CAMPOSOL FREE COMMUNITY SPORTS

COMMUNITY NEWS • AUTUMN 2026

Keeping active, making friends and bringing our community together.



A season of activity, friendship and community spirit

INSIDE THIS ISSUE

Meet Mark, our circuit-training volunteer • Rafting on the Río Segura • Exploring Sierra Espuña • The Street Party raises over €2,000 • Bike rides are back • Share your skills with the community

With thanks to our main sponsor: 2let2buy2sell

WELCOME!

Welcome to our latest Camposol Free Community Sports newsletter! What a busy few months it has been. From rafting adventures and walks in the beautiful Sierra Espuña to bike rides, circuit training and our fantastic Street Party, there has been plenty happening across our community.

Camposol Free Community Sports is about much more than exercise. It's about bringing people together, making friends, trying something new and helping everyone enjoy a healthier, more active lifestyle.

Whether you're already involved or thinking about joining us for the first time, there's something for everyone. A huge thank you to our volunteers, participants and sponsors who help make it all possible.

THANK YOU TO OUR MAIN SPONSOR

2let2buy2sell

Camposol Free Community Sports is proud to recognise and thank **2let2buy2sell**, our main sponsor. Financial support from local businesses makes a real difference. It helps us keep activities accessible, support the equipment and resources we need, and continue developing opportunities for people across Camposol.

Community groups rely on the generosity of people and businesses who believe in what they do. We are very grateful to 2let2buy2sell for supporting our work and helping us bring people together.

PLEASE SUPPORT THE BUSINESSES THAT SUPPORT OUR COMMUNITY.

MEET OUR VOLUNTEERS

Mark – Making Fitness Fun and Welcoming



Behind every successful community activity are people who give their time and enthusiasm to make it happen. We caught up with Mark, one of the volunteers helping to run our popular circuit-training sessions.

HOW IT ALL BEGAN

Mark has been involved for around two and a half years. He originally started out as a participant, using the council-installed outdoor exercise equipment. When Stuart invited him to help run the sessions alongside Rob, he was happy to get involved. The sessions have grown steadily, with attendance usually between 15 and 30 people and a record of 35!

FITNESS WITHOUT THE PRESSURE

Mark believes the relaxed atmosphere is one of the things that makes the sessions so popular. There's no military-style routine and no pressure to compete. Everyone can work at their own pace and enjoy the experience. The main rule is simple: keep moving around the circuit in a clockwise direction!



The equipment has expanded too. Alongside the original green static equipment, there are now weights, barbells, resistance bands and mats, with a central area known as the “Fun Zone” used for activities such as yoga.

MARK – THE STORY CONTINUES

A PERSONAL TRANSFORMATION

Mark has experienced the benefits himself. When he started, he weighed just over 20 stone. Through regularly using the equipment, around three times a week, he has reduced his weight to approximately 15½ stone. His story is a great example of what regular activity and consistency can achieve.

MORE THAN JUST EXERCISE

For Mark, the social side is just as important. Friendships have developed through the sessions, with people meeting up outside training and enjoying trips to local bars and restaurants.

The circuit-training equipment is kept in a dedicated container. Mark lives nearby and holds the keys, which means people can also access the equipment outside organised sessions.

LOOKING AHEAD

Mark's aim is to keep the sessions running and encourage more people to come along. Circuit training is free. There is a donation bucket for contributions towards replacing worn equipment, and donations also help support wider community projects.

WHEN AND WHERE?

Tuesday, Thursday and Saturday at 9am. During the summer, the start time moves to 10am. Bring a towel and some water, and come along at your own pace. New faces are always welcome!

MAKING A SPLASH ON THE RÍO SEGURA!



Our rafting events organised in July and August were a great success, with plenty of people joining in for a refreshing summer adventure. Participants enjoyed gentle rafting along the beautiful Río Segura, taking in the scenery, sharing a few laughs and enjoying the experience together. And after the rafting? A refreshing swim was the perfect way to cool off!

A lovely combination of fresh air, friendship and a little adventure.

