



FREE & LOW-COST EXERCISE OPPORTUNITIES

Important!

- ☺ Exercise helps wellbeing, fitness, and making friends!
- ☺ The activities here are FREE!
- ☺ They are open to men and women
- ☺ They are open to all abilities. You do not need to be fit, confident, or experienced. Beginners are welcome. You can join even if you've never exercised before
- ☺ Wear comfortable clothes and trainers
- ☺ If you feel nervous or unsure, please speak to us first. We are happy to help!

Tuesdays – Boxercise & Wellbeing Group. FREE

- Time: Tuesdays, 2:00pm – 3:00pm
- Place: NGB Boxing, Union Mill, Bacup Road, Bacup BB4 7JN
- How to join: Contact Active Lancashire (See below) or ask at our Wednesday drop-in

A FREE gentle boxercise session focused on movement, wellbeing, and confidence. No boxing experience needed.

Wednesday – Football Works (5-a-side). FREE

- Time: 1:00pm – 2:00pm
- Place: Marl Pits Sports Pitches, Newchurch Road, Rawtenstall, BB4 7SN
- How to join: This session is after our Wednesday drop-in. People often go together, and a lift may be available, please ask us. Or you can just turn up at Marl Pits.

A FREE friendly football session for all levels.

Thursday – Bacup Football Club Work Party. FREE

- Time: 1:00pm – 3:00pm
- Place: Brian Boys Stadium, Blackthorn Lane, Bacup OL13 8EE.
- How to join: Contact Active Lancashire (See below) or ask at our Wednesday drop-in

👉 FREE. Light physical activity helping at the football club. Good for routine, confidence, and meeting people.

Fridays - Kickboxing in Accrington. FREE

- Time: Friday, 2:00pm – 3:00pm
- Place: Fit to Fight Gym, Accrington. (Not far to travel!)
- How to join: Contact Active Lancashire (See below) or ask at our Wednesday drop-in

👉 FREE. Beginners welcome.

Sundays - Junior Parkrun – for children aged 4-14. FREE.

- Time : Every Sunday 9.00am
- Place: Haslingden - Victoria Park <https://www.parkrun.org.uk/victoriaparkhaslingden-juniors/>
Bacup – Stubby Lee Moorlands Park
<https://www.parkrun.org.uk/stubbyleemoorlands-juniors/>
- How to join. Just turn up at 9.00am!

👉 FREE. Friendly non-competitive 2km run or walk. Children can walk, jog, or run - no pressure! Parents and carers can come along and support, and run or watch.

Ramblers Wellbeing Walks. FREE

- Time: Walks every week. Different walks at different times (see link below)
- Place: Walks in Haslingden, Rawtenstall, Waterfoot, Whitworth
- How to join: Join via the link below

👉 FREE. No need to be fit or experienced

More details and times: <https://www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-rossendale>

Ramblers Longer Walks. FREE to start.

- Time: Wednesdays, Sundays and sometimes other days. See link.
- Place: Walks start at a different place each week.
- How to join: See link below. And please talk to us about how to make it work for you.

👉 Longer countryside walks with a friendly group. You can try sessions for FREE.

After 3 walks, you will need to join the Ramblers Association. If you are a refugee you can have 12 months membership for FREE. More information: <https://rossendale-ramblers.co.uk/>

Self-Guided Walking & Running Routes (5k) FREE

- Time: Any time!
- Place: Different places. See link below
- How to join: Just go there and start!

👉 Way-marked 5k routes you can do any time, alone or with friends. Good for walking or gentle running. You can join a Strava group if you like tracking progress. More information: <https://rltrust.co.uk/rossendale-5k-running-walking-routes-perfect-for-couch-to-5k/>

Need help? Need more information?

Contact Active Lancashire: Email: office@activelancashire.org.uk

Oliver: 07562 630299. Geraldine: 07465 755471. Danny 07465 759891.

Or speak to RRSG staff and volunteers. We can help you choose and attend activities.



Lancashire and
South Cumbria
Integrated Care Board