



Hailsham
TOWN COUNCIL

FOR IMMEDIATE RELEASE:

Free Exercise Scheme Benefits Hailsham Residents

1 April 2019

A free exercise class scheme launched by Hailsham Active in partnership with the Town Council and Our Parks/Fields In Trust, continues to be of benefit to the local community and is celebrating one year of service inspiring people to become more active and improve their health into the bargain.

Launched in April 2018, Hailsham Active has provided free and easy access to low-impact exercise for people of all ages. Since being awarded £5,000 funding by the London Marathon Charitable Trust as part of The Active Spaces programme delivered in partnership with Fields in Trust, Hailsham Town Council has worked with Hailsham Active and Our Parks/Fields In Trust to deliver and operate the Hailsham Active scheme.

The group has grown during the past year and has launched new sessions at the James West Community Centre during the autumn and winter months, as well as Friday evening classes at Herstmonceux Surgery.

Exercise sessions are scheduled to return at the Western Road recreation ground for the spring/summer period on Saturday mornings from 6th April (9am-10am), with additional classes opening soon at the recreation ground on Tuesday evenings (6.30pm-7.30pm).

Session organisers are hoping to attract more than 30 participants at each class/session.

If that wasn't enough, further exercise classes are due to commence at Hailsham Country Park later in the Spring, following the Town Council's successful bid for £5,000 worth of funding via the Active Spaces programme.

"It's fantastic news that the Town Council has been able to work with the local community to deliver and expand provision of free, easy access exercise classes in Hailsham," said Deputy Town Clerk & Business Enterprise Manager Mickey Caira.

"All classes are 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?"

Steve Wennington, founder and chairman of Hailsham Active, said: "According to doctors and scientists around the world, there are three main components to help your physical and mental health - exercising regularly, exercising in safe green space and exercising as part of a group."

"I would add a fourth - in a friendly environment - and we actually tick all four boxes with our exercise classes. You will not regret it - any age, any ability - and you owe it to yourself to take part."

Exercise sessions are led by experienced, fully qualified and insured instructors and include a range of classes such as yoga, pilates, back-to-exercise and gentle exercise. **To join and book a space, visit www.ourparks.org.uk**

Exercise classes are free of charge for the first four weeks. Thereafter, a voluntary contribution of £2.50 per session will be introduced.

Exercise classes commencing at Hailsham Country Park (details to be announced soon) will be completely free of charge for the next year.

To find out more contact Steve Wennington 07980 643827 or email Andreaattilane@gmail.com

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NOTES TO EDITORS

- Fields in Trust is an independent charity with over 90 years' experience protecting parks and green spaces. They work with landowners, community groups and policymakers to champion the value of parks and green spaces to achieve better protection for their future at both local and national level. www.fieldsintrust.org
- London Marathon Charitable Trust (LMCT) was created in 1981 by London Marathon founders Chris Brasher and John Disley. Their vision ensured that the profits from the race, and future events organised by London Marathon Events Ltd, would go to The London Marathon Charitable Trust in perpetuity.
- To date, LMCT has awarded grants totalling in excess of £65.5 million to more than 1,170 projects in London, Surrey and other areas where London Marathon Events Ltd has organised events. London Marathon Events Ltd donates 100% of its profits to The Trust.

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