

Active Suffolk began working with the Coddenham Centre shortly after their refurb in 2019, just months before the Covid-19 pandemic. After surveying the local community, it was established that Nordic Walking was the most sought after activity. The Fit Villages project supported an initial nine weeks of Nordic Walking which started just after a lockdown in the summer of 2020. The team supported by offering local residents weekly sessions at a subsidised rate, whilst also helping with advertising in the local area.

*Fit Villages supported the Coddenham Centre to safely introduce Nordic Walking and other activities to the community. The funding enabled us to facilitate professional training and guidance to offer unique and effective exercise for all. We are proud to have supported the health and wellbeing of the community and beyond during such difficult times, with help of the Active Suffolk team.*

- ANDREW MACPHERSON, CHAIR - THE CODDENHAM CENTRE CIO

The Nordic Walking sessions attracted huge interest throughout the funded period and its legacy lives on since the Coddenham Centre is now the home of the Suffolk School of Nordic Walking. They have since also partnered up with the NHS and local Macmillan cancer support team to offer walks for those living with cancer, whilst also offering a weekly training and walks from a 'Workout Walks' to a gentler 'Stroll with Poles' sessions which help to support frailer participants, some aged 80+, to remain active!



As well as walking, the Fit Villages project also went on to support the launch of carpet bowls and despite the pandemic, the centre has gone from strength to strength, now offering local residents a whole host of physical activity sessions including Pilates, Yoga, indoor and outdoor Tennis, Bowls, HIITT, dancing, an outdoor Gym and Tai Chi. The latter trainer being successfully sourced with the help of the Fit Villages team. It really is a hub of activity and Fit Villages have played a vital part in creating such an active community.