

the ashford freedom flyer!



Halloween special

Autumn Adventures



OCTOBER 2025

PEOPLE!



Emily Highly Commended at BBC Make a Difference Awards 2025!

Our Healthy Communities Manager, Emily, was highly commended in the Active category at the BBC Make a Difference Awards 2025 for her work on the Together We Thrive programme! This inclusive programme helps children and adults with special educational needs access sport across our centres. Her nominator said, “Emily is the heart and soul behind the SEN programme that has completely transformed access to sport for people with Special Educational Needs in Ashford. She started this from scratch, and now, around 1,000 SEN individuals take part every month – people who, without Emily’s work, wouldn’t have access to sport at all.”

Emma’s Combat-Attack-Athon!

Last month, Emma, one of our fantastic group exercise instructors, hosted a high-energy Combat-Attack-Athon here at the Stour Centre to raise money for Pilgrims Hospice. Emma and Andy are preparing to take on an incredible challenge next year, trekking to Mount Everest Base Camp in support of this charity. We are so proud of their dedication and the amazing community spirit shown in helping such a worthwhile cause.



Lifetime Achievement Award for Dennis!

Congratulations to Dennis, coach at Dempseys Boxing Academy, who has been honoured with a Lifetime Achievement Award by All England Boxing in Sheffield. Dempseys Boxing Academy, who train here at Julie Rose Stadium, are proud to see Dennis recognised for his incredible dedication to the sport and the boxing community.

Marshall Takes First Place!

One of our very own FLAIR members in Ashford, Marshall, casually entered the Norwich 10k while on holiday and went on to win it in style. Representing Ashford Athletic Club, Marshall crossed the line in an impressive 31:28, finishing 49 seconds clear of the runner-up. With Norwich conquered, he now looks ahead to the Jersey Marathon and then the Frankfurt Marathon in Germany next month. A huge well done to Marshall on his fantastic achievement.



Emma’s Spinathon for Pilgrims Hospice!

A massive congratulations to Emma, one of our fantastic group exercise instructors and personal trainers at the Stour Centre, who organised and led a spinathon to raise money for Pilgrims Hospice. She was joined on the bikes by Ange and Marina, also amazing instructors, whose support and energy helped make the event such a success. We are proud of Emma’s fundraising efforts and the way all three brought our community together for such a great cause.

COMMUNITY!

Track Marathon Success!

The Track Marathon held last month at Julie Rose Stadium, in partnership with Sporting Events UK and Run Events, was a fantastic success. Runners of all abilities took on the challenge in an incredible atmosphere, with plenty of determination and support on display throughout the day. It was wonderful to see the event bring the community together to celebrate fitness, resilience and achievement.



15th Sagarmatha Cup at Spearpoint!

On Sunday 24th August, Spearpoint Pavilion hosted the 15th Sagarmatha Cup, organised by the Sagarmatha Gurkha/Nepalese Community in Ashford, Kent (SGNCAK). The day was packed with exciting football action, community spirit, and celebration. Local teams, families, and friends came together to enjoy the matches and honour the vibrant Nepalese community in Ashford, creating a truly memorable event for all.



Coming Soon: Healthy You!

Keep an eye out for the launch of Healthy You, our new 12-week weight management programme at the Stour Centre. Just £5 per session or £50 for the full course. Start your journey to a healthier you!



Tenterden's Studio 1 Refresh!

Tenterden Leisure Centre has given Studio 1 a fantastic makeover. The space has been redecorated, the music system upgraded and repositioned, and two stunning sunset and sunrise lights added. These improvements create the perfect atmosphere for Pilates and yoga, making every session more relaxing and inspiring.

Parkinson's Boxing!

Launched on 22nd September, Parkinson's Boxing is now running at the Stour Centre every Monday (term time) from 10:30am - 11:30am with coach Keira. Sessions are just £2, and carers go free. Suitable for anyone with a Parkinson's diagnosis.



GP Referral Scheme!

We're excited to launch the GP Referral Scheme across the Ashford Contract! If you've been advised to increase your activity for your health, this programme is here to support you. For more information, email ashford.referrals@freedom-leisure.co.uk or speak to your GP directly.

Community Freezer Opens at Tenterden!

We are delighted to announce the opening of our brand-new Community Freezer at Tenterden Leisure Centre, made possible thanks to funding from The Whitehead Monckton Charitable Foundation and The Mildred Trust. Daniel, representing the Foundation, joined us to give a speech and officially cut the ribbon. The freezer is now in place next to the Community Fridge, providing another valuable resource for our local community.





UPCOMING EVENTS

Track Attack Returns!

