

BATH AND NORTH EAST SOMERSET

ACTIVE LIFESTYLES UPDATE

25th January 2017

TODAY'S AGENDA

- 2016 Fit for Life Review
- GLL Sport Foundation
- Healthwise programme
- 2017 Plans

Fit for Life 2016 Review

GLL work closely with BANES Council to create and deliver a Fit for Life participation plan, based around the following areas:

- Active People
- Promoting community cohesion
- Benefiting target groups
- Improving health and wellbeing
- Partner engagement
- Quality of Services
- Providing local economic benefit
- Social Values
- Value for money

Fit for Life 2016 Review

Bath Partnership overview:

- Over 1.1 Million Visits across the 8 venues
- Sold 3731 new memberships over the year.
- 3119 Pay and Play members

Fit for Life 2016 Review

We supported and worked on a range of projects and events that aim to increase the physical activity levels and health of the local community. We worked with over 30 partners including:

- Local Authority
- Charities
- Local community groups, clubs and schools
- Sporting National Governing Bodies
- National organisations

Cyclefest (Odd Down)



Inter school swimming gala (Bath SLC)



Sport Relief Fundraiser (Pavilion)



Odd Down Community Christmas Meal



Fit for Life 2016 Review

- Launched new junior gym and class programme
- Improved our junior membership offer, leading to a 65% increase in members
- Introduced our Better Inclusive Membership, a subsidised offer for disabled users
- Introduced “Healthwise” Membership, a discounted membership for people referred by their GP
- 1994 people on our Learn to Swim programme

Fit for Life 2016 Review

- 28% of members coming from deprived areas
- 26% of members are 60+
- 51% of members female
- Over 440 starters on our exercise referral scheme (Healthwise)
- 20 free memberships given out to Looked After Children in BANES.

Fit for Life 2016 Review

- £360,000 invested in new fitness equipment for Bath SLC
- £85,000 investment into Gym and Studio improvements at Culverhay Sports Centre
- £80,000 upgrade project to Bath Pavilion was completed in March

GLL Sport Foundation

- The GLL Sport Foundation (GSF) is the largest independent athlete talent programme in the UK.
- 15 athletes across BANES received funding awards.
- Joseph Choong



**GLL SPORT
FOUNDATION**
SUPPORT **DEVELOP** ACHIEVE



Healthwise

- 440 Healthwise starters
- 4 classes currently timetabled and soon to be a 5th
- 3 cardiac classes
- 4 supervised gym sessions
- Cancer programme
- Dementia Action Alliance work

Fit for Life 2017 Plans

- Complete £9.4 million investment at Bath Sports and Leisure Centre
- Start £10million investment at Keynsham leisure Centre
- Increase the number of visits by 10%
- Increase Health and Fitness membership base by 14% over the 12 month period.
- Increase swimming lesson membership base by 11% over the 12 month period (excluding Bath)

Fit for Life 2017 Plans

- Open new boccia court and facilitate local groups to use
- Launch Sportivate junior gym project at Keynsham
- Work with England Netball to launch Walking netball session in Bath
- Train staff to deliver “Bikeability” courses at Odd Down
- Launch our “Club 60” membership

Fit for Life 2017 Plans

- To successfully introduce trampoline park and 10 pin bowling at Bath Sports and Leisure Centre
- Launch a Pre/Post Natal Programme including BuggyFit
- Develop and improve the performance of the existing exercise referral scheme. The aim will be to have 640 people take part in the scheme in 2017.
- Successfully achieve/maintain Quest Accreditation across a range of the venues.