



Hailsham
TOWN COUNCIL

FOR IMMEDIATE RELEASE:

Free Exercise Scheme Benefits Hailsham Residents

3 February 2020

A free exercise class scheme launched last year by Hailsham Active in partnership with the Town Council and Our Parks, continues to benefit people and has inspired the local community to get active and improve their health into the bargain.

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 since worked with project partner Hailsham Active (formerly Hailsham & District Sports Alliance) and Our Parks to deliver and operate the Hailsham Active scheme, inspiring the local community to get active and take part in exercise programmes on the site which is now legally protected for future generations to enjoy.

Launched in April 2018, Hailsham Active has provided easy access to low-impact exercise at the Western Road recreation ground on Saturday mornings for people of all ages.

The group currently runs sessions at the Western Road Recreation Ground (Saturdays from 9am to 10am), James West Community Centre (Tuesdays from 6.30pm to 7.30pm) and Herstmonceux Surgery (Fridays from 6.30pm to 7.30pm).

It is anticipated that new sessions are to start at the Hailsham Country Park in April, details of which will be announced soon.

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.

Town Mayor Councillor Paul Holbrook, who encourages local residents to take advantage of the many recreational and sports opportunities offered within the town, said: "It is wonderful news that the Town Council and Hailsham Active have been able to work with the community to deliver and expand provision of free, easy access exercises classes."

"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, chairman of Hailsham Active, said: "We are very grateful to the Town Council which has fully supported our aims of creating more health and fitness opportunities for the residents of Hailsham."

"We continue to work with the Town Council to promote other opportunities and look forward to rolling out additional exercise classes to other areas as soon as we can. I would also like to thank all those who attend the classes and make it such fun."

To find out more contact Steve Wennington on 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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