



About Active Fenland

Active Fenland was launched in 2015, thanks to funding from Sport England, with the invaluable support of our local MP, Steve Barclay, who championed our efforts to secure this critical funding for the initial project.

The project's success was so significant that we chose to retain the Active Fenland name and branding for all our initiatives. Today, it stands as a recognizable and trusted partner in promoting health, well-being, and physical activity across the district.

Since its launch, it has transformed the lives of hundreds of inactive people to take their first step towards physical exercise, who go on to create healthy habits for life.

Key Projects

- **Well-being project:** We host a variety of sessions, including Love to Move, a dementia-friendly program, and Ramblers Walks, which encourage people of all active levels and abilities to stay active outdoors.
- **Level 4 Project:** This initiative works with individuals who need ongoing community support, focusing on falls prevention, managing diabetes, and cardiac pathways.
 - We work closely with health professionals and receive referrals from higher tier services when patients are ready to attend our community level targeted delivery.
- **Healthy You:** As part of a broader public health initiative, we manage the Tier 1 aspect of this service, promoting healthy living and sustained lifestyle changes. Popular programs include Yoga, Forever Fit, and the Couch to 5K running program.
- **Active For Health:** A healthy weight initiative targeted at adults with a BMI of 25 or more. This project provides 12 weeks of physical activity intervention, followed by a 90-day membership to Freedom Leisure Centres, all free of charge.

Meet the team

Heidi Lemmon - ICS wellbeing
HLemmon@fenland.gov.uk

Heidi Smith - ICS level 4
hsmith@fenland.gov.uk

Dawn Goodley - Healthy You
DGoodley@fenland.gov.uk

Lauren Bremner - Team Manager
lbremner@fenland.gov.uk



OUR STATISTICS APRIL 2023 - END OF MARCH 2024



NO. OF THROUGHPUT

Throughput is the total amount of overall attendances at Active Fenland sessions & events. This shows the consistency & commitment of participants attending.

9365

NO. OF NEW PARTICIPANTS

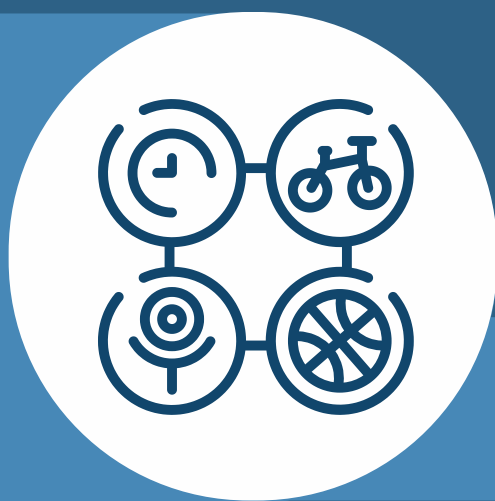
This is the total number of individual participants attending sessions & events



1334

NO. OF PROGRAMMES

Programmes are specific place-based activities designed around need based outcomes. This figure includes existing & new programmes in the year. Programmes are made up of blocks of sessions.



46

NO. OF SESSIONS

The total number of individual sessions delivered as part of programmes across the district. This includes 190 wellbeing walks.



1006

NO. OF EVENTS

The total amount of events either directly delivered or attended by Active Fenland to spread the word of physical & mental wellbeing, offering tips & advice.



81

WORKFORCE UPSKILL

The number of individuals upskilled in Fenland to be able to lead, volunteer & deliver in Fenland. This encompasses 15 different courses offered.



31

OUR STATISTICS THIS YEAR

APRIL 2024 - END OF 2024

8 MONTHS (NOT FULL YEAR)



NO. OF THROUGHPUT

Throughput is the total amount of overall attendances at Active Fenland sessions & events. This shows the consistency & commitment of participants attending.

