

MPC Survey Evidence for Outside Gym - Update March 2019

This update is carried out in response to a challenge to the necessity of the proposed outside gym in Lawling Park. MPC is proud of and considers Lawling Park to be the lungs of the village, a place where all types of physical activity takes place by villagers of all ages in pursuit of a healthy lifestyle using the equipment or facility provided. Such provision is by ongoing ten year plans drafted by LPC and endorsed by MPC. Lawling Park was awarded Gold, Silver and Merit certificates by Essex Playing Fields Association 2018. To ensure MPC is not looking inward we list below higher level Council physical health policies for our area.

1) Essex County Council "The Future of Essex" for next 20 years

Extract page10: Enjoy life long into old age

10) Our ambition is to ensure more people get the chance to achieve that quality of life:

To enjoy independent, healthy, safe lives by using new technologies to deliver new forms of care, encouraging healthy and active lifestyles and by addressing the many needs of an aging population

ECC has awarded MDC gym project a grant of £5,000.00

2) Chelmsford Council has opened an outdoor gym at Compass Gardens in South Woodham Ferrers.

The gym contains 13 pieces of low impact, resistance-based equipment, suitable for young people and adults of all ages and includes a rower, chest press and upper body work out machine, suitable for wheelchair users. They are free to use.

This new healthy living initiative, managed by the council and funded by NHS Mid Essex, follows the recent "free swim for all" campaign and other swim development initiatives.

Head of health improvement and health inequalities at NHS Mid Essex, Jane Richards, said: "The gym equipment is suitable for people of all ages and you don't need experience to use it. I hope that everyone will take the opportunity to come along and get active for free." Other outdoor gyms have recently opened in Southminster and Tolleshunt D'Arcy.

3) Maldon District Council "Maldon District Sports and Physical Activity Strategy 2014 - 2017"

Appendix 1, Extract pages: 8, 9, 10, 11, 17 & 25 (which includes the Dengie area)

8) Graph - How often do you take part in regular sports or physical activity? 58% more than once a week

9) Graph - Why do you do sports or physical activity? 31% I want to keep fit

10) Graph - What prevents you from doing sports or physical activity? 28% Lack of time, 17% Cost

11) Graph - Common issue facing Clubs. 32% Lack of appropriate local facility

17) Graph - Top 5 participation sports. 55% wanting to do more sport (highest is Gym @ 13.2%)

25 Seven Aims of Strategy:

- 1) Encourage and enable sports and physical activity to become a habit for life
- 2) Target resources to where they are most needed
- 3) Promote to all the need to engage in a healthy lifestyle
- 4) Encourage the creation and development of safe and sustainable sports clubs/physical activity clubs
- 5) Undertake partnership working to offer a broad spectrum of participation opportunities
- 6) Recognise and support talented clubs, groups and individuals to achieve success
- 7) Identify opportunities to invest in the District's physical activity and sporting infrastructure

4) Mid Essex Clinical Commissioning Group - Live well Extract - Physical activity

Physical activity is a crucial part of health & wellbeing. In infants, it encourages use of muscles & helps to develop motor skills. It also helps to build social & emotional bonds. It improves cognitive development & enhances bone & muscular development. It also contributes to a healthy weight. For adults, being physically active can help with self-esteem, mood and contribute towards a healthy weight. It also helps reduce the risk of dementia.

MECCG have grant aided Outside Gyms in Southminster and South Woodham Ferrers

5) Heybridge Green Gym

Maldon & District Community Voluntary Service, Heybridge Parish Council & Heybridge Co-operative Academy are launching a green Gym initiative. The Green Gym aims to provide people with a way to enhance their fitness and health, ideal for those who would not normally attend a conventional gym.

6) List of evidence gathered by Mayland Parish Council, Lawling Park Committee, & Neighbourhood Plan Committee from 2014 to 2019. Extracts from MPC evidence:

a) Synopsis of Survey evidence gathered towards forming Mayland's Neighbourhood Plan February 2016
Extract from full document..... (NB. Comments in italics 2019)

Sport, Social & Recreation

Football, Tennis, Netball and Boxing feature as the main sports played at Lawling Park with changing rooms, showers and toilet facilities (including disabled) in the Lawling Park Hall.

