

FENLAND DISTRICT COUNCIL

PRESS RELEASE

April 4, 2024

New free Fenland exercise sessions include Couch to 5k and family fun

New free fitness sessions in Fenland support people of all ages to complete the 'Couch to 5k' running programme and, through a separate class, offer families with young children active fun.

The sessions are the latest offerings from Active Fenland, which provides free and low cost, exercise and wellbeing opportunities in the district, including everything from walking football to wellbeing kickboxing, badminton to social gatherings with mixed sports and dementia friendly seated exercise.

There's also another free Fenland tea dance this month, with novice to experienced dancers welcome.

Couch to 5k

The free 'Couch to 5k' programmes are launching in March and Wisbech to support non-runners to build up to completing distances of 5km through weekly sessions.

They are:

- 6.30pm to 7.30pm, Wednesdays, April 24 to July 3, meeting at March Athletic Club, Elm Road Sports Field, Elm Road, March PE15 0BH.
- 9.30am to 10.30am Tuesdays, April 23 to July 9, 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.

Book online at www.fenland.gov.uk/activefenlandbookingform or call 07874 893316. Please leave a message.

Family fun activity sessions

On Friday, April 12, Active Fenland is hosting free sessions for families at March library, in City Road, March, PE15 9LT.

The sessions are best for children aged five to ten, but siblings are welcome. All children must be accompanied by an adult and adults are encouraged to join in the fun.

Sessions are 10am to 11am and 11am to noon.

Pre booking at the library counter is essential.

Active Fenland will also be at Whittlesey Library, in Market Street, on Friday, April 5, 10am to noon, and Wisbech Library, in Ely Place, on Thursday, April 11, 10am to 11.30am and 2.30pm to 4pm. No need to book just turn up.

Tea dance in Eastrea

The Active Fenland tea dance in Eastrea is free to participants and includes beginners' tuition and light refreshments.

It's on Friday, April 26, at Eastrea Centre, 2 Roman Gardens, Eastrea, Whittlesey, PE7 2DF.

The beginners dance lesson is 1.30pm to 2pm and main event for all abilities 2pm to 4pm. Book at: www.fenland.gov.uk/activefenlandbookingform or call 07592 774656. Please leave a message.

Further locations and dates are set for tea dances in coming months (details by location below).

Badminton, walking football and multi-sports sessions

Turn-up and play, no-need-to-book walking football and social badminton sessions in Wisbech are among the other Active Fenland offers.

New members are also particularly welcome on Forever Fit multi-sports social sessions in Whittlesey, which includes a hot drink, and is building numbers up.

Except where stated, Active Fenland sessions should be booked in advance at www.fenland.gov.uk/activefenlandbookingform. Places are confirmed by email.

If sessions are fully booked, you'll be placed on a waiting list and notified by email if a place becomes available.

Full details of the latest Active Fenland sessions are:

Chatteris

- Free Chatteris Pocket Park Wellbeing Walk, first Sunday of the month, 10am, from outside The Sportsman, Fairway, PE16 6ST. Walk of 45 - 60 minutes.
- Free Chatteris Wellbeing Walk, Tuesdays, 1.45pm from Chatteris Library, Furrowfields Road, PE16 6DY. Walk of around 45 minutes, variable but usually slower pace. Tea/coffee available afterwards in the library.
- Free dementia friendly 'Love to Move' class 11am to 12.30pm Thursdays at King Edward Community Centre, King Edward Road, Chatteris PE16 6NG. No need to book.
- Free 'Wellbeing Stretch and Breathe' class to help with relaxation and releasing tension, suitable for all abilities, with exercises that can be done either on a chair or the floor, at King Edward Centre, King Edward Road, Chatteris, Thursdays, 12.45pm to 1.45pm. Book at: [Active Fenland booking form](#)
- Strength and Balance classes for people who have or are losing confidence in their balance or fear falling, Fridays, 11.30am to 12.30pm, Chatteris Leisure Centre, Eastwood, Chatteris, PE16 6FN. Sessions cost £2.50 and can be booked and paid for at the leisure centre.
- 'Pre-fit' activity sessions for people who have noticed they are limiting their activity or have stopped doing things because they are getting more challenging. At Chatteris Leisure Centre, Eastwood, Chatteris, PE16 6FN. Wednesdays, 11.30am to 1pm. £3 per session, book and pay at leisure centre.
- Free tea dance, Friday, June 28, at King Edward Community Centre, King Edward Road, Chatteris PE16 6NG. Beginners dance lesson 1.30pm to 2pm and main event for all abilities 2pm to 4pm. Book at: [Active Fenland booking form](#).

March

- Free dementia friendly 'Love to Move' class 11am to 12.30pm Tuesdays at March Braza Club, Elm Road, PE15 8NZ. No need to book.
- Free March Riverside Wellbeing Walk, Tuesdays, 1.30pm from March Library, City Road, March, PE15 9LT. Around an hour, variable yet usually moderate pace. Tea/coffee available afterwards in the library.
- Free adults 'Wellbeing Dance and Stretch' fun dance and wellness stretching for beginners, Wednesdays at Neale Wade Sports Centre, Wimblington Road, March, PE15 9PX. Book at: [Active Fenland booking form](#)
- 'Pre-fit' activity sessions for people who have noticed they are limiting their activity or have stopped doing the things because they are getting more challenging. At George Campbell Leisure Centre, City Road, PE15 9LT. Wednesdays, 2pm to 3.30pm. £3 per session, book and pay at leisure centre.
- Free 'Kickboxing For Wellbeing', Saturdays, 9.30am to 11am, RKA Kickboxing Academy, Unit C4, Enterprise Park, March, PE15 0BD. For people aged 16 plus. Enjoy a free hot drink and chat afterwards too. Book at: [Active Fenland booking form](#)
- Free Couch to 5K, 6.30pm to 7.30pm, Wednesdays, from April 24 to July 3, meeting at March Athletic Club, Elm Road Sports Field, Elm Road, March PE15 0BH.
- Free tea dance at March Braza Club, Elm Road, PE15 8NZ, Friday, May 31. Beginners dance lesson 1.30pm to 2pm and main event for all abilities 2pm to 4pm. Book at: [Active Fenland booking form](#). Also being held Friday, August 2.

