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## Ladies, get in shape at Shapers

### New gym area for women only at Geoff Moulder Leisure Complex

A new gym area for ladies at Boston's Geoff Moulder Leisure Complex will be just what the doctor ordered for Rachel Hensman.

Rachel uses a wheelchair and has osteoporosis and osteoarthritis and it is vital she does all she can to maintain bone density and joint flexibility.

Osteoporosis is a bone-thinning illness which mainly affects women and Rachel (53) is delighted to have discovered the new Shapers gym area at the GMLC.

She said: "I have used gyms and I don't mind a mixed gym but, given the choice, I'd opt for the less-intimidating atmosphere in an area reserved for ladies only."

The gym was set up with some redundant items of kit and uses an area formerly used for storage.

Inactivity among women is a national concern, prompting the This Girl Can campaign, and has been a particular health and wellbeing issue in the Boston area.

Local research revealed that some women were put off by feeling they would be intimidated by a traditional gym where they would have to mix with people of both sexes who could be fitter and more confident.

This is supported by This Girl Can which reports that 75 per cent of women said they wanted to be more active but the main barrier was "fear of judgement".

And an Active Lives Survey by Sport England found almost 27 per cent of women were "inactive"

(less than 30 minutes per week).

GMLC manager Dave Horry said: "There is a proven need in this area for people to address levels of inactivity, and then we discovered a proven need by some who felt they would be uncomfortable in a traditional gym. We have tried to give choice."

Dave said one woman had already visited for an induction session and was attending a gym for the first time in 20 years.

The equipment aims to exercise all major muscle groups and will provide a taster for anyone new to a gym, an introduction to a conventional gym or as a permanent base for anyone looking to get fitter or tone up.

Music and images to inspire exercise are provided by a big-screen TV and all the other usual facilities at the centre are available.

Rachel (below) attended with her friend and carer Roz Mason (50), who said: "I have always been to a gym, but you gain confidence in a ladies' only area and benefit from the support you get."

*Read more at <http://bit.ly/2qXXUqE>*



### Determined to make life here better for all

by Cllr MICHAEL COOPER, Leader, Boston Borough Council

It is a great responsibility to have been elected Leader of Boston Borough Council and I have no illusions about the gravity of the position.

Some might well describe it as a poisoned chalice, but I regard it more as a challenge to be met. I am passionate about Boston and the wider borough and I have a gritty determination to make life here better for everyone.

*Read more at <http://bit.ly/2rlkq6Z>*



### Make the future your business

A business networking and learning event due to take place at the Lincolnshire Showground will now take place at Sleaford Life Conference and Events Centre in Mareham Lane from 10.30am to 3.30pm on Wednesday, June 28.

*Read more at <http://bit.ly/2qH8jCT>*

### Looking to the future of Boston Cemetery

Your views are needed to inform a project to safeguard the future of Boston's Victorian Cemetery.

*Read more at <http://bit.ly/2qNj7PI>*



### Give a little, gain a lot

Do you want to learn new skills? Improve your job prospects? Help others or just make new friends? And have three hours or more spare a week? Pop into Boston West Golf Club at Hubberts Bridge and join the Citizen's Advice team for free afternoon tea today between 2pm and 4pm, meet volunteers and find out what opportunities they have to offer.

### Read about Boston's Hanseatic past

A new booklet has been published to mark Boston rejoining the Hanseatic League (Die Hanse) after a 700-year absence.

*Read more at <http://bit.ly/2qXMW4A>*



### Go back to good ol' days of the 1940s

There is an affection for 1940s Britain, despite the war – and you can sample the "good ol' days" at a free event in Boston's Central Park this Sunday (June 11) from 10am to 4pm.

There will be vintage vehicles, Boston Jive, a 1940s singer, Kirton Brass Band, '40s Home Front, retro stalls, an afternoon tea tent, re-enactment displays, 1940s parlour, vintage fair and a Dakota flypast.

Visitors are encouraged to attend in 1940s dress, bring a picnic and stay all day.



### Help for your community project?

Did you know that you may qualify for a grant if you are a town-based community group or organisation? *Read more at <http://bit.ly/2qYgj6P>*

Week nine winner – *Read more at <http://bit.ly/2ngHd3i>*