10389

NO. OF NEW PARTICIPANTS

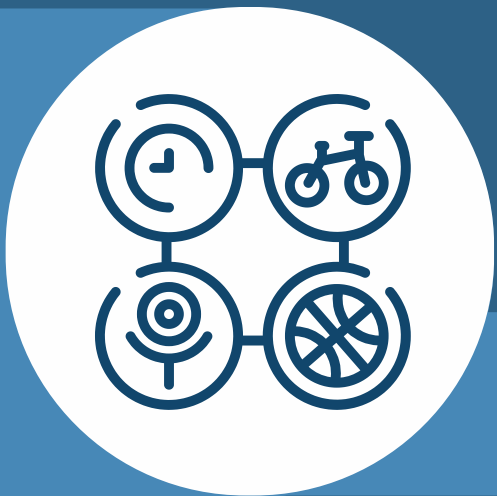
This is the total number of individual participants attending sessions & events



880

NO. OF PROGRAMMES

Programmes are specific place-based activities designed around need based outcomes. This figure includes existing & new programmes in the year. Programmes are made up of blocks of sessions.



41

NO. OF SESSIONS

The total number of individual sessions delivered as part of programmes across the district. This includes 134 wellbeing walks.



1132

NO. OF EVENTS

The total amount of events either directly delivered or attended by Active Fenland to spread the word of physical & mental wellbeing, offering tips & advice.



71

WORKFORCE UPSKILL

The number of individuals upskilled in Fenland to be able to lead, volunteer & deliver in Fenland. This encompasses 4 different courses offered.



12

National Trust - Peckover House Case Study

Yoga in the Peckover Garden

Family Yoga Participant:

“I love nature and green spaces. So, when I saw family yoga classes in a National Trust garden, I wanted to share this experience with my niece. We both had never been to Peckover House despite being in the local area.”



“We enjoyed it so much the first week we invited other families to join us, knowing it would be great for them too. Being free and local was a real positive to us and gave us something to look forward to throughout the summer holidays.”

“The gardens were a beautiful setting. With the blue sky above, contrasting green trees all around, feet in the grass and listening to the wind in the trees was so relaxing and perfect for yoga.”



“I can feel very self-conscious in group settings and often shy away, but the instructor was very welcoming and friendly to both myself, and my niece. We are both beginners but were made to feel at ease immediately and the level of yoga was good. The instructor was great at keeping the children in the group engaged.”

National Trust - Peckover House Case Study

The Damson's Group & Love to Move

'It's like a party!'

Julia leads this wonderful weekly session in such a person-centred way that everyone at Damsons can take part. Bringing laughter, camaraderie and smiles on everyone's faces.

The Love to Move programme encourages all of the above and more! The skillful way in which the programme (and Julia) incorporates physical and mental activity in a fun and enticing way to motivate our Damsons guests who may be living with a cognitive impairment. This weekly intervention cheers us all on!

Love to Move touches on theories of reminiscence and promotes further discussion throughout the group when we finish our Love to Move and put the kettle for a well-deserved cuppa!

**Sarah Barnes Dyer – Senior
Programming and Partnerships
officer (Damsons). National Trust**



"I decided to train as a Love to Move deliverer when Heidi and Val from Fenland District Council came to Damsons to give a taster session. I was instantly impressed by the idea and went on to do the course and I have now passed my assessment and have my licence."

"I really have enjoyed the whole experience, the course itself, the brilliant support from my mentor and being the deliverer of Love to Move at Damsons. You can just see by everyone's reaction they enjoy it, look forward to it and the fact its of benefit is a fabulous bonus because we are just having fun."

"I would like to recommend Love to Move to EVERYONE!"

Julia – Volunteer Damsons/ Love to Move Deliverer

Case Studies

Wellbeing Dance & Stretch (ICS)

A fun, inclusive & non-judgemental dance session. Full of fun, laughter & connection

