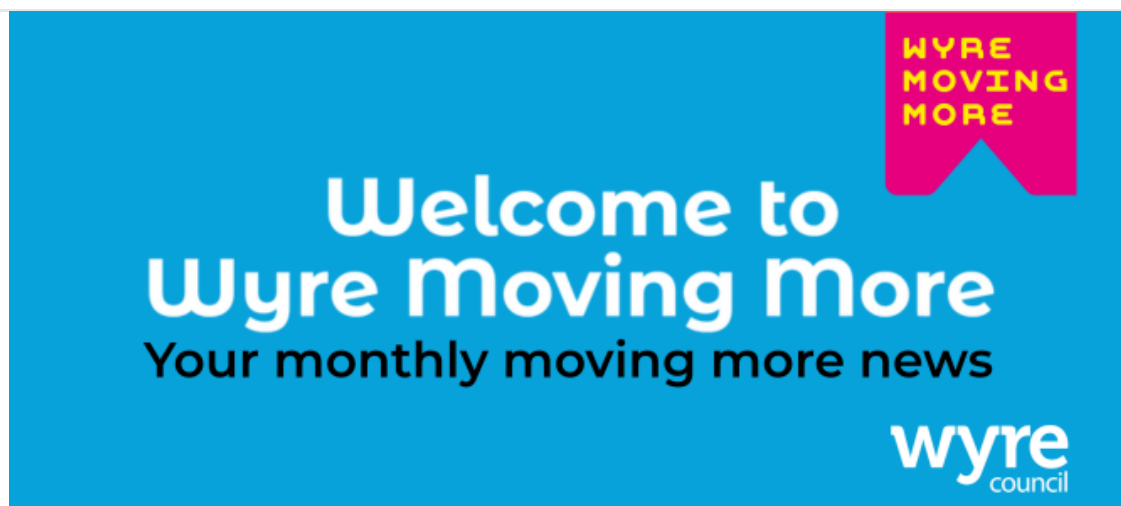




Get Ready to Move More, Feel Better & Have Fun!

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



Welcome to the August Edition of Wyre Moving More!

Bringing you the latest updates on how we're helping people across Wyre move more, feel better, and live healthier lives.

In this edition, you'll find local activity updates, funding opportunities, training and qualifications, and inspiring stories from people and organisations making a difference in our communities.

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

Let's keep Wyre moving – together.





Connect 5

Connect 5 is a free, evidence-based training program designed to equip frontline staff with the skills and confidence to have meaningful conversations about mental health and wellbeing.

- Participative training suitable for all public-facing staff.
- Conversation and communication skills to have confident conversations about mental health and wellbeing.
- Public health models and CBT based techniques to use with people to make positive changes and improve outcomes.
- Recognising more intense stress and distress to have supportive conversations about suicide.

This is a **2 day course delivered at Blackpool Carers Centre** on Newton Drive.

9.30am to 4.00pm

- Tuesday 8 and 15 September 2026
- Wednesday 30 September and 7 October 2026
- Tuesday 20 October and 3 November 2026 (not consecutive weeks)
- Thursday 5 and Thursday 12 November 2026
- Wednesday 2 and 9 December 2026

For more information or to book a place, please contact Helena Brown on 01253 393748 or helena.brown@blackpoolcarers.org

EVENTS

Future Leaders Academy

A FREE one day taster experience in Fylde and Wyre helping young people build confidence, resilience, leadership and community connection.

For more information please email empoweringuc@outlook.com or call 07950 618803



BRIAN ROSE —BOXING ACADEMY—

EUC

Mind in Motion

FUTURE LEADERS ACADEMY

FREE TASTER DAYS

FYLDE AND WYRE THIS SUMMER.

A free one-day taster experience in Fylde and Wyre helping young people build **confidence**, **resilience**, **leadership** and **community connection**.

SUMMER HOLIDAYS 2026

2 FREE TASTER DAYS

FYLDE & WYRE

FOR YOUNG PEOPLE AGED 10-14

FREE WYRE TASTER DAY

Date: Monday 10th August
Venue: Poulton-Le-Fylde Community Hall (TBC)
Time: 08:30-15:00

A free one-day taster experience focused on **confidence**, **teamwork**, **resilience** and **leadership**.

FREE FYLDE TASTER DAY

Date: Thursday 13th August
Venue: Lytham Assembly Rooms
Time: 08:30-15:00

A free one-day taster experience focused on **confidence**, **teamwork**, **resilience** and **leadership**.

