



Press Release  
12 February 2025

## **Volunteers wanted to support programme of free and low-cost social and fitness sessions for all in Fenland**

Volunteers are being sought to help lead a new free sports reminiscence-based group for older people — the latest addition to a programme of free and low-cost exercise and wellbeing classes for all ages in Fenland.

In a separate addition, a specialist exercise group for people with diabetes is being offered. The full Fenland District Council Active Fenland programme, open to all in Fenland, includes everything from kickboxing for beginners to dementia-friendly seated exercise.

Volunteers are sought for a new 'Sporting Memories' group in Whittlesey. It will allow older people with an interest in sport to come together weekly for two hours. The session will include an hour of relaxed chat, which can include quizzes and fun activities such as 'spot the ball', free refreshments and an hour of light physical exercise such as kurling, chair-based exercise or boccia.

The group is for anyone aged 50-plus, including those living with dementia or other long-term health conditions. Active Fenland is supporting the project which is led by the Sporting Memories charity.

Volunteers are sought to support or run the session, which is expected to be held 1pm to 3pm Wednesdays. Volunteers do not need to be available to attend every week. Training and support is provided.

Cllr Alex Miscandlon, Fenland District Council's portfolio holder for leisure, said: "Active Fenland prides itself on offering a diverse range of free and low-cost exercise and wellbeing activities for people across the district.

"We're delighted to see these new offers added.

"We look forward to seeing people reap the rewards of the Sporting Memories group and know the joy it brings will not only extend to those who attend, but to the volunteers who deliver it too. We repeatedly hear the huge benefits of self-worth and purpose volunteers feel for getting involved — and we're so thankful for that because without them these things could not happen."

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.

Activities are offered at venues across the district.

A new exercise class specifically for people with diabetes, takes place 12.30pm to 1.30pm, Tuesdays, £3 per session, at Hudson Leisure Centre, Harecroft Road, Wisbech, PE13 1RL. Book and pay at leisure centre.

- To find out more about volunteering with Sporting Memories email [Kelly.hart@sportingmemories.uk](mailto:Kelly.hart@sportingmemories.uk)
- Find the full Active Fenland programme at: [www.fenland.gov.uk/article/18370](http://www.fenland.gov.uk/article/18370) This includes activities in: [Chatteris](#), [March](#), [Whittlesey](#) and [Wisbech](#), [wider Fenland and home-based](#).

**Ends**

### **Notes to Editors**

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