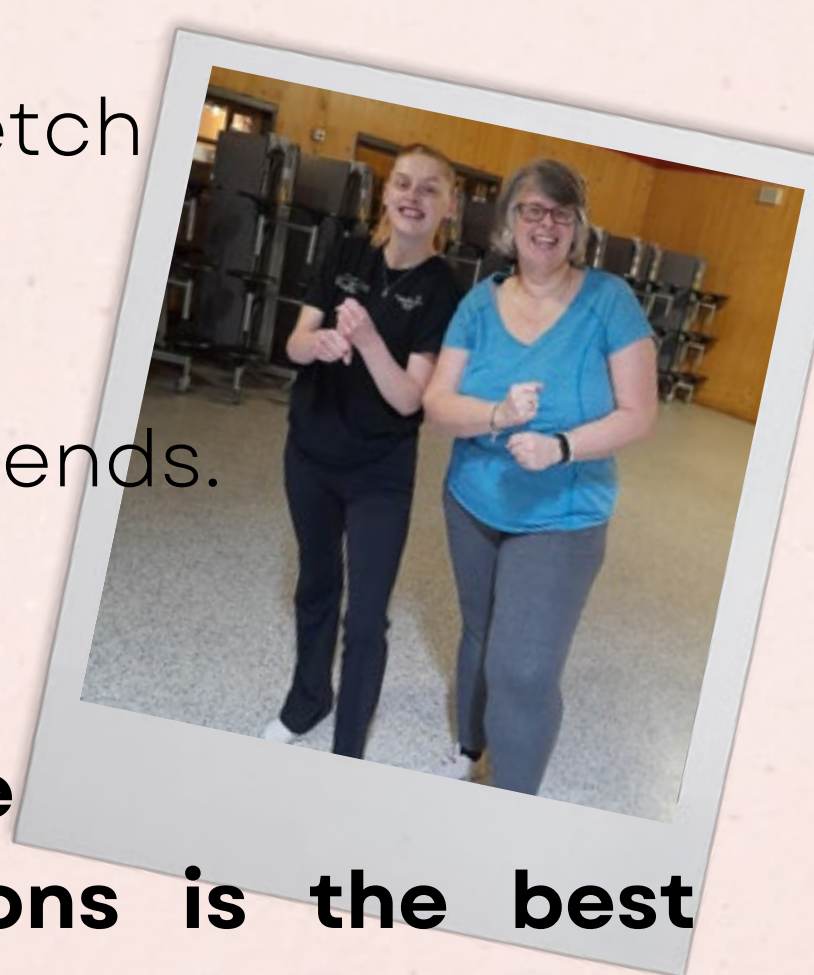
Zoe says:

“Wellbeing Dance & Stretch has been great – I have made new friends and reconnected with old friends.

Everyone is friendly, welcoming, and fun, the laughter in the sessions is the best medicine! ”

“Some weeks I have to push myself to attend, but **I always feel a sense of satisfaction for going.**”

Zoe’s top tip is to: **“See if there is a taster session and attend with a friend- you may find you enjoy it and want to go back!”**



A Whatsapp from a participant at the sessions starting back:

“I cannot tell you how pleased I am to be back tonight. **I do need the company & giggles and the chance to unwind”**



Meet Fiona:

Fiona was looking for an exercise class that she would enjoy. After gaining a bit of weight she has really put off joining an exercise class. But she wanted to join this one and regain the lost fitness.

Feeling nervous beforehand, Fiona was worried she would be the oldest, fattiest or the most uncoordinated. But now she is so pleased she joined. Fiona states **she feels fitter and more relaxed in herself; and has gained confidence, friends, and skills.** After the sessions Fiona feels **more relaxed** and **sleeps better**, and even feel **more flexible too.**

Even when Fiona feels tired or unmotivated, she attends the sessions because **she remembers how good she feels afterwards.**

Fiona reflects whether the activity has helped break down any barriers that may have stopped her taking part before and says **“Yes, amazingly, I can be larger and uncoordinated and still dance with others. I’ve met likeminded women who have become friends. I have something to look forward to mid-week.”.** She continues **“the group is lovely. We are all different but get on so well. We have fun, have a laugh, and get fit together!”.**

Fiona's top tip is to: **“Just do it! Be brave – dance like no one is watching – we’re all too busy counting our steps!”**




Love to Move - Community Class Chatteris (ICS)

A low mobility, inclusive & dementia friendly seated activity class to nostalgic music. With a focus on brain function movements.

