

Braintree Outdoor Gym Project

Portfolio Area: Housing and Wellbeing
Report Presented by: Cllr Lady Newton, Housing and Wellbeing

Background Papers:
Corporate Implications: Please refer to the table at end of the report
Options: To approve the Officers' preferred site at Coldnailhurst Avenue, Meadowside playing fields location for the outdoor gym equipment, or to approve the playing field site at Riverside playing fields for the outdoor gym equipment location.
Risks: Not agreeing on the locations will result in withdrawal of the funding from Mid Essex NHS.

Executive Summary

Braintree District Council has been given funding to cover the cost of the purchase and installation of outdoor gym equipment in Braintree.

Working with the Parks and Open Spaces Manager (Nick Day) sites were short-listed and two suitable locations - Meadowside playing fields and Riverside playing fields were identified. The preferred location identified for the outdoor gym equipment to be installed in Braintree is Meadowside playing fields.

Meadowside playing fields meets the criteria outlined by the Mid Essex NHS as it is in an area where there are health inequalities, where there is other play equipment, where it can be seen from the road and where it is in a high pedestrian area. The Meadowside playing fields site can accommodate all of the equipment alongside the other play equipment. The Meadowside site is the preferred site as residential housing surrounds the area and its location is not too near residential houses. The site provides more informal supervision from the houses that surround it.

The alternative site is Riverside playing fields. It meets the criteria outlined by Mid Essex NHS as it is an area where there are health inequalities and other play equipment, however it cannot be seen from the road. The Riverside site has residential housing nearby, but the playing fields are mainly used as a cut through to Braintree Town Centre. The site is not surrounded by street lighting and it would be more prone to vandalism than Meadowside.

Decision

That Braintree Local Committee agrees to the Meadowside location as the outdoor gym site for the Braintree area.

Background Information

Braintree District Council is working with Mid Essex NHS to address the health of the community within the Braintree area through a number of initiatives. One of the projects identified is the purchase of outdoor gym equipment. This project provides opportunities for the local community to access and use gym equipment at any time and without the barriers they might face when trying to access gym equipment through other providers.

Mid Essex NHS (Primary Care Trust) will make a grant to Braintree District Council to cover the cost of the purchase and installation of outdoor gym equipment to the sum of £20,000. It is understood that there are no on-going revenue implications.

The equipment to be included at the site will be low impact, resistance based equipment which is suitable for children and adults (including older people). The equipment will provide the user with different types of cardiovascular, tonal and well-being exercise. There will be on-site instructions explaining the safe and effective use of all pieces of equipment.

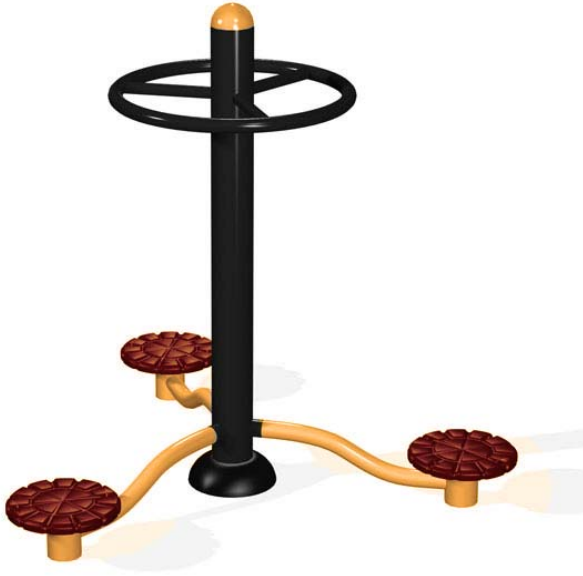
Braintree District Council will be responsible for ensuring that the equipment is in full working condition and will, through arrangements with the provider, ensure that remedial action is taken to remedy any faults.

The Leisure Development Team has applied for Mid Essex Area Forum Funding to fund a Physical Activity Co-ordinator(s) for a period of six months to help to increase the level of use of the outdoor gym when installed. This funding application has been approved. The Co-ordinator(s) will develop and promote the outdoor gym to the local community and this will include leaflets for personal distribution, appropriate promotion/publicity and engagement.

Part of the project is to place the equipment in an area of health inequality, an area where the equipment can be seen from the roadside and near a residential estate. The sites that are being considered are Meadowside playing fields and Riverside playing fields. Meadowside is more beneficial to the project as residential housing surrounds the playing fields and the location of the equipment would be sited away from residential houses. The Riverside site has residential housing near the site, but the playing fields are mainly used as a cut through to Braintree Town Centre. It is not surrounded by street lighting and it would be more prone to vandalism than Meadowside.

