



Press Release

August 15, 2024

Free and low-cost exercise and wellbeing for individuals and families

New free 'couch to 5k' running programmes are being launched in Fenland as a new swathe of free and low-cost exercise and wellbeing sessions is announced by provider Active Fenland.

Fenland District Council's Active Fenland offers a programme of free and low-cost sessions for all ages and abilities.

Two adult groups, who took part in the first Active Fenland 'couch to 5k' programme, have been awarded with certificates and many have progressed to joining in with free Saturday 5k parkruns in the district.

Special family summer holiday classes including free family running and yoga sessions and 'Marvellous Movers Family Sport Activities' continue in the summer holidays.

In September, Active Fenland is also launching new blocks for adults of kickboxing for wellbeing and wellbeing dance and stretch classes - fun choreographed dance classes.

It's also keen to encourage more people to its Wisbech walking football sessions as well as its other long-standing sessions which include everything from multi-sports fun sessions to classes for people with dementia.

Cllr Alex Miscandlon, Fenland District Council portfolio holder for leisure, said: "It's wonderful to see those people who have completed a couch to 5k programme with us now progressing on to parkruns.

"This is exactly what Active Fenland is about - helping people who aren't regularly active to become so to support the long-term wellbeing of our communities, which has personal and economic benefits for everyone."

Fenland District Council's Active Fenland secures grant funding to provide opportunities for people to live more active lives, especially where they might face additional barriers to do so.

The programme is currently delivered with funding support from Cambridgeshire & Peterborough Integrated Care System (ICS) and Cambridgeshire County Council.

Full details of all sessions and sign-up forms are at www.fenland.gov.uk/article/18123

- Free Couch to 5K programmes are:
 - Wednesdays, September 25 to November 27, 6.30pm to 7.30pm, meeting at March Athletic Club, Elm Road Sports Field, Elm Road, March PE15 0BH.
 - Tuesdays, 9.30am to 10.30am, September 10 to November 26, meeting near the pavilion at Wisbech Park, Lynn Road, Wisbech PE13 3AB. Enjoy an optional drink afterwards in the new pavilion café, at your own cost.
- Adults 'Wellbeing Dance and Stretch' fun dance and wellness stretching for beginners, is Tuesdays, from September 17 to December 17 (excluding October 29), 7pm to 8pm, £2.50 per session or £32.50 for the block, at Neale Wade Sports Centre, Wimblington Road, March, PE15 9PX.
- Kickboxing For Wellbeing', is Saturdays, from September 21 to December 14 (excluding November 23), 9.30am to 10.30am, at RKA Kickboxing Academy, Unit C4, Enterprise Park, March, PE15 0BD. For people aged 16 plus. £2.50 per session or £30 for the block.
- Turn-up and play walking football, Fridays, 7pm to 8pm, £2, at Hudson Leisure Centre, Harecroft Road, Wisbech. Pay at the leisure centre. No need to book.
- Free tea dances on Friday, August 16, at Eastrea Centre, 2 Roman Gardens, Eastrea, Whittlesey, PE7 2DF. Beginners dance lesson 1.30pm to 2pm, and main event for all abilities 2pm to 4pm.
- Free summer holiday family running sessions are being held in March and Wisbech.
 - Tuesdays to August 27, 9.30am to 10.30am, at Wisbech Park, meeting outside the new pavilion. For adults with children aged eight and over.
 - Wednesdays to August 28, 6.30pm to 7.30pm, at West End Park, March. For adults with children aged 12 and over.
- Free Summer holiday family yoga sessions are in the beautiful garden at the National Trust's Peckover House, North Brink, Wisbech. Sessions are Mondays, 10.45am to 11.30am, to August 19. No need to book. Ideal for accompanied primary aged children.
- Marvellous Movers Family Sport Activities are taking place at district libraries for families with primary school age children, no booking required, 1.30pm to 4pm:
 - Wednesday, August 21, at Wisbech library, Ely Place, Wisbech PE13 1EU.
- Full details of all sessions and sign up forms are at www.fenland.gov.uk/article/18123

Ends

Photos:

Couch to 5k 'graduates' in March with, front right, Fenland District Council portfolio holder for leisure Cllr Alex Miscandlon, volunteers from March Athletic Club and the run leader.

Couch to 5k 'graduates' in Wisbech with, on far right, Fenland District Council portfolio holder for leisure Cllr Alex Miscandlon.

Picture 1: Successful couch to 5k participants. Foreground from left run leader Bryan Newman, Kay Newman, Louise Edis, Justine Westbrook, Active Fenland's Dawn Goodley.

Picture 2: From left, Active Fenland's Heidi Smith and Dawn Goodley, run leader Gary Bligh, Fenland District Council portfolio holder for leisure Cllr Alex Miscandlon.

Picture 3: Wisbech parkrun run director Sara Meekins, far left, and active Fenland's Dawn Goodley, second from left, with 'couch to 5k graduates' completing the parkrun.

Notes to Editors

For media enquiries, please contact the Fenland District Council press office on 01354 622226 or email: communications@fenland.gov.uk