

Inclusive Cycling Experience



Cycling UK are to bring new electric adapted cycles to the borough for residents to trail at a variety of dates listed below:

- 6th May, Robin Park Wheels For All
- 21st May, Three Sisters Cycle event

The sessions are FREE and must be booked in advance prior to arrival. **Book [here](#).**

Outdoor Activities with Be Well



Whether it's walking and cycling activities, group runs, golf or more, Be Well have lots on offer to get active outdoors.

Be Well in Parks initiative offers a fantastic variety of free activities and events designed to promote health and wellness for all residents. With sessions available in parks across the borough. You can find more information on Be Well in the Parks and all the other outdoor activities [here](#).

How to manage and reduce stress



Take a look at Mental Health foundation's guide [here](#).

Local Offer Live

Do you want to know more about the support available for children and young people with special educational needs and disabilities (SEND)?

Join us at our FREE Local Offer Live event to find out more information about the SEND related services available.

Local Offer Live	Monday 28th April 2025
	10am – 2pm and 3:30pm – 6:30pm
	The Edge, Riverside, Wigan, WN3 5AB

Learn to Swim

Whether your child is just starting out or growing in confidence, Be Well swimming lessons will help them become safe, strong swimmers.

All our lessons are delivered by experienced, qualified teachers and follow the official Swim England Learn to Swim framework.

Redeem the offer by **clicking [here](#)**.



Free Cycling event

Families from across the borough are invited to attend, with or without a bike to join in the fun.

What to expect?

- Ride the full circuit
- Adult & Children's bikes & helmets available to borrow
- Under 5's balance bike track
- Wheels for All Adapted cycles
- Climbing wall
- Bike check and repairs

For more info, [click here](#).