EXPLORING THE BEAUTIFUL SIERRA ESPUÑA



A wonderful hike in the fresh air in one of the region's most beautiful locations! Our group enjoyed a walk through the spectacular scenery of Sierra Espuña, with its woodland trails, impressive views and memorable suspension bridge. It was lovely to see some four-legged friends joining the adventure too. A great day out enjoyed by all.



Fresh air, friendship and a little adventure – what better way to spend the day?

THE STREET PARTY ON D – WHAT A NIGHT!



Our Street Party on D was a fantastic success, bringing people together for an evening of music, dancing and community spirit. The live band were brilliant and helped create a wonderful atmosphere, with plenty of people getting into the party spirit.

OVER €2,000 RAISED!

Thanks to raffle and ticket sales, the event raised more than €2,000 for community projects. A huge thank you to everyone who came along, bought tickets, supported the raffle and helped organise the event.



Beach day at Bolnuevo ? Sunday 4 October

ON YOUR BIKES! THE RIDES ARE BACK!

After a long, hot summer, Camposol Free Community Sports has restarted its regular bike rides. The rides explore local places of interest and beautiful scenery, offering a wonderful opportunity to get outdoors, keep fit and enjoy some good company along the way.

Fresh air, new adventures and plenty of miles of smiles!

SHARE YOUR SKILLS – HELP MAKE CAMPOSOL A HEALTHIER COMMUNITY!

Camposol is home to a huge range of experienced, enthusiastic and talented people, many of whom have skills and expertise that could make a real difference to our community. We'd love to help you share those skills and ideas to make Camposol an even healthier, happier and more connected place to live.

We're not just looking for people to run regular weekly activities. We understand that committing to a regular slot isn't always possible. That's why we're also looking for people who might like to offer a **one-off workshop, talk, demonstration or special event.**

WHAT COULD YOU SHARE?

Healthy eating and nutrition • Sleep and wellbeing • Mental health • Meditation and mindfulness • Yoga, relaxation and movement • Personal development • Or a completely different skill, qualification, hobby or passion that could inspire others.

NO LONG-TERM COMMITMENT NECESSARY

You don't need to take on a regular class or make a weekly commitment. You might simply have an hour or two to offer for a one-off workshop or an occasional talk. We can help you develop your idea, find a suitable venue and promote your session to the community.

HAVE A SKILL YOU'D LOVE TO SHARE?

Get in touch through the Camposol Free Community Sports Facebook page or website and tell us what you'd like to offer. Your knowledge, experience or enthusiasm could be exactly what someone in our community needs!

A COMMUNITY THAT MOVES TOGETHER

From circuit training and walking football to Zumba, aqua yoga, archery and martial arts, Camposol Free Community Sports continues to offer opportunities to get active, learn something new and meet people.

If you haven't tried one of our activities yet, why not give it a go? You don't need to be an expert, particularly fit or know anyone beforehand. Just come along, say hello and get involved.

Here's to keeping active, making friends and building an even stronger Camposol community!

Thank you to everyone who makes Camposol Free Community Sports possible.

MORE MOMENTS FROM OUR COMMUNITY

A few snapshots of the activities, adventures and friendships that bring us together.



Ready for the river! Our rafting group on the Río Segura.



The bike rides are back after the summer, exploring local scenery together.

MEET THE PLAYERS: RUSSELL WARD

Walking football – four months in, and loving every minute!

How long have you been playing walking football?

I've been coming along for about four to five months.

What made you decide to give it a go?

My wife mentioned that they were doing walking football as part of the community sports activities, so I thought I'd give it a try. I hadn't played football for around 40 years, and when I first started I was pulling muscles in my legs! But as time went on, my muscles got used to it and now I'm really enjoying it.

What do you enjoy most about the sessions?

It's great fun. They call it walking football, although sometimes it feels more like jogging football! The best feeling is scoring a goal and contributing to the team. It's also a lovely environment, and everyone gets on well.

What do you think makes the sessions work so well?

Sam and Stuart are brilliant organisers. They make everyone feel welcome and are always there organising the teams, which isn't easy when you have 20 or 30 people turning up!