“I think it’s great, it helps you think. I go home and think about what is said in the class. **It helps to be part of the community and meet new people.** I look forward to coming and **helps me get out as someone with lower mobility.**”

“It helps everything!”

“For an 80-year-old women it helped me loads **I even did some gardening when I got home.** I felt so good, and the instructor was brilliant very good at what she was doing also **made you laugh at times.**”


The background of the entire page is a soft-focus photograph of several white ceramic cups filled with a frothy, light-brown beverage, likely coffee or a milkshake. The cups are arranged in a way that they are partially visible around the edges of the text blocks, creating a warm and inviting atmosphere.

“I wouldn’t want to be anywhere else on a Thursday! **The exercise is good for me, it helps with my co-ordination.** I enjoy the alphabet part and go home and think about all the topics. **It encourages me to use my memory. It is good to make new friends.**”

“Excellent class. It is good for exercise and for memory too. **It is very social but also good for targeting dementia and Parkinson’s.** The instructor is very welcoming, and we enjoy the tea and coffees too.”

“We look forward to Val’s exercise with fun and without pain. **It helps his co-ordination and keeps his brain working. It helps his body and memory.**”

“Excellent free service. Thank you.”

A horizontal line of small, evenly spaced white dots runs across the bottom of the page, below the final quote.

Couch to 5k

Comments from participants on how they feel & what keeps them motivated to return:



"Proud of how far I have come"

"very happy"

"Very happy"

"Social side and taking part with others"

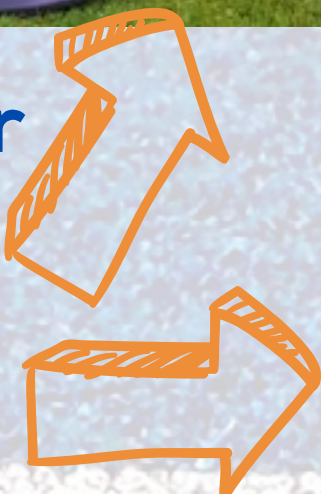
"Running in a social group getting fitter/weight loss"

"I believe I have made great progress and proud of what I have achieved"

"Great support from the leaders plus all the others" .



Joining their local Park Run at the end of the course!



Forever Fit Case Study

Forever Fit is a multi-activity & social session to decrease social isolation whilst being active too!



Meet Ray

Ray thinks the session is what the town (Wisbech) was lacking- he didn't want to join a club for any sports as he just wanted to participate for the fun of it and often clubs can be quite serious. He just wanted to meet new people and try some different activities and that's exactly what he feels he has found.

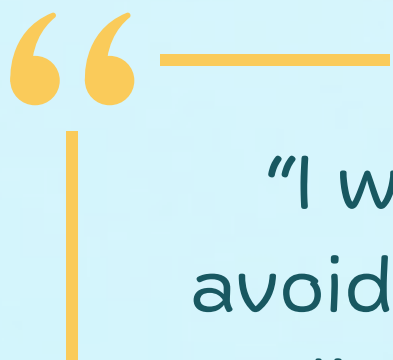
Ray expressed that he feels happier generally as he gets over an hour extra each week of activity, socialising and having fun.

He said that a few of the things that motivate him to return each week are his new friends, the opportunity to play a sport he loves, and the time after the session where he chats and laughs.

He's really enjoyed teaching other members of the group a bit more about table tennis as an ex player from a long time ago - Ray says some of the others have really improved due to having somebody to help them with their technique!

Strength & Balance Comments

Strength & Balance is a Level 3 chair supported activity class. Part of a countywide project to provide community falls pathways.



