

BIRMINGHAM CITY COUNCIL LOCAL INNOVATION FUND "Doing things differently in neighbourhoods to make better places to live" WARD PROPOSAL FORM			
WARD ...Handsworth Wood	INNOVATION TITLEWalk-In Outdoor Gym.....		
<p>Innovations have to meet the LIF priorities and add value to the City wide core priorities listed below. (Tick all those that apply)</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>City Core Priorities</u></p> <ul style="list-style-type: none"> • Children - a Great City to Grow Up In <input type="checkbox"/> • Jobs & Skills a great City to succeed in <input type="checkbox"/> • Housing a great City to live in <input type="checkbox"/> • Health a great City to lead a healthy & active life <input checked="" type="checkbox"/> </td> <td style="width: 50%; vertical-align: top;"> <p><u>LIF Priorities</u></p> <ul style="list-style-type: none"> • Citizens' Independence & Well Being <input checked="" type="checkbox"/> • New approaches to investment <input type="checkbox"/> • Active citizens & communities stepping up <input type="checkbox"/> • Clean streets <input type="checkbox"/> • Improving local centres <input type="checkbox"/> </td> </tr> </table>		<p><u>City Core Priorities</u></p> <ul style="list-style-type: none"> • Children - a Great City to Grow Up In <input type="checkbox"/> • Jobs & Skills a great City to succeed in <input type="checkbox"/> • Housing a great City to live in <input type="checkbox"/> • Health a great City to lead a healthy & active life <input checked="" type="checkbox"/> 	<p><u>LIF Priorities</u></p> <ul style="list-style-type: none"> • Citizens' Independence & Well Being <input checked="" type="checkbox"/> • New approaches to investment <input type="checkbox"/> • Active citizens & communities stepping up <input type="checkbox"/> • Clean streets <input type="checkbox"/> • Improving local centres <input type="checkbox"/>
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<p>What is your innovative idea and how does it show collaborative, partnership working and active citizenship?</p> <p>Olive Branch 2 would like the Local innovation fund to support a proposal for a Walk-In Outdoor Gym based at laurel road community sports centre. The Walk-In Outdoor Gym is aimed at encouraging an active lifestyle by providing an outdoor gym to increase the participation in physical exercise amongst adults and older people.</p> <p>Currently we run a range of indoor physical activities at laurel road and whilst there is a good take up, but there is a definite gap in adults over 50 taking part in our activities. We have run 3 learn to cycle courses and there has been a great take up for the over 50's, yet they have asked for more exercise opportunities. A lot of residents can not get to the local park and wellbeing centre and also do not feel safe travelling all the way there by themselves. We have very limited indoor space, and underused green space outdoors.</p> <p>We believe that by positioning Walk-In Outdoor Gym at laurel road in a convenient location residents of the local community will be more likely to take the opportunity to exercise when it presents itself rather than being told what to do or when to do it.</p> <p>Laurel road is a quiet haven of green space particularly in the daytime, so local people can come to exercise in a tranquil yet friendly and welcoming place. They can familiarise themselves with the equipment and exercise at their own pace to build their confidence in using the Walk-In Outdoor gym.</p>			

Older people in the community will be given a doorstep opportunity to exercise in a healthy and innovative way and which also has the added bonus of providing social interaction, friendship and support.

We know that isolation affects many older people so going out to meet other people will help to lift spirits, increase self-confidence and self-worth. People have told us that Cost and accessibility are the two main barriers for people wanting to exercise; having the Walk-In Outdoor Gym equipment in laurel road will remove these barriers.

At a time when people are struggling to find money for gym fees or sporting activities this is a great way to get or stay healthy without having to spend a single penny.

Older people have told us that they are often advised by Doctors and care workers or join a gym but they don't know where to go as there are no gyms for older people in a safe and secure environment.

An outdoor gym in a pleasant green surrounding with support to use the equipment will be a new and enjoyable experience.

Many People in our community don't even realise they can exercise outdoor in fresh clean air.

