

LEISURE AND ACTIVE WELLBEING

Newsletter



Forest of Dean
— DISTRICT COUNCIL —



Active Wellbeing in October

Welcome to the October edition of our Leisure and Active Wellbeing Newsletter.

In this edition, you'll find information about Walking Cricket, a fun and inclusive way for older adults to enjoy the game at a gentler pace, and Comets Pan-Disability Football, where children of all abilities can enjoy football, make friends, and build confidence.

We're also highlighting the fantastic support available through Forest Pulse, offering activities and services designed to help children and young people with additional needs and their families thrive. In addition, we'll be sharing details of our upcoming Active Wellbeing Event, bringing together local clubs, organisations, and community groups to celebrate and strengthen opportunities for people to be active across the district.

Finally, don't miss news about the new Active Wellbeing Grant Fund, which aims to support local projects and ideas that encourage people to move more, connect with others, and improve their health and wellbeing.

October 2026 / Issue # 6

Spotlight on ...

Walking Cricket

Coming soon!

Support for Activity Providers

*Find out about the Active Wellbeing
Event and Grant Fund*

Comets

Pan Disability Football

Forest Pulse

Support for children and families

Walking Cricket

Walking Cricket is coming to Dean Magna School from 4th February 2027.

Walking Cricket is a slower-paced version of the traditional game, making it a fantastic way for older adults, those returning to exercise, or anyone looking for a gentle and enjoyable way to stay active.

Regular participation can help improve balance, coordination, mobility and overall fitness. It's also a great opportunity to meet new people, build confidence and enjoy being part of a team.

Whether you've played cricket before or are picking up a bat for the first time, Walking Cricket offers a fun way to learn new skills, stay active and connect with others in your local community.

For more information, contact:

josh.graves@gloucestershirecricketfoundation.org



For **women & men**.
Stay active, meet like minded people, and have fun.

No equipment
Softball
All abilities

● Mitcheldean

Dene Magna School, Abenhall Rd,
Mitcheldean, GL17 0DU

Tuesday's from 4th February onwards

Time - 17:00 - 18:00

Cost - Free

St James's Place



SIGN UP
HERE

More info
josh.graves@gloucestershirecricketfoundation.org

Support for Activity Providers

Are you a club, community group, instructor, recreation ground, or local facility that offers, or would like to offer, activities that support active wellbeing?

As part of our Active Wellbeing and Playing Pitch Strategies, we're keen to connect with and support local providers, helping you access the guidance, funding, and opportunities you need to develop and grow your activities.

Whether you're delivering sport, walking groups, gardening projects, dance sessions, or any other activity that encourages people to move more and live well, we'd love to hear about it.

We would also love to welcome you along to our upcoming **Active Wellbeing Event** and share news about our new **Active Wellbeing Grant Fund**, designed to help local organisations and groups bring their ideas to life.

If you have a project, idea, or ambition that helps people become more active, please get in touch with the Community Wellbeing Team and let us know how we can help. Telephone: 01594 812447 or email: community.wellbeing@fdean.gov.uk.

Together, we can create more opportunities for people across the Forest of Dean to be active, connected, and well.

Comets

Comets is a recreational pan-disability football programme that puts enjoyment, inclusion and friendship at the heart of every session.

Designed for children and young people with disabilities and additional needs, it provides a safe and supportive environment where everyone can take part, regardless of ability or experience.

Run by Lydney Town AFC Youth, sessions focus on having fun, building confidence and celebrating what participants can do. Whether it's kicking a ball for the first time or developing existing skills, players are encouraged to take part at their own pace, make new friends and enjoy being part of a team.

For more information, contact Chelcie Lawrence on 07468 573176 or email: club.secretary@lydneytownafc youth.co.uk



Forest Pulse



Forest Pulse is a registered charity, providing a range of exciting out-of-school, social opportunities for disabled children and young people in the Forest of Dean.

Forest Pulse run a Youth Club on Thursday evenings at their space at Vantage Point, Mitcheldean. The club is open to any young person aged between 10 and 17 who lives in the Forest of Dean. As well as a chance to meet friends, young people help plan an interesting and varied programme of activities including games, sports, music, dance, outdoor adventure etc, all of which are accessible to everyone.

To find out more, contact the team on: 01594 826357 or email: admin@forestpulse.co.uk .

Check out our [Leisure and Active Wellbeing Information Pack](#) for further information about Leisure and Active Wellbeing opportunities.

Or contact us on 01594 812447 / community.wellbeing@fdean.gov.uk.