



# Stanway

## Parish Council

### SPONSORSHIP/FUNDING FOR FITNESS PROGRAMMES AT SILVER WITCH OUTDOOR ADULT GYM EQUIPMENT

#### Background:

Stanway Parish Council, after public consultation, has invested £25,000 in the installation of outdoor adult gym equipment in an open green area known as Silver Witch Green in the middle of Stanway. The equipment will be available for public use from early June.

The equipment is an initiative of the Parish Council, using public funds, for the benefit of the community. Public consultation has already demonstrated a need and a desire (names and addresses withheld for privacy reasons):

*"We think this is a brilliant idea and we would definitely make use of it".*

*"We would love this! My 12-year-old son would really benefit from this".*

*"I think this is an excellent idea – I have seen them in other places".*

*"I fully agree with the proposal as exercise in any form is so good especially in the open air".*

*"With the size of Stanway population it ought to be well-used".*

*"Lovely for people who can't afford gym memberships or get babysitters to go to the gym".*

*"A chance for everyone to get exercise, be out in the fresh air and make new friends, particularly valuable for those living alone".*

*"This addition of useful equipment will be a great asset to this village".*

#### Idea:

**SPC now wishes to encourage the maximum take-up of the new gym equipment by all sections of our community.**

In particular, the aim is to reach out to specific demographic groups to introduce them to this new equipment as part of their healing and recovery journey after the prolonged period of lockdown. The associated mental and physical problems are well known. SPC believe this would be an excellent way to build on the provision of this community asset. Appendix 1 highlights the importance of resistance and circuit training (which will be facilitated by the outdoor gym) in building strength and balance.

Positioned in the middle of a residential area it is hoped that most users will be able to reach the site on foot or by bicycle. There is a good bus service along London Road.

By providing this facility Stanway Parish Council would like assist individuals within its boundaries who experience deprivation. Wheatfield Road, Stanway is one of the most deprived LSOAs in Colchester, falling in IMD 1-4\*, and in the most deprived 40% group when categorised by health. There is a clear link between deprivation, inactivity, and poor health outcomes.

**\*The English Indices of Deprivation 2019, An analysis of relative deprivation in small areas within the borough of Colchester**

<https://cbccrmdata.blob.core.windows.net/noteattachment/CBC-We-Are-Colchester-The-English-Indices-of-Deprivation-2019-The%20English%20Indices%20of%20Deprivation%202019.pdf>



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### Planning:

- Consultation with specific groups within the community to help identify and reach the specific target audiences – older people, overweight, youth.
- CBC, Active Essex and other facilitating groups to support activity programme and identify funding sources.
- To plan campaign to reach these groups with a specialised exercise programme with identification of specific funding.
- To encourage SPC councillors to Match fund.
- To identify local trainers/fitness instructors who would like to be involved with delivery of programme, (Colchester Fitness, Missfits, Pure Balance).

### Delivery:

1. Older people: find a fitness instructor who specialises in delivery to this group. Active Essex is currently looking at relating the best activities for the strength and balance North Essex pathway and resistance training and circuit training are high.  
Age Concern – Martin Jones  
Care Homes in Stanway:  
New Copford Place Residential Care Home, Willow Park, 20 London Rd · 01206 210397  
Loganberry Lodge - Runwood Homes Senior Living, 79-81 New Farm Rd · 01206 237535  
Stanway Green Lodge care home
2. Obesity: find an instructor who focuses on health/wellbeing rather than direct weight loss which could be intimidating. A recommendation from Active Essex is Becky Scott, a *This Girl Can* ambassador, and fitness training business, Missfits.  
Slimming World: 86 London Road, CO3 9DW. Telephone 07525 790474  
Weight Watchers: WW Workshop @ Tollgate Hall, Villa Road CO3 0RH  
GP surgeries: The Tollgate Health Centre, Ambrose Avenue Group Practice: 01206 549444  
Tollgate Practice, 145 London Road 01206 574483  
Winstree Medical Practice, 84 Winstree Road 01206 572372
3. Youth: Known advantages of physical exercise for mental wellbeing of teenagers. Catch students on way home from school for weekly session.  
The Stanway School (Secondary), Winstree Road: 01206 575488  
Stanway Primary School, Villa Road: 01206 574819  
Stanway Fiveways Primary School, Winstree Road: 01206 574849  
Lakelands Primary School, Wagtail Mews: 01206 484033  
Lexden Springs Residential Special School, Winstree Road: 01206 563321  
Holmwood House, Chitts Hill: 01206 574305  
St Mary's Lower School & Kindergarten, 247 London Road: 01206 211242  
Stanway Youth Centre, Winstree Road: 03330322800  
<https://www.ourparks.org.uk/> Charges are £55.00 per session and programme length is a minimum of 30 weeks long. For 1 session a week to take place in a park in Colchester, £55 x 30 weeks = £1,650.00. This can be scaled up if necessary.



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### Costs:

The aim is to identify funding/grant opportunities:

- Essex Local Delivery Pilot Micro Grant
- Sports England
- Persimmon Homes
- ECC Micro Grants
- Match funding from SPC (recommendation of £3,000.00).

Trainers usually charge £35.00 per hour. One hour per week for each target group for 30 weeks initially and then to identify key parts which have been successfully delivered and see how to expand these.














Information, support and advice received from:

- Sarah Stokes, Local Delivery Pilot Coordinator - Colchester  
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- Anneka Soobhany, Executive Assistant, [www.OurParks.org.uk](http://www.OurParks.org.uk), Social Handle: @OurParksUK



### APPENDIX 1

## Types of physical activities that are most effective at improving muscle function, bone health and balance

Type of sport, physical activity or exercise	 Improvement in muscle function	 Improvement in bone health	 Improvement in balance
 Running	★	★★	★
 Resistance Training	★★★	★★★	★★
 Aerobics, circuit training	★★★	★★★	★★
 Ball Games	★★	★★★	★★★
 Racquet Sports	★★	★★★	★★★
 Yoga, Tai Chi	★	★	★
 Dance	★	★★	★
 Walking	★	★	☆
 Nordic Walking	★★	①	★★
 Cycling	★	★	★

★★★ Strong effect    ★★ Medium effect    ★ Low effect    ☆ No effect    ① Not known

Source: Foster, C. and Armstrong, M. (2018) 'what types of physical activities are effective in developing muscle and bone strength and balance?'. Journal of Frailty, Sarcopenia & Falls, Vol. 3(No.2), pp. 58-65.



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