What would you say to someone thinking about joining?

Definitely come along! It's great fun, everyone is friendly and there's nothing to lose by giving it a go.

Anything else you'd like to say?

Long may it continue! We're very lucky to have Sam and Stuart organising it. They're brilliant, and I hope more people come along and enjoy it.



Russell at the walking football sessions



"Give it a go, enjoy yourself and don't worry about being a football expert. It's all about having fun and being part of the team!"

SETTING THE RECORD STRAIGHT

CAMPOSOL FREE COMMUNITY SPORTS

CFCS is run by a dedicated team of volunteers, providing free sports, fitness and outdoor activities for the whole community. We want to clarify the work behind our latest projects in Sector D and how they are being funded.

A community-wide contribution

For many years, CFCS volunteers have supported projects across Camposol: improving gardens and memorial areas, litter-picking, clearing dead trees, tidying public spaces, helping with paths and repairs, and supporting new volunteer groups with materials, equipment and funding. We have installed bike racks in Sectors A and D, are working with the Town Hall on provision in B, and hope to explore options in C. In D7, volunteers helped create and now maintain the sports area, including its petanca area, pergolas and equipment storage. CFCS is also supporting the renovation of the petanca area in Sector A's memorial park.

Noah's Park and Jardines de Primavera

Our volunteers are working on Noah's Park and Jardines de Primavera in Calle Esperaguerra, Sector D. Noah's Park is being funded through dedicated sponsorships and donations, including a €5,000 sponsorship from animal rescue charity Noah's Arc. A separate fundraising team is working towards the estimated €10,000 project cost, with support from Carmen, Camposol's councillor, as volunteers navigate the Spanish administrative process.

The park will give dogs a designated place to exercise off lead. There is already a dog park in Sector A, around 6 km away, so a second park will serve residents at the other end of the urbanisation. Sector D has fewer amenities, while Upper C does not have enough municipally owned land for a dog park.

Clear and separate funding

Fundraising for Noah's Park is completely separate from general CFCS bucket donations. Park sponsorships and donations are announced on the CFCS website and social media. No Noah's Park funds have been used for the separate clean-up of fly-tipped rubbish on Calle Esperaguerra.

The Calle Esperaguerra clean-up

Residents and volunteers from across Camposol have been turning out every Saturday, with 20 or more people helping over the past month. A separate fund has raised more than €1,000 for skips, and CFCS has contributed €300 towards the first two skips.

These projects reflect the CFCS ethos: people giving their time, energy and skills to make Camposol a better place for everyone. Residents may hold different views about individual projects, but we hope this statement clarifies the facts and recognises the volunteers working hard for our community. Thank you to everyone who supports them.

CAMPOSOL FREE COMMUNITY SPORTS

UPCOMING WEEKLY EVENTS!

EVERYONE WELCOME!

Fun, Friendly and FREE!

9TH NOVEMBER - 15TH NOVEMBER

MONDAY 9TH NOVEMBER	WALKING FOOTBALL	9AM
	LEGS, BUMS & TUMS	10AM
	YOGA	11AM
TUESDAY 10TH NOVEMBER	CIRCUIT TRAINING	10AM
	BODY TONE	2PM
	PILATES	3PM
WEDNESDAY 11TH NOVEMBER	ZUMBA	5.30PM
	MARTIAL ARTS	6.30PM
THURSDAY 12TH NOVEMBER	WALKING FOOTBALL	9AM
	CIRCUIT TRAINING	10AM
FRIDAY 13TH NOVEMBER	WALKING FOOTBALL	9AM
	PÉTANQUE	1PM
SATURDAY 14TH NOVEMBER	CIRCUIT TRAINING	10AM
	TIDY UP OF CALLE ESPARRAGUERA	10AM
SUNDAY 15TH NOVEMBER	MINI GOLF	11.50AM

You can find Camposol Free Community Sports on Facebook!

FUN, FRIENDLY & FREE!
Everyone Welcome!

All event details can also be found on our new app/website, https://cfcs.es