

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.

EVENTS

Rons Run

A fundraising funrun - run, jog, walk, push... everyone is welcome!

Sunday 7 June 26, 11am - 12noon

Entry is a donation to The Pantry foodbank, Fleetwood

To reserve a space please email community@wyre.gov.uk



RON'S RUN FLEETWOOD



**A FUNDRAISING FUNRUN WHERE THE ENTRY FEE IS
A DONATION OF FOOD ITEMS TO THE PANTRY FOODBANK**

**SUNDAY 7TH JUNE 2026 : 11AM – 12 NOON
PROMENADE BY MARINE HALL, FLEETWOOD**



**RUN A MILE,
GIVE A MEAL!**

**RUN, JOG, WALK, PUSH ... ALL WELCOME!
NO REGISTRATION, JOIN IN THE FUN ON THE DAY.**

 **MORE INFORMATION: RON'S RUN FLEETWOOD 2026**

supported by



Fleetwood Moves 26

Get ready to move and groove!

We are thrilled to announce that Fleetwood Moves is returning for a spectacular day of inclusive dance, music, and art for everyone.

Save the date

Marine Hall, Fleetwood

FREE!

Whether you're a dancer, a music lover, or just looking for a fantastic family day out, this festival has something for you. From aerial displays to live folk and inclusive performances, it's a celebration of our community you won't want to miss.



spotlight 🌟 on Jake White - Sports, Health and Activity Officer

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



Introduce yourself Jake!

I'm Jake White, Sport, Health & Activity Officer at Wyre Council. I lead on Physical Activity and Health & Wellbeing here in Wyre, driving and promoting the Wyre Moving More strategy on the ground by supporting our local clubs, groups and professionals to reduce barriers to physical activity and promote ways to become more active in our communities.

How do you get people moving in Wyre?

I oversee various contracts regarding physical activity, including Falls Prevention, Childrens Try Sport, Post Natal Exercise & more. I also work closely with Sports Clubs and organisations to support their provision, signpost new players where possible and link with the NHS to ensure everyone has a community route back into exercise. I recently worked with Park Yoga and successfully brought this into Fleetwood, every Sunday morning @ Marine Hall Gardens, it's for all abilities and our amazing instructor Leanne will ensure everyone is welcome

Who's your hero or sporting icon?

My hero growing up was Jay-Jay Okocha (Bolton fan!) although as I've gotten older and more into golf, I do love watching Rory McIlroy & Tommy Fleetwood!

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

I've been involved in most sports in my career, although I'd love to get involved in bringing Track Cycling to the area!

MAKE YOUR MOVE

Got a bike that needs a little TLC?

Join Go Velo for a FREE Dr Bike basic maintenance event and get your bike checked over by experienced mechanics. Learn simple maintenance tips to keep your bike safe, smooth, and road-ready.

Plus, have a go on our Smoothie Bike and pedal your way to a FREE freshly-made smoothie!

A fun, friendly event for all ages and abilities.

- ✔ Free bike safety checks
- ✔ Basic maintenance advice
- ✔ Smoothie Bike fun

All sessions run from 10am - 5pm

 28 July at Marine Hall, Fleetwood

 4 August at Cleveleys Plaza

 11 August at Marine Hall, Fleetwood

👉 For more information visit <https://www.wyre.gov.uk/walking-wheeling-projects/dr-bike>



FUNDING OPPORTUNITIES

Wyre Community Cohesion Fund

Community First is proud to administer small grants that help grassroots organisations, community groups, and local charities make a real difference in people's lives across Blackpool, Fylde, and Wyre.

Deadline: Midnight 13th July

Who for: Constituted groups, charities, CICs

What for: Projects that improve community cohesion

How much for: Small grants up to £5K (10 available) and large grants up to £25K (4 available)

[Find out more](#)

MOVING MORE IN WYRE

Walking Sports

Looking for a fun, friendly way to stay active? Walking sports are a great way to keep moving at your own pace, perfect for all ages and abilities.

[Check out our website for more details](#)



More about walking sports

MORE WAYS TO MOVE MORE

Ready to Move More and Feel Better?

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!



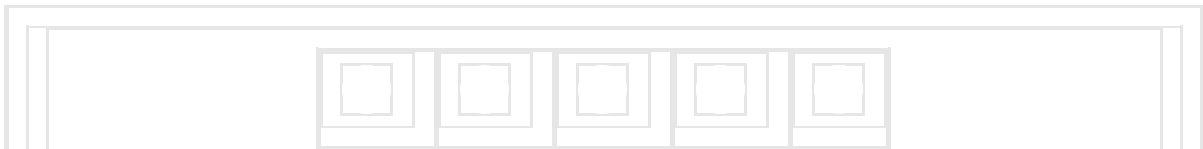
Want to get involved?

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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