



Penrith Town Council

FOR IMMEDIATE RELEASE

Date: Tuesday 7 October 2025

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Penrith Town Council supports community sport with £1,914 grant to England Netball

Penrith Town Council has awarded a grant of £1,914 to England Netball to deliver 10 weeks of FREE Netball Now and Walking Netball sessions in Penrith.

Launched in September 2025, the sessions are helping to create accessible opportunities for people of all ages and abilities to get active, stay healthy, and enjoy the social and wellbeing benefits of netball. Thanks to the Council's funding, the programme is completely free for participants, ensuring barrier-free access to the sport.

Val Bowen, Penrith Town Council Chair and Mayor of Penrith, said:

"It is a real pleasure to support England Netball in bringing both Netball Now and Walking Netball sessions to Penrith which are a fantastic way to promote health, fitness, and social connection in our community."

"We're especially pleased to be able to support activities for everyone – whether you're looking for a fast-paced game through Netball Now or a gentler introduction with Walking Netball."

Victoria Eames, Northumberland Netball Development Officer for England Netball, said:

"We are incredibly grateful to Penrith Town Council for their support. This grant allows us to run 10 free sessions locally, opening up opportunities for people of all ages and fitness levels to get involved."

"Walking Netball in particular has proven to be a brilliant way for people to reconnect with sport in a fun, friendly, and accessible way."

The free sessions are running until Wednesday 5 November 2025 at Penrith Leisure Centre, with two weekly options available:

- Walking Netball: Mondays | 1:30pm – 3:00pm Perfect for anyone wanting to keep fit at a slower pace and enjoy a friendly, social game.
- Netball Now: Wednesdays | 6:30pm – 7:30pm A full-paced, fun, and inclusive game – just turn up and play!

[For more information about England Netball and local sessions, please the Netball in Cumbria Facebook page.](#)