



## Press Release

June 11, 2024

# June's packed programme of free and low-cost exercise and wellbeing sessions in Fenland

A new free wellbeing walk for grandparents and grandchildren is the latest offer in a packed programme of free and low-cost exercise and wellbeing sessions in Fenland.

There's also the chance for volunteers to train free to lead a wellbeing walk.

Wellbeing walks are non-demanding opportunities for people to walk together for health and wellbeing.

Walking football, 'pre-fit' activity sessions for people who have or are losing confidence in their balance or fear falling, free couch-to-5k running and tea dances are among other activities offered by Active Fenland.

In the recent school half term, Active Fenland provided free family fun activities during an open event at the grounds of the National Trust's Peckover House, in Wisbech. Around 70 adults and more than 90 children took part.

The new **grandparent and grandchild Ramblers Wellbeing Walk** is the first Friday of the month, setting off from March library, in City Road, at 9.15am, with a chance to take part in library sessions afterwards.

The walk is ideal for grandparents with grandchildren aged up to four years old. Grandparents are responsible for their grandchildren at all times. Buggies welcome.

Free training for anyone keen to **lead a free social Ramblers Wellbeing Walk** in Fenland is being offered 9.30am to 4pm at Wisbech Library on July 5 at March Library, July 10. Lunch included. Book with Active Fenland.

Active Fenland **free tea dances**, including dance tuition and free light nibbles, are coming to Chatteris and Parson Drove.

For both events, there's a beginners' dance lesson 1.30pm to 2pm, and main event for all abilities 2pm to 4pm. Book with Active Fenland.

Tea dances are at:

- King Edward Community Centre, King Edward Road, Chatteris PE16 6NG, Friday, June 28.
- Parson Drove Hall, Wisbech, PE13 4LA, Wednesday, June 19.

Further locations and dates are set for tea dances in coming months.

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.

- **Booking information and the full programme** of Active Fenland sessions are available at [www.fenland.gov.uk/activefenland](http://www.fenland.gov.uk/activefenland) and in the [timetable](#)
- Registering in advance for Ramblers Wellbeing Walks is preferred but you can just turn up. Register at [www.ramblers.org.uk/wellbeing-walks-sign-up](http://www.ramblers.org.uk/wellbeing-walks-sign-up)

**ENDS**

**Photos:**

Families enjoy free family fun with Active Fenland during an open event at the grounds of the National Trust's Peckover House. Photo courtesy of Mike Selby and National Trust