

LEISURE AND ACTIVE WELLBEING

Newsletter



Looking for fun, friendly ways to stay active and feel good?

Welcome to the first edition of our Leisure and Active Wellbeing Newsletter. Whether you're looking for gentle movement, a confidence boost, or a chance to meet new people, we hope our newsletter helps you discover something new, try something different, or simply find an activity that makes you feel good.

We know that staying active looks different for everyone and with that in mind we have developed an information pack, which includes Active Wellbeing and Leisure opportunities across the Forest of Dean - from gardening to walking groups to exercise classes and gym membership.

View the information pack here: [Leisure and Active Wellbeing Information Pack](#)

For further information contact us on 01594 812447 or email: community.wellbeing@fdean.gov.uk.

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Spotlight on ...

Chair based Mindful Movement

Fun, friendly and inclusive. Ideal for improving flexibility, strength and wellbeing.

Move and Connect

Move, laugh and connect in this friendly, feel-good session.

Community Walks

Boost your wellbeing while exploring your local area at a relaxed, friendly pace.

Chair based Mindful Movement – Yoga, Pilates & Functional Strength

With Kate Samprati

Gentle, relaxing, and accessible for everyone, these sessions are ideal if you're looking to improve flexibility, balance, strength, and wellbeing in a supportive environment.

Led by Kate Samprati, this calm and friendly class uses simple movements and stretches that can be done from a chair, making it perfect for all abilities and fitness levels.

Mondays 2-3pm at The Hut, Berry Hill and Thursdays 9:30 to 10:30am at the Club House, Sling. Contact Kate for more information: 07973 421711.



Move and Connect

With Rikki Sheppard



Move, laugh, and connect in this relaxed, feel-good session designed to support both wellbeing and social connection.

Move and Connect focuses on simple movements, uplifting music, and shared enjoyment.

Ideal for all abilities, this welcoming class helps build confidence, encourages gentle movement, and creates a friendly space to connect with others.

Come along, move at your own pace, and connect with others in a friendly, sociable setting, including refreshments after the session.

Thursdays 2-3pm at St James' Church Hall, Bream. Contact Rikki for more information: 07769 658298.

Forest of Dean Community Walks



Looking for a gentle way to get moving, enjoy the outdoors, and meet new people? Forest of Dean Community Walks are a great way to boost your wellbeing while exploring your local area at a relaxed, friendly pace.

With a range of walks available, you can choose what suits you best. All walks are free of charge, with no need to book. Most walks finish with refreshments and time for a chat.

Call 07881 338476 or visit the website:

<https://fodcommunitywalks.wixsite.com/mysite>