



Press Release

April 2, 2025

New free social and fitness sessions in Fenland for April 2025

New free sessions have been added to a broad programme of no-cost and low-cost social and fitness sessions for all in Fenland.

More free family running sessions and a social sports reminiscence-based group for older people have been added to Fenland District Council's [Active Fenland programme](#). The programme already includes fall prevention 'strength and balance' classes, walking hockey, multi-activity social sessions for older people, free sessions with free gym passes for adults who want to lose weight and much more.

Activities are offered at venues across the district.

- Free family running sessions, for adults accompanied by children aged 8 plus, will be held at Wisbech Park. Booking is essential.

The sessions will be Tuesdays, from April 22 to June 10, 6pm to 7pm, meeting at the pavilion at Wisbech Park, Lynn Road, Wisbech PE13 3AB.

They are a new addition to the programme following the announcement of Easter holiday running sessions, now also for adults with children aged eight plus.

- A free social sports reminiscence-based group for people aged 50-plus is launching Wednesdays, from April 23, 1pm to 3pm, at Manor Leisure Centre, Station Road, Whittlesey PE7 1UA. No need to book, just turn up.

The Sporting Memories group allows people with an interest in sport to come together weekly for two hours.

The session will include an hour of relaxed chat, with 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.

It's for anyone aged 50-plus, including those living with dementia, depression or other long-term health conditions.

Active Fenland is supporting the project which is led by the Sporting Memories charity.

Volunteers are being sought to help at the sessions. To find out more about volunteering with Sporting Memories email kelly.hart@sportingmemories.uk

- Easter holiday family running sessions, for adults accompanied by children aged eight plus, will be held in Wisbech and March:
 - Tuesday, April 8 and Tuesday, April 15, 9.30am to 10.30am, meeting at Wisbech Park, Lynn Road, Wisbech PE13 3AB.
 - Wednesday, April 9, and Wednesday, April 16, 10.30am to 11.30am, meeting at West End Park, March, PE15 9LT.

Booking is essential. Sign up via: www.fenland.gov.uk/activefenland

- Spaces are still available on 12-week Active for Health programmes for eligible people who want to lose weight, which must be booked in advance and are due to start on:
 - Monday, April 28, 3pm to 4pm, or 4.45pm to 5.45pm, at Hudson Leisure Centre, Harecroft Road, Wisbech, PE13 1RL.
 - Monday, April 28, 4.45pm to 5.45pm, at Manor Leisure Centre, Station Road, Whittlesey, PE7 1UA.
 - Tuesday, April 29, 4.45pm to 5.45pm, (amended to a later time than previously published), at Chatteris Leisure Centre, Eastwood, Chatteris, PE16 6FN.
 - Tuesday, April 29, 4.45pm to 5.45pm, at George Campbell Leisure Centre, City Road, March, PE15 9LT.

Discover the full Active Fenland programme and book at: www.fenland.gov.uk/article/18439

Ends