

# FENLAND DISTRICT COUNCIL

## PRESS RELEASE

January 8, 2024

### **Free taster sessions for new strength and social exercise classes for older people**

Free taster sessions are being held to launch new exercise sessions for older people in Fenland.

New 'Forever Fit' sociable, all ability sporting activities sessions aimed at, but not limited to, older people, are being launched in Whittlesey. They involve an hour of circulating around different sports such as new age kurling, table tennis and badminton.

New strength and balance partially chair-based exercise sessions for people who have lost or are losing confidence in their balance or fear falling are also being launched in Whittlesey and have recently begun in Chatteris.

The sessions are new offerings within Fenland District Council's Active Fenland programme.

Cllr Alex Miscandlon, Fenland District Council's portfolio holder for leisure, said: "These sessions have been run and popular in other parts of Fenland for some time and it's great they can now be taken to Whittlesey.

"We encourage anyone with an interest in finding out more about them to go along to the taster sessions.

"The atmosphere at both sessions will be warm and welcoming.

"We're constantly looking for opportunities to take sessions out to all parts of Fenland and would encourage all residents to check the Active Fenland web page for details of new and existing sessions across the district."

Active Fenland draws grant funding into the district to provide accessible free and low-cost activity and wellbeing sessions.

The new Forever Fit sessions launch at Manor Leisure Centre, Station Road, Whittlesey PE7 1UA with the free taster session 1pm to 2pm, Tuesday, January 16. Sessions will continue Tuesdays, 1pm to 2pm, at a cost of £2 per person. Book and pay for sessions at the leisure centre.

Strength and Balance classes for people who have or are losing confidence in their balance or fear falling will also be at Manor Leisure Centre. The free taster session is on Friday, January 12, 11.30am to 12.30pm. Sessions will continue on Fridays 11.30am to 12.30pm, at a cost of £2.50 per session.

Book onto the free strength and balance taster session at:

<https://fenland.gov.uk/activefenlandbookingform>

Ongoing sessions can be booked and paid for at the leisure centre.

Strength and Balance classes are being held Fridays, 11.30am to 12.30pm, at Chatteris Leisure Centre, Eastwood, Chatteris, PE16 6FN. Sessions cost £2.50 and can be booked and paid for at the leisure centre.

Strength and Balance sessions also run in Wisbech and Doddington.

Find out more about free and low-cost Active Fenland sessions across the district at:

<https://fenland.gov.uk/activefenland>

Details of some of the most recently launched classes can be found at:

<https://fenland.gov.uk/article/17744/Free-exercise-wellness-and-social-activity-sessions-for-New-Year>

## **ENDS**

### **About Active Fenland**

Fenland District Council launched Active Fenland in June 2015 with Sport England funding.

The service promotes and provides informal, fun, sport and physical activity sessions in community settings across Fenland, with the aim of encouraging the local community to get more active, more often, and to lead more physically active and healthier lifestyles.

Active Fenland receives a small amount of funding from Fenland District Council annually but funds most of its work through grants from various bodies to deliver specific programmes targeting specific need.