Corporate Implications				
Financial:	External funding from Mid Essex NHS of £20,000. This meets the costs of purchase and installation.			
Legal:	Agreement in respect of a grant pursuant to Section 256 of the NHS Act 2006. Advice has been sought from the Legal Department.			
Equalities & Diversity:	There are no issues identified at this stage			
Customer Impact:	Improved access to fitness equipment/ activity			
Environment & Climate Change:	There are no issues identified at this stage			
Consultation/Community Engagement:	Local Committees	yes	Partners Mid Essex NHS	yes
	Public		Staff	
Key Decision:	No			
Public/Private Report:	Public			
Officer Contact:	Taiwo Ajayi			
Designation:	Leisure Development			
Ext No:	2769			
Email:	taiwo.ajayi@braintree.gov.uk			

Below are pictures of the equipment and what the site will look like.



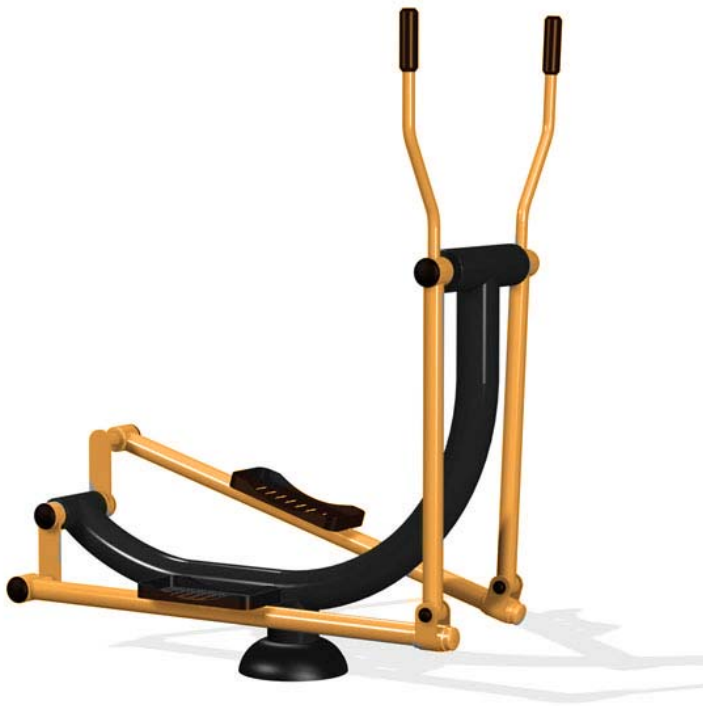
**Waist
Twist**



**Cardiovascular
Rower**



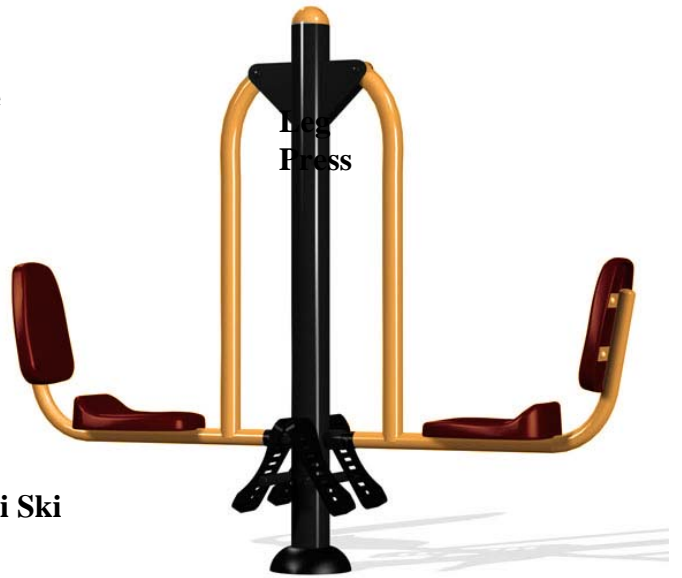
Chest Press



**Cross
Trainer**



**Horse
rider**



**Leg
Press**

Mini Ski



**DDA
Work
Out**



Parallel dipping bars



**Pull Down
Challenger**

**Push
Hands**



**Twin
Health
Walker**



Site Base layout