Whittlesey

- Free Whittlesey Wellbeing Walk, every 2nd & 4th Monday of the month, 10am from the Buttercross, Market Street, around an hour at variable but usually slower pace. Tea/coffee available afterwards in the library.
- Forever Fit - an hour of circulating around different sports such as new age kurling, table tennis and badminton and have an included drink and a chat too. At Manor Leisure Centre, Station Road, Whittlesey PE7 1UA. Tuesdays, 12.30pm to 1.30pm, £2 per person. Book and pay at the leisure centre.
- Strength and Balance classes for people who have or are losing confidence in their balance or fear falling. at Manor Leisure Centre, Station Road, Whittlesey PE7 1UA. Fridays 11.30am to 12.30pm, £2.50 per session. Book and pay at the leisure centre.
- 'Pre-fit' activity sessions for people who have noticed they are limiting their activity or have stopped doing the things because they are getting more challenging. At Manor Leisure Centre, Station Road, Whittlesey PE7 1UA. Tuesdays, 10am to 11.30am. £3 per session. Book and pay at leisure centre.

Wisbech

- Free Wisbech Mindful Wellbeing Walk, Fridays, 10am from Wisbech Park Bandstand, around an hour at a variable but usually moderate pace.
- Strength and Balance classes for people who have or are losing confidence in their balance or fear falling Wisbech Oasis Centre, St Michaels Avenue, PE13 3NR, Tuesdays 12.15pm to 1.15pm. Book at: [Active Fenland booking form](#)
- 'Pre-fit' activity sessions for people who have noticed they are limiting their activity or have stopped doing the things because they are getting more challenging. At Hudson Leisure Centre, Harecroft Road, Wisbech, PE13 1RL. Wednesdays, 2pm to 3.30pm. £3 per session, book and pay at leisure centre.
- Gentle yoga, Wisbech Oasis Centre, St Michaels Avenue, PE13 3NR, Tuesdays 2.15pm to 3.15pm, £30 for 12 weeks or £15 for six. Book at: [Active Fenland booking form](#)
- Turn-up and play sessions, £2, at Hudson Leisure Centre, Harecroft Road, Wisbech, PE13 1RL:
 - Badminton sessions for people aged 16 plus:

- Social Ladies', Wednesdays, 7pm-8pm
- Beginners, Mondays, 6pm to 7pm
- Intermediate, Mondays, 7pm to 8pm
- Walking football, Fridays, 7pm to 8pm
- Forever Fit - a chance to enjoy a variety of activities in one session in a social group and have an included drink and a chat too. Activities might include things like new age kurling, table tennis, badminton and mini golf. Tuesdays, 11.30am to 12.30pm.
- Free 'couch to 5k', 9.30am to 10.30am, Tuesdays, from April 23 to July 9, 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.
- Free tea dance, at Queen Mary Centre, Queens Road, PE13 2PE, Friday, July 26. Beginners dance lesson 1.30pm to 2pm and main event for all abilities 2pm to 4pm. Book at: [Active Fenland booking form](#)

Christchurch

Free tea dance at Christchurch Community Centre, Upwell Road, Christchurch, PE14 9LL, Friday, May 24. Beginners dance lesson 1.30pm to 2pm and main event for all abilities 2pm to 4pm. Book at: [Active Fenland booking form](#)

Doddington

Doddington Court, Benwick Road, Doddington, PE15 0WD (book and pay online via our [Active Fenland](#) webpage or at Doddington Court):

- Strength and Balance classes for people who have or are losing confidence in their balance or fear falling, Wednesdays, 11.15pm to 12.15pm. £30 for 12 weeks. Currently fully booked but a waiting list is being operated. [Add your details to the waiting list](#) or email activefenlandbookings@fenland.gov.uk for information on other Strength and Balance classes in the district.
- 'Pre-fit' activity sessions for people who have noticed they are limiting their activity or have stopped doing the things because they are getting more challenging. Wednesdays, 12.30pm to 2pm. £36 for 12 weeks.

Eastrea

Free tea dance at Eastrea Centre, 2 Roman Gardens, Eastrea, Whittlesey, PE7 2DF, Friday, April 26, and Friday, August 16. Beginners dance lesson 1.30pm to 2pm and main event for all abilities 2pm to 4pm. Book at: [Active Fenland booking form](#)

Parson Drove

Free tea dance at Parson Drove Hall, Wisbech, PE13 4LA, Wednesday, June 19. Beginners dance lesson 1.30pm to 2pm and main event for all abilities 2pm to 4pm. Book at: [Active Fenland booking form](#)

- Discover more about Active Fenland and find a timetable at: www.fenland.gov.uk/activefenland

ENDS

Photos:

People enjoying Chatteris tea dance earlier this year (Feb 2024). Sign up now for a similar event in Eastrea.

A 'Love to Move' dementia friendly activity class at the Damsons group, Peckover House, Wisbech. Love to Move is also available in March and Chatteris.

Forever Fit, Whittlesey. Members circulate around different sports such as new age kurling, table tennis and badminton and have an included drink and a chat too.