“I wanted to move better, I even avoided putting the washing on the line, **I can now do that again**”

“It has made a big difference to my life”

“Good exercise, really feel the exercises are helpful as with a bad knee, I can’t otherwise do much’ **it makes me feel good**”

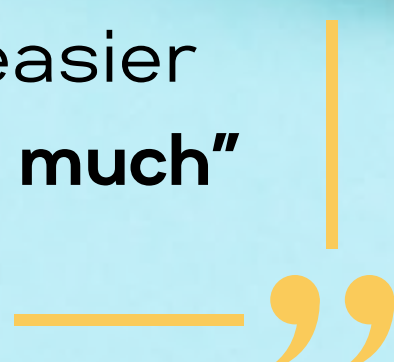
“It’s great for the body and good value for money”

“Its all very organised and easy to attend”

“It makes me feel at ease and able to try all things”

“Keep it going”

“It has made day to day things easier and **I’m not worried about falling as much**”



Session	Day	Time	Dates	No. Weeks	Cost	Venue	Book
Mixed Badminton, beginners (16+)	Mon	6-7pm	Ongoing	n/a	£2/session	Hudson Leisure Centre, Wisbech	
Walking Football	Fri	7-8pm	Ongoing	n/a	£2/session	Hudson Leisure Centre, Wisbech	
Walking Hockey	Wed	6.30-7.30pm	Ongoing	n/a	Free	Wisbech Hockey Club	
Forever Fit Sessions							
Forever Fit	Tue	11.30-12.30pm	Ongoing	n/a	£2/session	Hudson Leisure Centre, Wisbech	
Forever Fit	Tue	12.30-1.30pm	Ongoing	n/a	£2/session	St Andrews Parish Hall, Whittlesey	
Yoga Sessions							
General Yoga	Tue	1.15-2.15pm	7 Jan - 25 Mar	12	Early bird £30 Block £36 - £3p/s	Oasis Centre, Wisbech	
Gentle Yoga	Tue	2.15-3.15pm	7 Jan - 25 Mar	12	Early bird £30 Block £36 - £3p/s	Oasis Centre, Wisbech	
Beginners Yoga	Wed	5-6pm	8 Jan - 26 Mar	12	Early bird £30 Block £36 - £3p/s	Wimblington Parish Hall	
Intermediate Yoga	Wed	6-7pm	8 Jan - 26 Mar	12	Early bird £30 Block £36 - £3p/s	Wimblington Parish Hall	
Strength & Balance / Older Adult Sessions							
Strength & Balance	Tue	12.15-1.15pm	7 Jan - 25 Mar	12	Early bird £30 Block £36 - £3p/s	Oasis Centre, Wisbech	
Strength & Balance	Wed	11.15-12.15pm	8 Jan - 26 Mar	12	Early bird £30 Block £36 - £3p/s	Doddington Court	
Strength & Balance	Thur	12.45-13.45pm	9 Jan - 27 Mar	12	Early bird £30 Block £36 - £3p/s	Doddington Court	
Strength & Balance	Fri	11.30 -12.30pm	Ongoing	n/a	£2.50/session	Manor Leisure Centre, Whittlesey	
Pre-Fit Sessions							
Pre-Fit	Wed	2-3.30pm	Ongoing	n/a	£3/session	Hudson Leisure Centre, Wisbech	
Pre-Fit	Wed	1-2.30pm	Ongoing	n/a	£3/session	George Campbell Leisure Centre, March	
Pre-Fit	Wed	12.30-2pm	8 Jan - 26 Mar	12	Early bird £36 Block £42 - £3.50p/s	Doddington Court	
Pre-Fit	Tue	10:00 -11:30	Ongoing	n/a	£3/session	Manor Leisure Centre, Whittlesey	
Wellbeing Sessions							
Wellbeing Dance & Stretch	Tues	7-8pm	7 Jan - 11 Mar	10	Early bird £25 Block £30 - £3p/s	Neale Wade Sports Centre, March	
Wellbeing Kickboxing Fitness	Sat	9.30-10.30am	11 Jan - 15 Mar No session 8 Feb	9	Early bird £22.50 Block £27 - £3p/s	RKA Kickboxing Academy, March	
Love to Move (Carers required to stay if needed)							
March Community Class	Tue	11-12.30	7 Jan - 11 Mar	n/a	Free	Braza Club, March	
Doddington Community Class	Thur	11-12.30	9 Jan - 13 Mar	n/a	Free	Doddington Court	
Chatteris Community Class	Thur	12.15-13.15pm	9 Jan - 13 Mar	n/a	Free	Bricstan Hall, Chatteris	
Running Sessions - Help to Get Active							
Couch to 5k	Wed	6.15-7.15pm	15 Jan - 19 Mar	10	Free	Bandstand, Market Hill, Chatteris	
Couch to 5k	Wed	6.30-7.30pm	15 Jan - 19 Mar	10	Free	Elm Road Sports Field, March	
Couch to 5k	Tue	9.30-10.30am	14 Jan - 1st Apr	12	Free	Wisbech Park	

