



August 2023

There has been lots going on outdoors over the summer. Our Youth Fusion events have proved to be exceptionally popular with hundreds of young people taking advantage of the free activities taking place and also seeking help and advice on the things that matter to them. If you missed it (or if like me you fall into the slightly older age bracket) then I would encourage you to visit our Health and Well Fair event at our award-winning Ely Country Park on Sunday September 3. It will be packed full of exciting free things to do and lots of advice for making sure we can all take steps towards a better lifestyle.



Cllr Anna Bailey, Leader



Join us for fun interactive events

Save the date - On Sunday 3 September please come and join us for a fun and free Health and Well Fair taking place at Ely Country Park.

The event, hosted by East Cambridgeshire District Council will be a fun day out with a focus on wellbeing.

The aim is to encourage visitors to take steps towards a better lifestyle in a number of areas including:

- Healthy living
- Exercise
- Mental health
- Financial wellbeing

Among the attractions on the day will be:

- Taster sessions and information on how to get involved in sports
- Free climbing wall and smoothie bikes
- Engaging with residents on safety concerns and sharing advice on many topics including county lines and knife crime
- Cost of living advice
- Energy efficiency advice and how to access grants to insulate your home
- NHS Health Checks by Healthy You
- Free bike servicing and maintenance advice
- Information on clubs, workshops, fundraising, volunteering and careers
- ARC games, such as Jenga, Limbo and Giant Connect 4

The event is being supported by a diverse range of organisations including East Cambridgeshire District Council, EMC bicycle repairs, Neighbourhood Watch, VCAEC (Voluntary & Community Action East Cambs) and Wood Green. [Find out more:](#)



New gum busting machine

Two new gum-busting machines are being brought in by East Cambridgeshire District Council to help out in sticky situations.

The Ghostbusters-style backpack is being used by a dedicated street cleansing team to rid the district of the perils of chewing gum.

Many streets in the district, especially the high streets of Ely, Soham and Littleport, are being marred by discarded gum, which makes streets look grubby and uncared for, and is even worse when it sticks to clothes and shoes.

The street cleansing team, which is run by East Cambs Street Scene (ECSS) on behalf of the council, will remove as much chewing gum as possible in addition to the normal street cleansing activities.

Help with cost of living advice



Do you need help with cost of living advice?

Drop into our offices at The Grange, Ely for free impartial advice on anything from how to save energy in your home and cut down on food waste, to advice on benefits and community grants.

Our community bus will also be available every week in Soham and Littleport and plans to make regular appearances at Ely Markets and at local events.

If you are not able to visit The Grange or meet the bus in Littleport or Soham you can request a personal home visit by a member of the team. To book call 01353 665555.

Interactive gaming wall for Littleport



A giant interactive gaming wall, designed to provide positive fun activities, has been installed at the new Youth and Community Centre in Littleport.

The wall is 2.5 metres high and 4 metres wide and incorporates a number of fun games and sporting activities all designed to help people get fit, encourage teamwork, and improve co-ordination and movement.

A laptop, or gaming console can also be plugged into the wall so that it can be used for seminars, presentations and movie nights. Littleport Town Council is also keen to work with adult educational providers so that training courses can be run to improve employment opportunities for residents. The wall was part funded by an £8,500 Facilities Improvement Grant from East Cambridgeshire District Council. To apply or find out more information, go to the [East Cambridgeshire District Council website](#).



Join our Wellbeing Walk Leaders

Do you, or someone you know, have a passion for walking, meeting new people and the confidence to lead a small group in your community? If so, take part in our free training and become a volunteer walk leader for our Wellbeing Walks programme.

For more details email [Sophie Dalpra at Healthy You](#)

More news

Head to our [Newsroom](#) to find all the latest news. Below are some highlights:



Green Flag for parks

Two of Ely's biggest parks have been awarded Green Flag status. Ely Country Park and Jubilee Gardens, which are owned by the council, were given the prestigious award during a national ceremony. The coveted Green Flag status is awarded to parks and green spaces which are free and open to everyone to enjoy, while meeting strict standards and offer excellent visitor facilities.



Youth Fusion event success

Hundreds of young people attended the Youth Fusion events at Littleport, Soham and Bottisham over the summer holidays. These interactive wellbeing events were an opportunity to find out what is going on for young people in the district and where to get information and advice about the things that matter to them. Free activities included a climbing wall, bouncy castle and bike repairs.



Free to Feed in East Cambs

Business owners are saying yes to offering a warm welcome to mothers who breastfeed and pump, as part of a new initiative supported by East Cambridgeshire District Council. FreeToFeedCP encourages businesses to sign up as a breastfeeding and pumping friendly business, so mothers can feel relaxed, comfortable and confident feeding their children whilst out of the home. The initiative has proven popular with 12 businesses already pledging their support. Silver Oak Coffee Ltd (pictured) which runs The Yard in Ely, was the first company to sign up.

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Our mailing address is:

East Cambridgeshire District Council, The Grange, Nutholt Lane, Ely, Cambridgeshire CB7 4EE

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