



## 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:

- 6<sup>th</sup> May, Robin Park Wheels For All
- 21<sup>st</sup> 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](#).**



April 2025

For parents & Carers



## 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](#).**