

“Are your jeans too tight” EALC, Cumbria County Council and Eden District Council

On 9th December 2020 EALC and partners held an event to remind councillors how important it is for residents in their communities to keep fit and active during the winter months.

Representatives from 12 parish council attended the event, Sue Castle-Clarke, Chair of EALC welcomed everyone and introduced the five guest speakers who covered the following topics; -

Becky Underwood Development Officer, Active Cumbria shared inspiration for being active and top tips for planning to get your community making the most of the winter months in the beautiful Eden Valley.

Anne Craddock from the WI discussed how a local community group in Kirkby Stephen created a local bench walk project, which aims to encourage people to be a little more active and also help to combat loneliness.

Cathryn Beckett, Public Health Locality Manager gave an update explaining what Public Health campaigns are available.

Kellie Bradburn-Sims, Community Development Officer, Cumbria County Council shared information on grants available for community projects and how to apply.

Sally Hemsley Communities Officer Eden District Council provided an update on their Fit 4 All project and introduced the three individuals supporting the activities, Roo Bannister Activator EDC, and NHS partners Rhiannon Douglas and Anna Larden rehabilitation assistants.

Presentations / information from all five speakers are available on the CALC website.