




## 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](mailto: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.



ROSSENDALE  
BOROUGH  
COUNCIL



COMMUNITY  
FUND



Lancashire and  
South Cumbria  
Integrated Care Board