The gym equipment will be specially chosen to provide low impact exercise options for older people to keep active and exercise safely. People can do gentle cardiovascular exercises as well as exercises that will improve balance, flexibility and co-ordination.

The adults in the community will become fitter as the gym will only be a short walking distance from their home and will be free to use whenever they choose to do so, just wearing everyday comfortable clothes.

Research has shown that the combination of mental and physical activity can delay the onset of dementia. We will be targeting individual streets, knocking on doors inviting older people to come and try the gym. We will go meet them at the end of their road and walk with them for the first few times to get to the gym. Hopefully this will encourage those who live alone to feel less isolated, and acquire increased confidence to communicate and socially interact with others outside of their immediate family and social circles.

Time Frame – is it:-

One off event/programme

Implement and complete within 6 months (2016)

Implement and complete within 12 months (2017)

X

How will the innovation be implemented?

There will be an element of speed in the implementation just so that regular attendance can be established while the weather is fairly good.

We have consulted 2 outdoor gym companies.

Both have recommended 7 pieces of equipment.

The pieces of equipment recommended are for

Balance

Lower and upper limb strength

Cardiovascular fitness

The chosen supplier will be the one that is most competitively priced

They will design the Walk-In Outdoor Gym area – the location will be

Accessible – Safe and highly visible

Suitable surfacing and a perimeter fence will be fitted

The Recommended gym equipment will be installed

Once Walk-In outdoor gym is installed we would Raise awareness of the outdoor gym among local residents of the handsworth wood ward.

We will go and speak with other local community groups in the ward and invite those groups to come and have a look and try out the equipment before the launch event.

We will do some door to door conversations both day and evening times to ensure we capture as many residents as possible to invite them to come and try out the equipment.

We will contact local carers groups to ensure their group members know about the new facility.

We will get some professionally printed leaflets

We will take leaflets to local groups in the community.

We will take leaflets to local places like the temple, the dentist, doctors and chemist as well as display flyers in Tesco, Co-op Lidl and other food outlets

We will Speak to health care providers

We will have a open day Launch event with local press coverage

We will Offer a Series of Try it and see days to Encourage outdoor gym usage

Arrange induction sessions with instructors at specific times to Increase knowledge of correct and effective use Of the outdoor gym

What outcomes will the proposal achieve? What will success look like and how will its impact be measured? How will you ensure legacy/ continuation and what learning will the project provide?

The beneficiaries of the project will be Adults over 50 who live within the ward, some of whom may be facing significant problems with their health and wellbeing, including: People with physical disabilities, mental health problems and learning difficulties. For some beneficiaries the Walk-In Outdoor gym will be just the nudge they need to get them to return to exercise.

We expect the usage will be increase month by month as more local people find out about the Outdoor gym

The project will bring the following health and wellbeing benefits: Improved fitness, strength, stamina, coordination, mobility and overall wellbeing. Through regular attendance they will increase their awareness of the health benefits of exercise.

Visits to the Walk-In Gym will increase month by month People who exercise outdoors are more likely to engage in the activity longer than those who exercise indoors. We expect initially we would have 30 people each week through local community groups. Within 3 months we envisage numbers will steadily increase (weather permitting) by spring we expect over 200 regular users per month. We know there will be a spike of usage in the summer months when the weather is milder 300 users per month would easily be possible.

As the Walk-In Outdoor gym will Provide a social outlet for exercise it will be used by people of all abilities and fitness Levels. The gym will provide exposure to fresh air, nature and sunlight which increases levels of vitamin D which is beneficial to good health.

Regular users will build up a caring community support network that look out for each other and can check on each other if they have not seen them for a while. Regular users will be made aware of all the other health activities across the ward and encouraged to try them out also.

Local people will see that the equipment is safe to use and is also located in a safe environment. They will also feel a sense of ownership of the equipment so we expect everyone will look after the Walk-In Outdoor Gym, keeping the area tidy and ensuring the equipment is not mis-used.