This is where most of the Parish Precept is spent so it is prudent to plan well ahead taking into account the survey requirements, the funds and grants available and the increasing maintenance costs as more facilities are provided.

The survey results provide a mixed picture for a wide range of facility requirements, some such as a swimming pool and go-cart track racing obviously not local but district provision. Add to this that only 55% wanted to see more opportunity for sport, 44% a new purpose built community centre, only 23% prepared to pay for it through parish rates and 40% no general view, makes for careful choices.

So how are our present sport and recreational facilities rated? The survey said:

Good 14%, Reasonable 32%, Poor 19% and no opinion 35%.

Only 13% belong to a club that meets regularly in Mayland/Maylandsea.

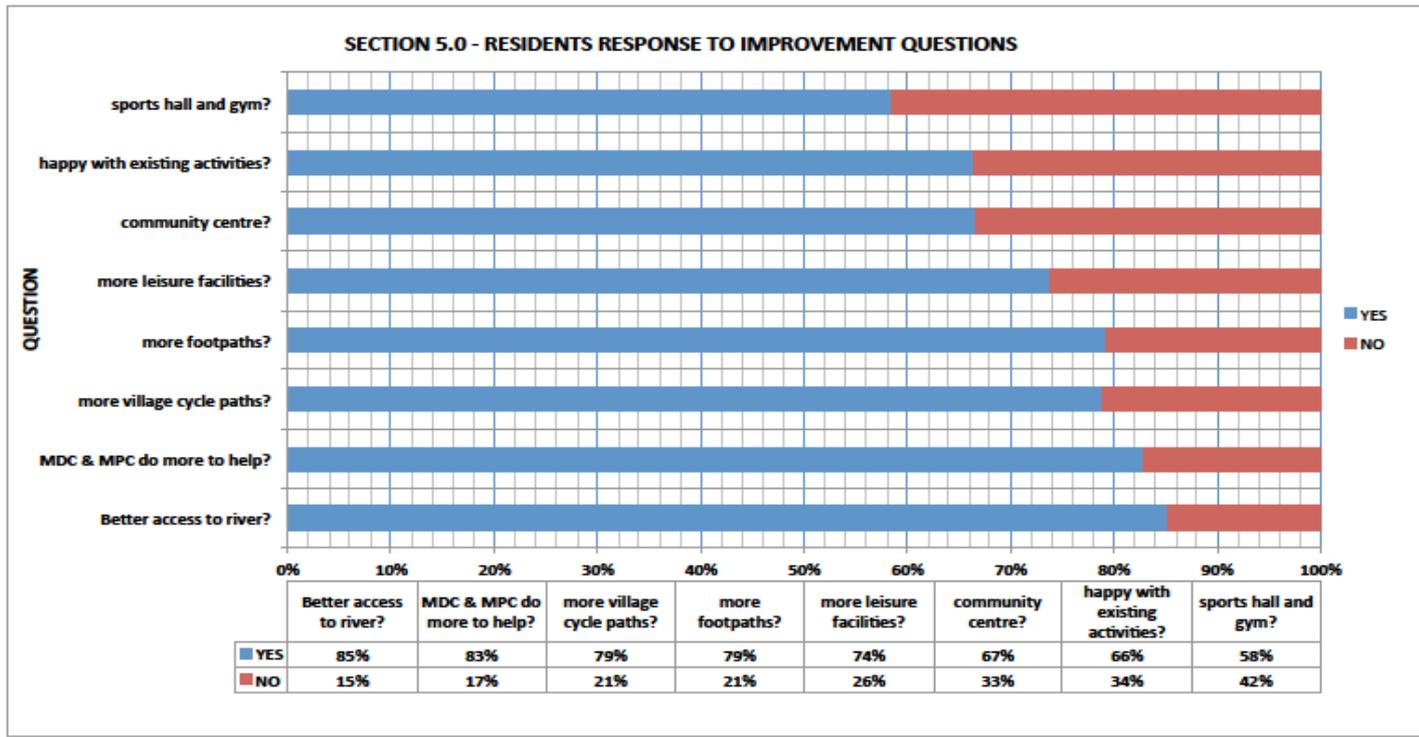
Outside Facilities: Include Skate Park, Young children's Park, Older children's Park, BMX dirt course, Tennis Courts and Football Pitches.

