

# Pensford Play Area

Laura Baxter, Volunteer  
Pensford Memorial Hall Committee

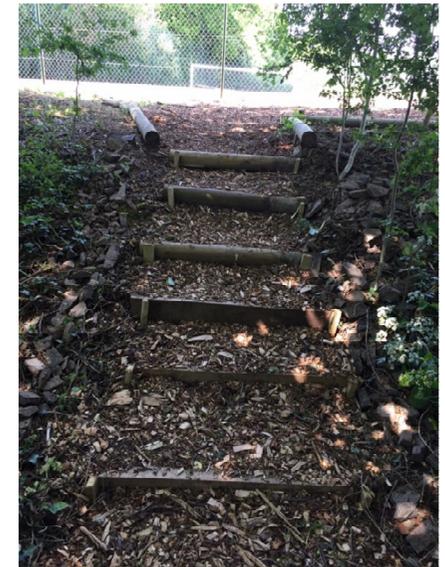
# Pensford Play Area – Before the Improvements



## Timeline July 2016 – May 2018

- User survey during Autumn of 2016
- Completed in Nov 2016
- 83 responses received
- Feedback informed the designs
- Planning application submitted in 2017
- Volunteering planting day – June 2017
- Secured Funding 2017 – Ward Councillors fund, Big Lottery, others
- Early 2018 installation of equipment

# Pensford Play Area - May 2018



# Challenges and Learning points:

- Do not forget to ask insurers for their input
- Allow plenty of time
- Get planning (if needed) before submitting grant applications
- Free resources are available if you ask
- Celebrate your success
- Thank everyone

# Bishop Sutton new Play and Outdoor Gym Facilities

Heather Clewett, Vice Chair of Stowey  
Sutton Parish Council



## Three reasons for the PC to explore improvements to the rec ground:

- A group of mothers approached the PC in 2013 telling us that the play provision at the rec ground was extremely poor and families were driving to a nearby village to use their play facilities
- Reports at the same time of anti-social behaviour around the village hall and the rec ground involving young people.
- Increasing population with new housing developments

# Consultation:

- Using S106 monies as agreed with Council officers extensive consultation took place during 2015 and 2016 with residents, school etc. undertaken by an independent organisation.
- Independence at this stage was deemed important with the PC taking a step back – likely to be many different viewpoints on how to use the rec ground
- Questionnaires, day and evening events, visits to established groups etc.
- Overwhelmingly respondents considered the play and recreation facilities were not adequate for young children, teenagers, families, older people or those with a special need.



# Cricket:

- The ground was bequeathed to the Parish as a 'recreation ground or playing field for the benefit of the inhabitants of the Parish'.
- In recent years a cricket club has been using the ground approx. 8 afternoons a year
- The PC had to ask difficult questions to weigh up moving towards a shared use of the recreation ground.
- Four active CC members living in the Parish, few spectators and no youth team V a population of 1,300 'ish
- PC continues to work with the CC towards a shared use

## Key aims:

- To achieve a shared space with no part of the rec ground excluding any member of the community
- SSNP (Sept 2015) 'to promote greater use of the recreation ground and improve facilities'
- To improve health and well-being and social interaction across all ages through access to outdoor recreational facilities.

# Consultation to Tender:

- Short list of four designs, one design marginally coming through as preferred
- Drainage of the ground in 2017
- Tender written for play equipment, outdoor gym equipment and zip wire and 'posted' late December 2017, max spend of £85k
- Seven tenders received all considered on a quality/cost basis using a scoring system and helped through the process by the Jane Robson Play Officer.
- SSPC awarded the tender to HAGS who will be onsite in the next four weeks!!!

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HAGS SMP  
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BISHOP SUTTON RECREATION GROUND  
FITNESS & PICNIC AREA

**Fitness Labels**

Every piece of HAGS SMP fitness equipment includes details of the set labelling with QR codes, which are designed to help the user safely and efficiently use our equipment.

- QR Codes** which can be scanned from any mobile device. Once scanned, the user will be taken to **Recommended Labels** to show users the correct and most effective way to use the equipment. The videos show an expression that together through demonstrates the advantages and can help users to build up their own progressive walking challenges as they become comfortable with a more advanced exercise routine.
- Recommended Labels** show users how they should be using the equipment. This is to help ensure users do not engage in any activity with the equipment, which could result in injury.
- Recommended Repetitions or Workload Settings** to help ensure users are getting an optimal cardiovascular or muscular workout. HAGS SMP has several considerations when it comes to the repetition and recommended settings on equipment as it is suitable for beginner use.
- Weight ranges** displayed on the labels let the user know what machines they are working for particular exercises and what safety limits are in place.

All HAGS SMP fitness labels are compliant with the BS700000 on the **Age & Abilities** label.

**Weight Restrictions**  
Warning for pregnant women and those suffering with heart conditions.

**QR CODES**

Users have to use our equipment safely and efficiently with our interactive video. QR codes can be scanned with any mobile device. Once scanned, the user will be taken to the video and most effective way to use the equipment. This video shows proper use of the equipment, the weight recommended to advanced, and can help users to build up their own progressive walking challenges as they become comfortable with a more advanced exercise routine.

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**Instructional Sign**

**A - AIR SKIER**

Helps to tone the waist, hip and thigh muscles and improve general cardiovascular fitness balance and coordination.

**B - PULL UP**

The Pull Up can be used to work the upper arms, shoulders and middle of the upper back to build a variety of pull up exercises by the user's own strength and ability.

**C - SIT UP**

Helps the development of abdominal muscles while also helping to tone waist muscles.

**D - PARALLEL BARS**

Provides a fully adjustable work out and helps to tone upper and lower body muscles and develop general cardiovascular fitness.

**E - LAY PULL AND CHEST PRESS**

Helps to develop upper body strength and can be used by the user to prepare for the exercise.

**F - SKI STEPPER**

Provides a cardiovascular workout and can improve cardiovascular fitness, balance and coordination.

Q19409-1621-V0 // IRL // 16 January 2018  
Please note that this is an A&S's impression only.  
Final equipment specifications and positions to be confirmed with order.

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# Challenges and Learning points:

- Allow plenty of time
- Pockets of resistance to change
- Diametrically different views
- Transparent procurement process open to challenge
- Communication
- Focusing on the benefits for the majority
- Passion and enthusiasm through sticky times
- Support and encouragement from officers.

Reference article: The Times 7<sup>th</sup> May 2018



## Fields in Trust Report

Revaluing Parks and Green Spaces 2018

<http://www.fieldsintrust.org/Upload/file/research/Revaluing-Parks-and-Green-Spaces-Report.pdf>



### HEADLINE FINDINGS:

-  The Total Economic Value<sup>4</sup> to an individual is **£30.24 PER YEAR** (£2.52 per month), and includes benefits gained from using their local park or green space and non-use benefits such as the preservation of parks for future generations.
-  The Wellbeing Value associated with the frequent use of local parks and green spaces is worth **£34.2 BILLION PER YEAR** to the entire UK adult population.
-  Parks and green spaces are estimated to save the NHS around **£111 MILLION PER YEAR** based solely on a reduction in GP visits and excluding any additional savings from prescribing or referrals.