



Get Ready to Move More, Feel Better & Have Fun!

Discover inspiring local stories, upcoming activities, and simple ways to stay active in Wyre - your monthly dose of motivation is here!



We're excited to bring you the next *Wyre Moving More* newsletter - your monthly update on the fantastic work happening across Wyre to help our communities move more and feel better.

Wyre Moving More is all about creating a culture where physical activity is an enjoyable and integral part of daily life for everyone. Our mission is simple: to inspire more of our community to be more active, more often. Whether you're just starting your journey or looking to stay motivated, this newsletter is here to help you discover all the ways you can move more in Wyre.

Here, you'll find updates on local initiatives, opportunities for funding, training and qualifications, and inspiring stories from people making a difference. Our goal is to help you lead healthier, happier lives for longer by embracing the many benefits of movement.

Start where you are. Use what you have. Do what you can.

Let's keep Wyre moving - together.

ACTIVE NETWORKS

Thank you to all who joined us for our March Wyre Moving More network event at Thornton-Cleveleys Football Club.

The focus was on Access and Ability building more inclusive, accessible opportunities for people of all ages and abilities.

Special thanks to our guest speakers from [Play Inclusion Project](#), [Together we can do](#) and [SportsCool Fylde](#)

We will be announcing our next network event soon so keep your eye peeled for more information.



Thank you to Thornton-Cleveleys Football Club clubhouse for hosting our network event.

If your looking for a great space for your next event, meeting or community session, the clubhouse is available to hire daytimes and evenings, all week long!

The Wembley Suite

- ✓ Seats up to 140 people
- ✓ Catering available
- ✓ Fully equipped kitchen
- ✓ Licensed bar
- ✓ Modern function room

Perfect for family celebrations, business events, community groups, health & wellbeing sessions and more.

The Gamble Road site has ample parking and is close to local bus routes with a 5-a-side 3G pitch available to hire.

Community group bookings

Funding may be available to cover hire costs for block bookings. The club can advise on what's available.

Call: **01253 543503**



EVENTS

Bookings for Easter Holiday Activity and Food clubs are now OPEN!

Funded by the Department for Education, free holiday club places are available in Wyre for children and young people who receive benefits-related free school meals. These sessions run during the Easter, summer and Christmas school holidays.

Families who are not eligible for free places can still take part, as many providers also offer paid-for spaces.

We're delighted to have a fantastic range of providers lined up to help keep children active, engaged and having fun this Easter!

HOLIDAY ACTIVITIES & FOOD CLUBS · 2026 ·



[More information](#)

IN THE SPOTLIGHT

This month, we're ✨ **shining the spotlight** ✨ on Rachel Ratcliffe from Forest Flow Training Club

The Wyre Moving More team visited Rachel to learn more about how he is helping the people of Wyre to keep fit and healthy, learn new skills, move more and have fun!



Introduce yourself Rachel!

Hi, I'm Rach Ratcliffe - a personal trainer and coach based at Forest Flow Training

creating a supportive space where people feel empowered to push themselves, celebrate progress and actually enjoy training, especially those taking their very first step into the gym. There's nothing better than seeing someone realise they're stronger than they thought.

How do you get people moving in Wyre?

By making fitness feel welcoming, achievable and fun. I coach everything from daily classes and weightlifting to Mums & Littles, small group training and personalised coaching. It's never about being the fittest in the room, it's about showing up, feeling supported and leaving stronger than when you arrived.

I also run a Strong Girl Squad and Teens Training Club during the school holidays, giving girls and boys the chance to learn to lift safely, build real strength and develop a positive relationship with movement from a young age.

Who's your hero or sporting icon?

I don't have a 'famous' sporting hero, but I'm hugely inspired by Kristen Ingham-Morgan, founder of Strong Girl Squad, and Oakley Hardwick, owner of Forest Flow Training Club. They've achieved so much in the industry and continue to make strength training more accessible, especially for women and teenage girls

If you could be involved in any other sport, what would it be?

Snowboarding - something I've always wanted to learn.

MAKE YOUR MOVE

Garstang Walking Festival

As part of the Garstang Walking Festival, there is a wonderful selection of walks and activities that require no booking.

