

Press Release

July 3, 2025

New free social and fitness sessions in Fenland

New free sessions added to a programme of social and activity classes in Fenland include beginner hockey and cricket, a couch to 5k course and family fun.

The latest classes are part of a packed free and low-cost programme offered by Fenland District Council's Active Fenland.

The [full Active Fenland programme](#) includes classes for people with specific health conditions such as diabetes and cardiac problems, facing mobility issues or dementia and lots of general social and fitness classes for all.

- New free walking **cricket and hockey**, back-to-hockey and girls and ladies cricket sessions take place at Wisbech Cricket and Hockey Club, Harecroft Road, Wisbech PE13 1RR. No need to book.
 - Girls cricket, is Wednesdays, for girls aged eight to 15, 5pm to 6pm, and, for ladies 16 and over, 6pm to 7pm.
 - Ladies cricket is Wednesdays, 7pm to 8pm.
 - Walking hockey is Wednesdays, 7pm to 8pm.
 - 'Back to hockey' sessions for beginners and returners is Wednesdays, 7pm to 8pm.
 - Walking cricket, is Wednesdays, starting July 9, 11am to 12.30pm.
- Everyone is invited to a free **'Get Active' sports day** where you can have a go at different fun activities and find out about sports clubs open to new members. The 'Get Active' event is on Saturday, August 2, noon to 3.30pm, at Wisbech Rugby Club, Harecroft Road Playing Field, Wisbech, and will focus on clubs local to that area.
- A **free family fun day**, and outdoor adults-only and family yoga sessions will be held in the beautiful grounds of the National Trust's Peckover House, North Brink, Wisbech PE13 1JR. You do not need to be a member to take part and access to the grounds for the activities is free.
 - A free family fun day will be held Thursday, August 14. The main session runs 10am to 2pm (last entry 1.30pm). Quiet hour 2pm to 3pm (last entry 2.30pm). No booking required. Grab an activity card from the Active Fenland team on the day, then enjoy self-guided fun activities linked to literacy and maths. Activities are ideal for primary school aged children with adult supervision and support. Siblings are welcome.
 - Free **outdoor family and adult-only yoga sessions**, Mondays, July 28, and August 4, 11 and 18:

- Free turn-up family yoga sessions, 10.45am to 11.30am, are perfect for primary school aged children. Adults must remain throughout.
- Free adult yoga will be held 9.30am to 10.30am, ideal for beginners. Booking is essential via: [Wellbeing Yoga in the garden | National Trust](#)
- Free turn up and play library-based **family fun sessions** involving stories, imagination and movement. Events will take place, 2pm to 4pm:
 - Tuesday, August 5, Wisbech library, Ely Place, PE13 1EU
 - Monday, August 11, Whittlesey library, Market Street, PE7 1BA
 - Tuesday, August 19, March library, City Road, PE15 9LT
 - Wednesday, August 20, Chatteris library, 2 Furrowfields Road, PE16 6DY.
- A new free **couch to 5k** supported running programme is launching in Wisbech open to everyone aged eight plus, with those aged 14 and under needing to be accompanied by an adult. Booking is essential.

The sessions take place 9.30am to 10.30am, Tuesdays, from July 15 to September 30, meeting near the pavilion at Wisbech Park, Lynn Road, Wisbech PE13 3AB. Sign up at: [Active Fenland Bookings](#)

- Active Fenland **tea dances**, including light nibbles and dance tuition are £4 per person. Beginners dance lesson 1.30pm to 2pm, and main event for all abilities 2pm to 4pm. Booking is essential at [Active Fenland Bookings](#). Events are:
 - 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.

The full Active Fenland programme including yoga, social low intensity multi-sports circuit sessions and much more is at www.fenland.gov.uk/article/18548

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.

Cllr Susan Wallwork, of Fenland District Council, said: “There’s so much on offer for all, even those new to exercise or facing health or mobility issues. We encourage everyone to take a look at the full programme and to come along to a class.”

Ends