

## Monitoring report 2015 - 2016:

<b>Theme</b>	1 - Improving health and wellbeing
<b>Priority</b>	2a - Provide opportunities to improve residents' health and wellbeing through music, sport and cultural activities for <u>children and families</u> .
<b>Activity</b>	3 month kids gym membership 3 month discounted gym membership
<b>Total Funding</b>	3 month kids gym membership = £2,400 3 month discounted gym membership = £2,500
<b>Year 1 claim</b>	3 month kids gym membership = £680 3 month discounted gym membership = £1,027.50
<b>Year 2 claim</b>	

### Contact details:

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<b>Organisation</b>	Boston Borough Council – Geoff Moulder Leisure Complex

### Project Outcomes:-

#### 1. Free 3 month kids gym membership –

A total of 17 children have taken up the offer in the last claim period, We offer usage of our dedicated kids gym equipped with treadmills, cross, trainers, rowing machines, spin cycles and a range of weights equipment, all sessions are supervised by qualified gym instructors;.

Claim amount = 17 children at a cost of £40 = £680.

Year 2 - We will plan to offer a total of 43 places in year 2 starting from April 1<sup>st</sup> 2016. We forecast to claim £1,720 in year 2.

### Comments received from participants:

- now aware of the benefits of exercise
- more confident
- self esteem improved
- helped them make friends
- would like the programme to be longer

As a centre we find the main issues are that schools are reluctant to refer as they feel uncomfortable on approaching parents/carers. This is the ideal point to refer as we may be able to help the child before the medical experts get involved.

As a option in year 2 we will give parents the ability to self refer, we can promote the kids gym within the centre as a programme for any child 8 – 11 years old in receipt of pupil premium and they can then ask at school if they aren't sure if they receive it. It would also promote Big local more as a partner.

## 2. 3 month discounted main gym membership for 16 -17 year olds -

25 discounted gym membership for 6<sup>th</sup> form students not entitled to college discounted rate have been offered in year one. This gives access to all areas including 70 station gym, classes, health area and swimming.

Claim amount = 25 young adults at a cost of £41.10 (£13.70 discount for 3 months) = £1,027.50

Boston Borough Council will continue to offer the discount whilst the student stays in full time education including if they attend university.

Year 2 - We will plan to offer a total of 25 places in year 2 starting from April 1<sup>st</sup> 2016. We forecast to claim £1,027.50 in year 2.

### Comments/feedback

- Great staff, feeling better in myself
- Love it
- Really enjoy coming, confidence is growing
- Fab atmosphere

As a centre we have found it difficult to offer differing pricing options for some 16 year olds to others depending on their 6<sup>th</sup> form choices. This has now changed and will hopefully entice more 16 to 18 year olds to come forward and exercise regularly that aren't at the college.

### EXPECTED OUTCOMES OF THEME AND PRIORITY:

- Residents are more aware of their health needs and where they can get relevant information.
- Residents take up more opportunities to help improve their health and wellbeing.
- Residents tell us they feel better informed, access facilities and feel healthier.

The aim and purpose of the sessions is to encourage greater participation in physical activity for health benefit. Also to provide more opportunities for residents to take part in physical activity and to address current low levels of activity.

- Improve the health and well-being of referred Children aged 8 – 11 years of age. Through promoting the importance of leading healthy & active lifestyles, addressing low levels of inactivity through a mixture of practical & educational sessions. Increase participation in physical activity for attending children.
- Enhance the quality of life, including their health and cultural and sports opportunities through accessibility to a range of activities for children.
- Work in partnership with a range of partners to facilitate the project.
- Impact on the reduction in childhood obesity levels.