Just come along, enjoy the outdoors and take part in some fantastic guided experiences.

- [Garstang Short Walk](#) - Sat 2 May 2026 11:00 AM - 12:00 PM
- [Garstang Bloomers Walk](#) - Sat 2 May 2026 6:00 PM - 7:00 PM
- [Bluebell Walk](#) - Sun 3 May 2026 12:00 PM - 1:30 PM
- [Knott End Legstretcher](#) - Wed 6 May 2026 10:30 AM - 12:30 PM
- [The Reed Buntings Return](#) - Thu 7 May 2026 10:00 AM - 12:00 PM
- [Pilling Short Walk](#) - Thu 7 May 2026 2:00 PM - 3:00 PM



JOB OPPORTUNITIES

Place Manager (Place Universal Offer & Multi-Sport Strategic Fund)

Active Lancashire is looking for an enthusiastic, relationship-driven Place Manager to help bring our vision of a more active, healthier and fairer Lancashire to life.

We are the strategic lead for sport and physical activity in Lancashire, one of 43 Sport England-led Active Partnerships nationwide. Working with partners, communities and stakeholders, we use the power of movement to tackle inequalities, improve wellbeing, and create positive change across the county.

This is an exciting opportunity to play a key role in delivering our refreshed Decade of Movement strategy, supporting communities to move more, live better and thrive.

[Find out more](#)

MOVING MORE IN WYRE

The search is on for Wyre's young stars

Every year the Mayor of Wyre presents the prestigious **Sheraton Trophy** to a rising star who has brought pride to the borough as a result of their achievements. Wyre Council wants to hear about young people who have excelled in any walk of life, be it sport, the arts, community work, volunteering or achievement against the odds.

One deserving winner, chosen by the Mayor Councillor Steve Nicholls, will be presented with the trophy at the Council's Annual Meeting on Thursday 14 May.

What is the Sheraton Trophy?

The Sheraton Trophy takes its name from HMS Sheraton which was awarded the Freedom of the Borough in recognition of support given to Fleetwood by the crew during the 1977 flood emergency when the ship was visiting the port. In 2025 the trophy was awarded to Amelia Cowburn for achievements in competitive swimming, determination to excel at school in the face of great hurdles, and care for their community as part of the Christmas Close charity fundraising effort.

How to nominate someone

Do you know an inspirational young person? To nominate them please provide the full name, age (Wyre residents and 18 or under only please) and contact details of the person you are nominating, plus a description of why you think they are inspirational and send your nomination by either email or post.

Deadline for entries is Tuesday 7 April 2026

A banner for the Sheraton Trophy 2026. It features a blue background with a green and teal circular graphic on the right. A hand is shown holding a silver trophy cup against a sunset background. The text 'Sheraton Trophy 2026' is written in white, and 'Nominate now!' is in a green box. The website 'www.wyre.gov.uk' and the 'wyre council' logo are at the bottom.

Sheraton Trophy 2026

[Nominate now!](#)

www.wyre.gov.uk

wyre
council

[Nominate a Young person](#)

A yellow banner with various icons in the background, including a lightbulb, a gear, a magnifying glass, and a document.

MORE WAYS TO MOVE MORE

Whether you're just starting your journey or looking for fresh inspiration, *Wyre Moving More's website* is your go-to hub for everything active in Wyre. From outdoor adventures and community clubs to tips for moving more at home or work—there's something for everyone.

Discover how small steps can lead to big changes in your health, happiness, and wellbeing.

Explore activities, connect with nature, join local groups, find your motivation.

If your club is not on the website currently, please let us know at wyremovingmore@wyre.gov.uk

Click to visit the [Wyre Moving More website](#) and take your next step toward a healthier, happier you!

[Visit the Wyre Moving More website](#)



GET INVOLVED

Want to get involved?

Want to be featured in our **Into the Spotlight** section or shout about an outstanding achievement? We'd love to hear from you! Contact us to spread your good work in the community

And if you ever need a hand - whether it's finding local activities, accessing support, or just learning more about how to move more - we're here for you. Our friendly team is always happy to help!

Let's keep Wyre moving, together click the button below to get in touch.

[Contact the team](#)

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Our mailing address is:

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