LEADERSHIP & COMMUNITY ACTION
 Develop your voice, share ideas and build leadership through positive group activities.

WELLBEING & RESILIENCE
 Explore mindset, confidence, emotions and positive coping strategies.

BOXING & DISCIPLINE
 Build confidence, self-control, teamwork and resilience through structured physical challenges.

WHAT TO EXPECT

- Build confidence
- Meet new people
- Work as a team
- Try positive challenges
- Explore leadership skills
- Boost resilience and self-belief

REGISTER FOR A FREE TASTER DAY!

LIMITED SPACES - BOOKING IS ESSENTIAL

Funded by **Community FIRST**

empoweringuc@outlook.com | **07950 618803**

MAKE YOUR MOVE

An update from Sportscool's SEND work in Fleetwood primary schools

and encourage a lifelong enjoyment of physical activity.

- Only 26% of SEND children regularly participate in school PE, compared to 41% of children without SEND.
- 31% of SEND children are classified as less active, completing less than 30 minutes of physical activity per day.
- Only 3% achieve the recommended 60 minutes of daily physical activity.

Many children began the project lacking confidence in PE and physical activity, often worrying about making mistakes. Through supportive and inclusive sessions, pupils were encouraged to persevere, build new skills and see mistakes as part of the learning process.

The programme also helped develop teamwork and peer support, with children celebrating each other's successes and encouraging one another. By focusing on participation, teamwork and personal progress rather than competition, pupils grew in confidence, resilience and enjoyment of physical activity, demonstrating the positive impact of inclusive sport and physical activity opportunities.

FUNDING OPPORTUNITIES

Coastal Social Action Grants Programme

The Coastal Social Action Grants Programme is offering grants of £3,000 – £25,000 to support organisations across Blackpool, Fylde and Wyre to work alongside young people in designing and leading meaningful social action projects.

Supported by [The #Will Movement](#), [The National Lottery Community Fund](#) and [Department for Digital, Culture, Media and Sport](#), this programme will invest in projects that respond directly to the priorities, experiences and ideas of local young people.

Find out more - [Coastal Social Action Grants Programme – United Youth Alliance](#)

Deadline: 21st August

United Youth Alliance (UYA) has secured £400,000 from the national #iwill Fund programme, unlocking a total investment of £800,000 through matched funding to establish a Coast of Social Action across the Fylde Coast.

Running until June 2027, the programme will support hundreds of young people to identify local challenges, develop solutions and lead projects that make a positive difference within their communities.

[Find out more](#)

MOVING MORE IN WYRE

Park Yoga - Fleetwood

The one-hour sessions take place every Sunday morning until 20 September 2026

If you have not experienced Park Yoga, it is a great way to try yoga for the first time. You don't have to take part in the whole session, many people take moments of rest and enjoy the fresh air while watching the clouds go by.

There's no need to book.

Bring a yoga mat if you have one, but if you don't, a towel or blanket is perfect.

[Find out more](#)



MORE WAYS TO MOVE MORE

Volunteer at Park Yoga - Fleetwood

Do you thrive on engaging with individuals, are passionate about your local community and love being outside in nature?

Do you have availability this summer to volunteer for Park Yoga, Sunday mornings from 9am until 11am? (No previous yoga experience required).

If you answered YES, this could be a fantastic opportunity for you to meet new people whilst bringing joy and happiness to your local community.

For further information and to register to become a Park Yoga Volunteer please head to our website: <https://parkyoga.co/volunteers/>



[Visit the Wyre Moving More website](#)



This month, we're 🌟 **shining the spotlight** 🌟 George - Active Communities Manager at Creating Active Futures.

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 George.

Hi there, my name is George. I am the Active Communities Manager at Creating

leisure service.

How do you get people moving in Wyre?

I am currently in my first month at CAF and still learning new systems and getting to grips with the previous contracts connections and collaborative works. Whether you represent community groups, organisations or clubs, I'd love to hear from you to discuss how we can work together.

Who's your hero or sporting icon?

My sporting icon as a Preston-born millennial surely has to be Freddie Flintoff... He went from local working-class cricket prodigy to national hero

If you could be involved in any other sport, what would it be?Due to several sporting injuries over the years, actual sports have taken a backseat to weight training and hiking for me. However, I played ultimate frisbee for a while and I'd love to get involved in a fun capacity again!

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:

Civic Centre, Breck Road, Poulton-le-Fylde, FY6 7PU

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