Turn Up & Play Book via Booking Live Book at Leisure Centre

Level 4 Cardiac Rehab Classes - Medical Referral Only

March	Mon	1.45-3.30pm	Book at Leisure Centre	n/a	£3/session	George Campbell Leisure Centre, March
Whittlesey	Thur	1.15-3pm	Book at Leisure Centre	n/a	£3/session	Manor Leisure Centre, Whittlesey



Wellbeing Walks

Name	Day	Time	Start/End Point	Duration	Info
Wisbech Mindful Walk	Fri	10am-11am	Wisbech Park Bandstand	1 hr	All Ramblers Wellbeing Walks are FREE. If you are interested in being a volunteer walk leader please get in touch.
March Riverside Walk	Tue	1.30-2.30pm	March Library	1 hr	
Whittlesey Wellbeing Walk (Every 2nd & 4th Monday of the month)	Mon	10am-11am	Whittlesey Buttercross	1 hr	
Chatteris Wellbeing Walk	Tue	1.45-2.30pm	Chatteris Library	45 mins	
Wisbech Wellbeing Walk (every 1st & 3rd Tuesday of the month)	Tues	10.30am-11.30am	Chapel Road Car Park	1 hr	
Chatteris Pocket Park Walk (1st Sunday of the month, starting Jan 5)	Sun	10am-11am	Bandstand, Park Street	1hr	



Tea Dances



Date	Location	Info
31st Jan	The Eastrea Centre	£3 per person / per event. Social and fun dance events for all abilities including complete beginners and returners to dance. All Tea Dance events are 2-4pm, with a tutorial 1.30-2pm prior to learn some basic steps. All events include hot drinks and snack refreshments, please let us know if you have any dietary requirements.
28th Feb	Braza Club, March	Booking via Booking Live

Free Resources

Resource	Cost	Description	Where to find
Active @ Home booklets	Free	Older adults exercises to increase strength, balance & flexibility at home.	Postal - get in touch and let us know your address
Family Treasure Hunt Sheets	Free	Active learning treasure hunts for a family to complete in the park	Download online (or get in touch for postal)
Active Fenland YouTube	Free	Various activities including yoga sessions	Visit the Active Fenland YouTube channel

• Booking Information:

Turn Up & Play sessions: No need to book a place, simply turn up & pay at the venue on the day. Subject to max participant numbers.

Book via Booking Live: To book a place online please visit www.fenland.gov.uk/activefenlandbooking or scan the QR code to the right, and select the session or event you wish to book. Payment will be required at the time of booking. To book a place by phone call a member of our team (details below), you will be added to the Booking Live system and emailed a payment link to complete payment. Only some sessions accept cash payments, these are to be booked via the phone, your booking will be added to Booking Live and a cash payment set up. No cash payments can be taken on the day without prior booking.

Book via Leisure Centre: Book your place direct with the leisure centre either in person or by phone. Find the centre details on the Freedom Leisure website: www.freedom-leisure.co.uk

• Early Bird Offer:

Get an early bird discount price when you book the whole block of sessions online prior to the session start date. This is only available online up until the start time of the first session. If you do not wish to book online, or the whole block or, are joining part way through a block then individual session bookings will open on **Friday 3rd January** (if there is still capacity in the session).

• Payments are required prior to any session.

• More information about the sessions and events can be found on the Active Fenland webpage at www.fenland.gov.uk/ActiveFenland, by sending an email to activefenlandbookings@fenland.gov.uk or by calling a member of our team on **07521 393 773, 07874 893 316 or 07592 774 656**

