



Press Release

July 10, 2024

Summer holiday family fun added to programme of free and low-cost exercise and wellbeing sessions in Fenland

Free summer holiday family running and outdoor yoga sessions have been added to a packed programme of exercise and wellbeing sessions in Fenland.

Fenland District Council's Active Fenland is offering the summer holiday activities as part of its programme of free and low-cost sessions, which cater for all ages and abilities.

Activity sessions for people with specific health needs, reduced mobility and for the wider community are offered. Free tea dances will also continue this month.

Cllr Alex Miscandlon, Fenland District Council portfolio holder for leisure, said: "We encourage everyone to take a look at the Active Fenland timetable and see if there's a session for them.

"Active Fenland is all about providing accessible, low cost and free wellness and activity to the whole community for the benefit of Fenland as a whole."

Free family running sessions are being held in March and Wisbech.

They are:

- Tuesdays, from July 23 to August 27, 9.30am to 10.30am, at Wisbech Park, meeting outside the new pavilion. For adults with children aged eight and over.
- Wednesdays, July 31 to August 28, 6.30pm to 7.30pm, at West End Park, March. For adults with children aged 12 and over.

Please note, age restrictions are linked to the certifications of instructors taking these classes and younger children are unable to take part.

Book online at www.fenland.gov.uk/activefenlandbookingform or contact Active Fenland on 07874 893 316. Please leave a message.

Free Family yoga sessions are in the beautiful garden at the National Trust's Peckover House, North Brink, Wisbech. Free to both National Trust members and non members.

Sessions are Mondays, 10.45am to 11.30am, July 22 to August 19. No need to book. Ideal for accompanied primary aged children.

Marvellous Movers Family Sport Activities are taking place at district libraries for families with primary school age children.

Sessions planned so far are, 1.30pm to 4pm:

- Thursday, August 8, and Wednesday, August 21 at Wisbech library, Ely Place, Wisbech PE13 1EU.
- Monday, August 12, at Whittlesey library, Market Street, Whittlesey, PE7 1BA.

Just turn up. No booking required. Contact your library for further details.

Tea dances , including dance tuition for those who want it, and free light nibbles are coming to Wisbech on July 26, March town, August 2, and Eastrea on August 16.

For each event, beginners dance lesson 1.30pm to 2pm, and main event for all abilities 2pm to 4pm.

Book online at www.fenland.gov.uk/activefenlandbookingform or call 07592 774656. Please leave a message.

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.

Active Fenland is a supporter of volunteer-led parkruns, which take place in March, Whittlesey and Wisbech.

See the full programme, which also includes free family treasure hunt sheets to do in your own time, at <https://fenland.gov.uk/article/18041>

Ends

Photos

Runners enjoy the volunteer-led Wisbech parkrun – one of the free and low-cost wellness and activity sessions supported by Active Fenland.

Notes to Editors

For media enquiries, please contact the Fenland District Council press office on 01354 622226 or email: communications@fenland.gov.uk