



Press Release

May 22, 2025

New free and low-cost fun and fitness activities in Fenland

New sessions have been added to a programme of free and low-cost social and activity classes and events in Fenland.

A family fun day; wellbeing walk for new parents and those with young children; tea dances; plus, lower intensity fitness sessions for inactive adults, have been added to Fenland District Council's Active Fenland programme.

The full Active Fenland programme includes fall prevention strength and balance classes, walking football, 'couch to 5k' and family running sessions, a multitude of Rambler's Wellbeing Walks and much more.

Cllr Susan Wallwork, portfolio holder for Active Fenland, said: "There's always so much on offer for all ages thanks to Active Fenland's free and low-cost programme of social and fitness activities.

"We urge everyone to take a look at the Fenland District Council website to get all the details. There's sure to be something perfect for you.

"Many of the classes are aimed at those who are new to exercise or building up their fitness, like the 'couch to 5k' running classes, which we're delighted to have recently seen several groups complete with deserved pride and now have new beginners joining us for."

Newest additions to the programme are:

- A free family fun day will be held Thursday, May 29, in the grounds of the National Trust's Peckover House, Noth Brink, Wisbech PE13 1JR. The main session runs 10am to 2pm (last entry 1.30pm). Quiet hour 2pm to 3pm (last entry 2.30pm). No booking required.

Activities and entry to the grounds for the event are free. Grab an activity card from the Active Fenland team on the day, then enjoy self-guided fun activities linked to literacy and maths. Get all the stamps and receive a certificate at the end. Activities are ideal for primary school aged children with adult supervision and support. Siblings welcome.

- A free social stroll for new parents, or those with little ones in a buggy, to meet, walk and chat together through West End Park, March, every 1st and 3rd Thursday of the month (excluding May 15), 10am to 11am, meeting at the entrance to George Campbell Leisure Centre, City Road.
- 'Active for Health Next Steps' lower-intensity classes perfect for inactive adults, Wednesdays, 4.45pm to 5.45pm, at Hudson Leisure Centre, Harecroft Road, Wisbech, PE13 1RL, £3.50 per session (or free to leisure centre members). Book and pay at the leisure centre.
- Active Fenland tea dances, including dance tuition for those who want it, and light nibbles, are returning to venues across Fenland. Priced at £4 per person, The events include a beginners' dance lesson 1.30pm to 2pm, and main event for all abilities 2pm to 4pm. Booking is essential. They take place:
 - Friday, June 20, Chatteris King Edward Centre, King Edwards Road, PE16 6NG
 - Friday, July 25, Gorefield Community Hall, Wolf Lane, Gorefield, Wisbech PE13 4NE
 - Friday, August 8, Manor Leisure Centre, Station Road, Whittlesey PE7 1UA
 - Friday, September 5, Braza Club, Elm Road, March PE15 8NZ.
- An exercise class for people with diabetes Tuesdays, 11.15am to 12.15pm, at Hudson Leisure Centre, Harecroft Road, Wisbech, PE13 1RL. £3 per session. Book and pay at the leisure centre.

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. Activities are offered at venues across the district.

The Active Fenland programme is currently delivered with funding support from Cambridgeshire & Peterborough Integrated Care System (ICS) and Cambridgeshire County Council Public Health.

- For the full Active Fenland programme and to book see: www.fenland.gov.uk/New-free-social-and-fitness-sessions-in-Fenland-May-2025

Ends

Photos:

Recent graduates of an Active Fenland 'Couch to 5k' programme in Chatteris.

Recent graduates of an Active Fenland 'Couch to 5k' programme in March.