



Hailsham
TOWN COUNCIL

FOR IMMEDIATE RELEASE:

Free Fitness in the Park for Hailsham Residents!

3 April 2018

A recently launched fitness scheme, 'Our Parks', will be arriving in Hailsham this weekend, providing free and easy access to exercise for aged 16+ in the local community, though focusing on the over 55s.

Group exercise classes will take place at the Western Road Recreation Ground on Saturday mornings from 9am starting on Saturday [7th April], and anyone interested in taking part will need to simply register and book online prior to attending.

Our Parks is an initiative bringing free group exercise classes, led by experienced, fully qualified and insured instructors, to parks throughout the country, in partnership with councils and local authorities.

Hailsham Town Council was successful in its funding bid, having received £5,000 from the Fields In Trust charity, and is working with project partners Hailsham Active (formerly Hailsham & District Sports Alliance) and Our Parks to deliver and operate the programme.

The programme will include a range of classes such as yoga, pilates, back-to-exercise and gentle exercise.

The scheme will run throughout the spring and summer. To join and book a space, visit www.ourparks.org.uk

Welcoming the scheme to Hailsham, Town Mayor Councillor Nigel Coltman said: "The Our Parks exercise concept will help to provide easy access to exercise at no cost, especially for older residents who may be more prone to health problems and more limited interaction with other people."

"All classes will be taken by fully qualified instructors and will help everyone get fit or at least have fun trying. Furthermore, classes are suitable for all fitness levels with the aim of engaging everyone regardless of age and fitness experience. So why not book a session and find out how it works!"

Deputy Town Clerk Mickey Caira said: "The Our Parks scheme aims to ensure that direct access to exercise is available to the local community. The scheme employs a bespoke technology enabling residents to register for group classes and communicate with other park users to provide a healthier, fitter and more socially active community."

Steve Wennington, founder and chairman of Hailsham Active, said: "This is part of our wider aim to encourage more activity for every age group in town. It is now proven beyond doubt that any sort of exercise will make you feel better and become healthier."

"Whatever your age or ability, we will welcome you to some gentle exercise and fun with a friendly encouraging team to support you. Even if it is years since you exercised, give it a try, you will amaze yourself."

<Ends>

Notes to Editors:

- OUR PARKS aims to:
 - Improve the health and wellbeing of our local communities
 - Maximise the usage and benefits of amazing parks and open spaces that are present across all our communities
 - Maximise the interaction of our communities across our website and mobile phone applications platforms
- FIELDS IN TRUST, founded in 1925 as the National Playing Fields Association aims to ensure that everyone – young or old, able or disabled and wherever they live – should have access to free, local outdoor space for sport, play and recreation. The charity operates throughout the UK to safeguard recreational spaces and campaign for better statutory protection for all kinds of outdoor sites.

For all enquiries relating to this press release, contact:

Terry Hall
Communications & Public Information Officer
Hailsham Town Council
Inglenook
Market Street
Hailsham
East Sussex, BN27 2AE

Tel: (01323) 841702 | Email: terry.hall@hailsham-tc.gov.uk