From a list of 12 possible extra facilities we are helped by the survey order of priority which will have to be phased over several years (10 year plan).

- 1) All weather picnic benches/seating area (*completed 2017*)
- 2) Adventure playground for older children (*Sona completed 2018 more to come*)
- 3) Extension under sevens children's park (*grant funding obtained & completed 2017*)
- 4) Quiet seating area (*Two seats Bakersfield Walk completed 2017/18*)
- 5) Formal garden area (*In planning stage 2019*)
- 6) Perimeter path (*check on cycle pathways grants repairs authorised 2019*)
- 7) Bridge crossing drainage ditch (*On hold pending success of new Dog Walk rules 2019*)
- 8) All weather outdoor gymnasium area (*specifications complete - out for quotations 2019*)
- 9) Artificial grass multi games area (*conversion of double tennis court - specification stage 2019*)
- 10) New park gates and fence (*On hold at present*)
- 11) Boules pit (*On hold at present*)
- 12) Skatepark extension (*since survey on hold - advanced spine - needs injury rate analysis*)

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5.0 Residents Responses to other Improvement



Note residents response to improvement for sports hall and gym 58%

SECTION FIVE: SPORT, SOCIAL AND RECREATIONAL FACILITIES

Q27. Would you like to see more opportunity for sport and recreation in Mayland/Maylandsea?

Households %age

Yes 100 55.0

No 83 45.0

Q27 Specify more opportunity for sport and recreation in Mayland/Maylandsea

Number Comment Number of times comment made

5 More for younger people (x16)

12 Gym (x9)

11 New sports & community centre (x7)

2 Table Tennis (x3)

4 Keep Fit (x3)

3 Ballroom Dancing (x2)

7 Swimming pool (x2)

8 For younger generation (x2)

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7) 2019 Evidence update:

Youth Club: Support an outside gym - email of support

Running club: Support an outside gym - email of support

Hi, unfortunately I cannot make tomorrow's meeting, but would like to say how I think an outdoor gym would be great for Mayland. I think many people would use this, young and old. I'm sure youth club would take advantage of it and I belong to Mayland running club and I'm sure lots of the group would use it, I also know some people that meet regularly over the park to train together ... like a free boot camp, so an outside gym would be brilliant for them!

Thanks

Angela Barrett

Boxing Club: Support an outside gym - Leon Jared, "well why wouldn't you want one".

Football Club: Support project.

Plus 20 letters/emails supporting project. Total club members exceed 200.

Summary

The current message from Central Government, County and District is one of a population increasing in obesity, and type 2 diabetes exacerbated by lack of exercise which leads to poor health in later years.

Clearly all the higher tier Council's have previously and currently support outside gyms as a means of achieving physical exercise, helping to improve the well being of those who partake. **MPC plans to install an outside gym are in alignment with this current thinking and practice.**

8) Status of procurement of O/S Gym

Visit to see outside gym equipment, report to LPC meeting: 13/09/2016

Price list of o/s gym range received 23/05/2018

Prepare specification of gym equipment required and probable cost report to MPC: 23/10/2018

Discuss specification at MPC budget meeting and set sum within budget 18/12/2018

Get quotations on specification 28/01/2019

Discuss at LPC meeting of 28/01/2019, quotes to be assessed by PRS and report back.

Grant award from Essex County Council of £5000.00 towards project.

Next action is to seek further grants. Installation is planned for summer 2019.

Prepared by:

Cllr Peter Spires

Chair of Lawling Park Committee

Mayland Parish Council

29/03/2019

