



End of project impact report

Grant Awarded £4,480

Date Awarded: April 2018

Organisation Details

Name: _Making Things Happen

Address: 15 Gowthorpe, Selby

Postcode: YO8

Project Details

Project Title / Description: Sherburn Outdoor Gym Project

Contact Name: Emily Havercroft

IMPACT REPORT FOR PERIOD April 2018 TO October 2018

Q1 In no more than 500 words please outline the key outcomes of your project.

Throughout the course of this project we were able to support, advise and work with a fantastic and diverse cross section of the local community. Initially we consulted with local residents, to find out when the most appropriate times of the week would be, to offer this opportunity. Using this information, we were able to offer two sessions per week - one on an afternoon and one early evening. We also coordinated our evening session with events happening at the Eversley Centre, to try and provide the gym session at a time when parent's may be waiting for their children to finish a class.

We held a competition event at the Outdoor Gym, as part of the Sherburn Carnival in May. This created the perfect opportunity to launch the CEF project, promote the gym sessions, and the work of the CEF, and to create a real buzz of excitement around the newly fitted gym equipment. Many local residents hadn't realised it was there and were excited to understand more about what it was for and how they could benefit from using it. We also promoted the project through our flyer in all local shops, businesses, online forums and newsletters/publications.

Session attendance fluctuated over the six-months, with maximum numbers of 12 and minimum occasionally at just one. However, on average we had around 6 and we were able to make the most of sessions no matter what the numbers. New people were joining in and taking part most weeks.

54 individuals signed up to use the outdoor gym with us over the months of May - October 2018. These people ranged in ages from 16 to 74 and came from all over the district. The majority of attendees were Western CEF residents, but around 35% came from other areas of the district.

Participants were able to learn about how to use the outdoor gym equipment, safely and ways to suit their own individual needs. Our instructors took time to assess needs and then tailor training to each person, maximising the positive effects of each training session and ensuring participants were training safely, at their own pace. Each session used every piece of the gym equipment, but also carefully showed people how to use this fully; by showing different positions and ways of working with the equipment, to benefit different areas of the body.

As well as the physical support provided to participants, individuals were also offered emotional and social support. This meant that those attending, were enabled to move their lives forward by improving both their physical and mental health. We worked closely with North Yorkshire mental health services, and other local support organisations, to enable this opportunity to be accessible for people recovering through their services. Using the outdoor gym sessions as an opportunity to chat with, listen to, signpost and support participants. This approach also supported relatives, carers and other service providers within the area.

Q2 In no more than 500 words please demonstrate how the project has met the Community Development Plan objectives that were identified in the original application for funding.

- Improve the quality of life for individuals across the Western CEF area -

The provision of an outdoor gym in Sherburn is a wonderful one for the local community. However, too often these types facilities are provided and then sadly just not used. This project really did make the most of launching that asset to the local community, by enabling people to use it in a practical and supported way. It went beyond those people who did attend and managed to raise the profile of the gym equipment itself on a district-wide level.

Because the equipment is fully accessible and suitable for all age groups and abilities, we were able to provide support and coaching to individuals who had never considered being able to use gym equipment before.

Our Gym Club brought people together and provided an opportunity to create a new social activity, creating new contacts and networks for people. Some sessions saw people getting involved, just because they happened to be in the park at that time. It was approachable, open and friendly. The combination of the new Outdoor Gym equipment and the creation of a Club maximised its use and increased the diversity of people using it.

- Provide solutions for community issues -

Obesity and a lack of accessible fitness activities and facilities is something facing the whole nation. To be able to offer this solution, at such a local and reachable level, was fantastic. Everyone we worked with told us that they were 100% more likely to go on to use the gym equipment for themselves, now that they had taken part with an instructor and with support.

One fantastic example of how this project has really made a difference is with a chap who took part in many of our sessions. A local resident in his 30's, he had recently experienced horrific trauma in his life and was struggling to overcome this, and the mental health issues it had resulted in. He has fed back to us that as a direct result of being able to access the support of the Outdoor Gym project, he is now moving his life forward. Not only is he able to leave the house more, he is starting to work again, expecting his second child and has lost nearly 4 stone in weight!

- Trial new ideas that will benefit residents and improve the local area -This project was completely new and something which absolutely benefitted the local area and it's residents. The outdoor gym will go on to be more utilised and respected by the local community. Individuals who took part have been given the opportunity to learn about gym fitness with a very individualised approach, as well as being supported and signposted into other services where necessary. We saw people building their confidence, physical strength, support networks and knowledge through this project. We engaged in conversation with all ages and types of people, using the outdoor gym as a community focus for progress, support and fun.

Q3 In no more than 250 words please give details of any additional benefits or objectives that the project has met that were not anticipated/ outlined in the original application for funding.

An additional benefit of this project has been how we, as an organisation, have been able to learn from the outcomes and use that learning to inform and improve other projects moving forward.

We were successful in a funding bid recently, which enabled us to carry out a series of 'Body and Soul' workshops. These look at the connection between emotional and physical health and wellbeing. The work we carried out, and what we learnt from the Outdoor Gym project, informed our Body and Soul project plan and enabled us to apply for this further funding.

In other areas of our work we have been able to use the outcomes of this project to help us create similar opportunities to people living in the district, by building in outdoor gym and/or other physical activities as part of our courses. We work with such a variety of individuals, often with emotional or mental health issues, and we have been able to maximise support and progression for people, by building on the work we carried out through this CEF project. This is something we will continue to do.

Any other comments on the project and its success:

The Outdoor gym project was something very new and exciting for both the local community and for us as an organisation. We are thrilled by the outcomes we have achieved, the people we have reached and the ongoing impact we hope that this project will have on the local community. The impact it has had on us as an organisation is also fantastic strengthening us as we move forward and aim to support more people in the district.