

LEISURE AND ACTIVE WELLBEING

Newsletter



Forest of Dean
— DISTRICT COUNCIL —



Get active this summer: inclusive ways to move more

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

As the summer months encourage us to get outdoors and be more active, this month we're shining a spotlight on inclusive cycling, walking and running opportunities across the Forest of Dean.

Whether you're looking to improve your fitness, meet new people, enjoy the outdoors or simply try something new, there are plenty of ways to get involved. From friendly community walks and local park runs to accessible cycling sessions, these activities are designed to be welcoming, supportive and open to people of all abilities and experience levels.

We hope you discover something that inspires you to take part and make the most of the fantastic activities available in our community.

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Spotlight on ...

Inclusive Cycling

With GBG adapted bikes

Wellbeing Walks

*Immerse yourself in nature with Wilde
Earth Journeys*

Parkrun Parkwalk

*Walk, jog, run, volunteer or spectate -
the choice is yours!*

GBG Bikes

Inclusive Cycling

The team at Goals Beyond Grass are passionate about delivering inclusive activities and GBG Bikes is a project that provides adapted bikes for riders of all abilities.

GBG Bikes sessions are a fantastic way to enjoy inclusive cycling while experiencing the benefits of being outdoors in nature. The bikes can be adjusted to suit individual needs, ensuring a comfortable and enjoyable experience for everyone.

Sessions cost £5.00 per rider and parents, carers, and guardians can attend free of charge.

GBG Bikes meets at the Forest of Dean Cycle Centre every Wednesday from 10:30am to 1:30pm.

For further information or to book a place, please contact MaryClare:

Phone: 07393 867572

Email: maryclare@goalsbeyondgrass.co.uk

More information is available at: <https://goalsbeyondgrass.co.uk/gbg-bikes/>



Wellbeing Walks

With Wilde Earth Journeys

Join Wilde Earth Journeys for their weekly Wellbeing Walks, offering a gentle immersion in the local woodlands.

Walks take place at various locations every Tuesday from 10am to 12pm.

More information is available here:

<https://www.wildeearthjourneys.org/product-page/nature-on-prescription-cinderford-wellbeing-walks>

Or email: hello@wildeearthjourneys.org

If you are a wheelchair user, or if accessibility is a concern, please contact the team. They will arrange a conversation with you to help ensure the walks are accessible and inclusive.



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.

Parkrun Parkwalk



Join your local free, friendly and inclusive 5k community event every Saturday morning in Lydney, Newent or Five Acres.

On Sundays, 4 to 14-year-olds and their families are welcome to take part in the Forest of Dean Junior parkrun.



Walk, jog, run, volunteer or spectate – the choice is yours!

Whether you're taking your first steps towards being active or chasing a personal best, everyone is welcome to join in and enjoy the event at their own pace.

Click the links below for more information and registration details:

[Lydney Parkrun](#)

[Newent Parkrun](#)

[Forest of Dean Parkrun \(Five Acres\)](#)

[Junior Parkrun \(Five Acres\)](#)