

Wilby Playing Fields Trust – update

We have been successful in fundraising over the past year to improve facilities in the park. We are aware that we provide play equipment for children but Wilby is a village of all ages. So this past year we have been fundraising for adult outdoor gym equipment. Thanks to grants from Tesco's Bags of Help, Maud Elkington Trust and Northamptonshire Community Foundation we are in the process of purchasing the following items of gym equipment:

Double Slalom Skier for balance and cardiovascular exercises



Horse-Rider to exercise arms, waist and legs



Health Walker to improve mobility in the hips and cardiovascular exercise



Twist 'n' Step – 2 exercises to increase mobility in hips and legs, and target leg muscles



We are very excited about this equipment and will be having a launch with an instructor to demonstrate how to make the best use of the equipment to improve health and fitness. Details to follow when we have dates for installation.

Thank you to Tesco's, Maud Elkington Trust, and Northamptonshire Community Foundation.