Track Attack is back at Julie Rose Stadium this October half term on Tuesday 21st and Wednesday 22nd. For just £34, children aged 6 to 13 can enjoy two full days of athletics activities led by qualified Ashford Athletic Club coaches in a fun and supportive environment. To book your child's place, call Julie Rose Stadium on 01233 613131.



Comic Con Coming Soon!

Get ready for an action-packed day full of fun, fandom and fantastic finds at the Stour Centre. Taking place on Saturday 4th October, Comic Con is the perfect day out for the whole family, with stalls, merchandise and collectables for every age and interest. It's also a brilliant chance to grab some unique early Christmas gifts, whether you're shopping for a comic enthusiast, film fan or simply looking for something a little different. Join us for an unforgettable day you will not want to miss!



Reclaim the Night is Back!

Reclaim the Night is back at Julie Rose Stadium on Monday 10th November with an empowering 5k run for women. This completely free event offers the perfect opportunity to come together in a safe, supportive and inspiring environment. It's an evening to celebrate strength, unity and wellbeing while enjoying the buzz of running alongside others in the local community. Whether you join with friends, colleagues or on your own, you will be part of something special that highlights the power of women supporting women. Scan the QR code to secure your free space and be part of this meaningful event.



Rumble Wrestling!

The Rumble Wrestling crew are back at the Stour Centre on Saturday 11th October with an unmissable night of action, featuring a special Ladder & Chair Match! Fans can expect high-energy bouts, incredible athleticism and edge-of-your-seat excitement that will keep you cheering from start to finish. Whether you are a long-time wrestling fan or just curious to see the spectacle live, this is the perfect night out for friends and family alike. Scan the QR code to grab your tickets and secure your spot for an unforgettable wrestling event!



FREEDOM LIFE STORIES!

Meet David, our new Fitness Manager!

We're delighted to introduce David, who has recently joined the team as a Fitness Manager in the Ashford Contract. He is passionate about supporting our members and helping the community enjoy all the benefits of health and fitness.



Can you tell us a bit about your background in the fitness industry?

I've been in the industry for over 2 decades now, and have covered every role from lifeguard to department management. I also have a passion for coaching and have coached national and international level athletes in both swimming and diving.

What excites you most about leading the fitness team here?

We have a great team here and I can't wait to help develop our service offerings and make the Ashford centres the hubs of health and fitness for Ashford and the surrounding area.

Our GP referral programme is being relaunched across Freedom Leisure Ashford! How important do you think schemes like this are for the community?

GP referral is an extremely important service that we can offer the community to ensure that everyone has access to health and fitness and to help maintain the health of our local community. I hope that this can also help more people get out into their communities safely.

How will you and the team support members who come to us through GP referral?

We plan to offer pathways for group exercise and gym-based activities as well as groups for weight management, falls prevention and musculoskeletal programmes.

What can new members expect when they first step into the gym?

You can expect to be greeted with a smile and assisted to hit their health and fitness goals no matter what they are.



What's your favourite style of training or type of workout?

I enjoy kettlebells, I love a kettlebell!

Looking ahead, what are your goals for the fitness team and for members at our centre?

I want to make sure we have the best fitness team in Ashford, able to deliver a high level of services to a high level of competency. Our members can expect service with a smile, and a wide range of activities to participate in.

DISCOVER!



3 Day FREE Pass!

From 6th to 21st October, enjoy a 3-day free pass at Freedom Leisure! Explore our gym, classes, and facilities at your own pace. Bring a friend or come along on your own and discover the fun of getting active. Scan the QR code to enquire about memberships and get started today.

Leaves Fall, Confidence Rises!



Give your child the gift of confidence in the water this October! Our friendly teachers follow Swim England's Learn to Swim pathway, guiding children of all ages and abilities to develop skills, stay safe, and have fun while learning to swim. Classes are designed to build confidence and technique step by step, making every lesson enjoyable and rewarding. Scan the QR code to enquire and secure your child's place today!

Member Testimonials



"The staff are always really friendly, and the facilities are kept very clean. Swimming lessons always run on time, and the children are happy and engaged throughout. My daughter has learned a lot since joining. Car park is decent sized with free parking for visitors/members. Highly recommended."

- Lucy, Tenterden Leisure Centre



"A really good place to bring people with their children for fun activities."

- Bharat, Stour Centre



- Joseph, Stour Centre



- Tim, Julie Rose Stadium



BE A PART OF THE ASHFORD FREEDOM FLYER!

If you have an idea for an article, an update from your area or a story to share, please email dannii.woodward@freedom-leisure.co.uk