



Neighbourhood Area: East

**Community & Neighbourhood
Manager:** Carol Jones

Community engagement officer:
Jeff Compton

Neighbourhood officer: Janine Paice

Walkabout Area:
Woodrow Piling Park

Resident feedback

On Friday 6 June the east neighbourhood team invited councillors, local schools and local residents to a healthy living event in Woodrow Piling Park to celebrate the grand opening of the new outdoor gym equipment.

The event was hosted by Norwich City Council and qualified fitness instructors from the Riverside Leisure Centre who were on hand to show people how to use the six new pieces of outdoor gym equipment in a safe and effective manner. The new gym equipment is free to use and is available to local people 365 days a year. It includes a skier, surfer, spacewalker, recumbent bike, hand and pedal cycle and a wheelchair accessible chest press.

Health trainers from the NHS were also on hand to give practical advice about giving up smoking.

As well as encouraging local people to have a go on the new equipment we also asked them to take part in fun educational games to help raise awareness of the benefits of embarking on a new healthier lifestyle. The games included food sculptures, making a face from fruit and vegetable, apple bobbing and a name the fruit and vegetable quiz. It was an extremely enjoyable afternoon and we would like to thank everyone who took the time to talk to us.

Here are a few pictures of the event in action.

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We hope you found this report helpful.

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To see the programme of when and where we will be for the next three months please visit our website www.norwich.gov.uk and look up Walkabouts on the A to Z.

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