golf Course. We are currently running two different types of golf coaching. Tri Golf (pictured below) is an adaptation of the full game which involves plastic clubs and putters and uses soft foam balls. Tri Golf is an all inclusive activity, which shown below can be played standing or seated. The Golf Professional, John Butler has been a real asset to Active Together with his enthusiasm and drive to helping people learn the basics and also improve seasoned amateurs.



(pictured above, John Butler Golf Professional with Matthew, Shaun and Ronnie)

Active Together are currently running some golf packages at the Oadby Municipal Golf Course. These 4 week taster packages give people a real-insight into learning different types of shots needed to play on a golf course. Participants are taken around the golf course and shown how to perform specific shots, on the final session they are taken around the golf course and have a go playing a real game. Below show some photos of the golf course sessions.



**change  
4 life** [www.change4life.co.uk](http://www.change4life.co.uk)