We think the most exciting thing is the potential Walk-In Outdoor Gym to act as the catalyst for an ongoing change in lifestyle for those using the equipment and who have never tried a gym or regular exercise. We will promote and publicise other health related activities across the ward to improve their health and lifestyle. Regular attenders may start looking at other ways to be physically active, as a result of using the outdoor gym and taking the opportunity to attend other activities that are held but held at the wellbeing centre such as walking groups and cycling groups.

The Walk-In Gym will become the main source of people's activity and will be an asset for the community, regenerating extended family links as older people will be able to attend the Facilities with other adult family members. It give them something, to do and somewhere for isolated people to go where they can meet others.

There will be stronger friendship groups amongst older people. Nudging them to come outside their usual 'roaming' distance and venture to try new opportunities available across the ward.

As a result of the Walk-In Outdoor gym will create a healthier local community that results in improved quality of life and life expectancy for older people in the local area thus sustaining long term independence for the ageing community. The Adults will become role models in the community showing their peers how to use the equipment.

On becoming familiar with the equipment Adults will see that the, meeting with others at the Walk-In Outdoor Gym would bring the principle of fun and play back into the lives of Adults. Play and, fun and are about spontaneity and therefore requires no planning or organisation they simply have to Walk-n.

In the future we would target older people with training sessions at the Walk-In Outdoor gym to increase strength and balance and sustain healthy ageing and prevent the risk of falls.

The impact of the project will be measured through feedback conversations to identify improvements to their physical health, mental health, wellbeing, confidence and overall improvements to the quality of their life.

To enable the project to continue beyond the duration of the funding from have researched best-match funders who will support health initiatives so we can have specific one to one

support when needed.. We will also use the information captured through monitoring and evaluation to develop case studies and models of best practice,.

As older members initially use the Walk-In Outdoor Gym, family members will see the benefits and will be encouraged to volunteer their time to support the Walk-in Outdoor Gym.

Have you considered other sources of funding and whether the project can be used to leverage further funding from elsewhere (please specify funding sources)?

We have secured some funding from Tesco's for two pieces of Outdoor Play equipment for children, thus bringing an intergenerational element to the Walk-In Outdoor Gym, in that Adults would be able to exercise whilst children play safely. It also means that when adults are caring for children particularly in school holidays their weekly exercise regime will not have to be stopped as there will be outdoor equipment for the children to use also. Children will also see Adults having fun outdoors and understand that Adults like to be fit and healthy too.

What resources will be required?

£

- Capital
- Running costs
- People power volunteers

£10,799

£1,500

Amount required from LIF £.....£10,799.00

* ~~£6K~~ Allocated by Ward Councillors!

Have you got any match funding – in cash or in kind?

Trained instructors will be available to assist and instruct in the use of the equipment, they will be provided by Sport Birmingham Apprenticeship scheme.

Volunteers will run the Walk-In outdoor Gym Olive Branch 2 will fund the costs of 2 volunteers each day for up to £1,500

Leisure assistants will be on site at all times so older adults will feel safe at all times.

Contact person for proposal

Namejoy Scott-thompson.....

Telephone01215236802.....

E-mailoffice@laurelroad.co.uk.....

Which residents or community groups was the proposal discussed with and when (please give details of any meetings and which councillors attended)?

We have worked with over 1000 senior citizens from the local community over the last 2 years, who have provided us with first hand evidence by saying that they will benefit immensely from outdoor gym equipment that is in easy walking distance of their home. We have consulted two mental health groups who meet here at Laurel road every week. They understand that increased physical activity will improve their mental health, but they do not have the confidence to attend anywhere else as this is a safe place for them and they have been meeting here for the past 2 years

Discussed at

Ward meeting 17/01/17 & 04/07/17

Date

Signatures of all 3 Ward Councillors

Name <u>GURDIAL SINGH PTI</u>	Signature <u>[Signature]</u>	Date <u>30/8/2017</u>
Name <u>NARINDER KOONER</u>	Signature <u>[Signature]</u>	Date <u>30/8/2017</u>
Name <u>Paula Hamilton</u>	Signature <u>P. A Hamilton</u>	Date <u>29/8/2017</u>

Internal use only

Received: Date

Go to Cabinet Committee – Local Leadership for decision: Date

Approved

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>