



# 2021-2025

# Wokingham Borough Leisure Strategy

February 2021

# »» Introduction

*We established our community vision in 2020 with the ambition for Wokingham Borough to be a great place to live, learn, work and grow and a great place to do business. Linked to this overarching vision, physical activity and sports play a fundamental role in supporting the physical and emotional well-being of the Borough's people and communities as is also explicitly recognised in the Joint Health & Wellbeing Strategy 2018 -2021. Furthermore, the very significant health benefits of physical activity are universal, from the very young to the elderly - helping to raise achievement in schools, enabling self-care for those with long-term conditions and helping to prevent mental and physical illness across all age-groups. This is why increasing levels of participation in sports and active leisure pursuits, and reducing the numbers of people who are inactive, is so important.*

***At the time of writing this importance is heightened by the impacts and challenges of the COVID pandemic and looking forward to Covid-19 Recovery. We know that a range of conditions linked to lack of exercise and excess weight greatly increase the severity of symptoms of the virus. Whilst there are challenges of participating in organised sport, especially team sports, many people are turning to walking, cycling and other outdoor physical activities to maintain levels of fitness and enhance mental as well as physical well-being.***

*Fortunately the Borough is blessed with a rich mix of assets to provide all our residents and communities with varied opportunities to take-up and enjoy leisure pursuits and be more physically active, including - indoor and outdoor sports facilities; country parks, nature reserves and suitable alternative natural greenspaces (SANGS) all with attractive green and blue spaces; play areas; allotments; and an extensive network of footpaths and cycle routes. The latter and the promotion of 'active travel' are now also forming a key strand in the Council's plans to address the local 'Climate Emergency' declared in July 2019.*

*These assets need ongoing investment and development to provide high quality leisure environments that our citizens want to use, to drive up levels of participation and to cater for the Borough's growing population and new communities. Leisure infrastructure and accessible opportunities for all, alongside arts and culture, are a key element of supporting a high quality of life for residents, attracting visitors and supporting the attractiveness of the Borough for businesses and sustaining its thriving economy.*

*This is why the Council, working with a range of partners, has made a step-change in its levels of investment over recent years despite a very challenging funding environment.*

*Creative use of developer contributions has provided significant levels of capital to invest in these new and improved facilities, with external agencies such as Sport England and the Football Foundation providing additional investment. Alongside this the Council has also procured a new national operator, 'Places Leisure', to run our indoor leisure centres. This competitive procurement has helped drive value for money and the new leisure contract will ensure that not only are the centres maintained to a high standard but also that the Council now has an income stream to reinvest in the future, balancing a more commercial approach to drive income whilst ensuring programmes to provide, encourage and increase access for the more vulnerable continue. The national and local context for the strategy is set out in Appendix 1.*



# Our Investment in Leisure



COMPLETED

IN PROGRESS

## BULMERSHE LEISURE CENTRE

£ 14.5m

PARKING AND TOILET FACILITIES AT CALIFORNIA COUNTRY PARK

£ 2.1m

## EMBROOK 3G FOOTBALL PITCH

£ 800k

RYEISH GREEN & ARBRORFIELD LEISURE FACILITIES

£ 4.9m

NETWORK OF "GREENWAYS" INC ATTRACTIVE WALKING & CYCLING ROUTES

£ 320k (Cantley)

LODDON VALLEY LEISURE CENTRE REFURBISHMENT

£ 2.2m

## NEW ARBORFIELD PRIMARY SCHOOL 3G FOOTBALL PITCH (JUNE 2021)

£ 800K

CANTLEY PARK ENHANCEMENT INC. PLAY-AREA

£ 2.2m

## CARNIVAL POOL LEISURE CENTRE

£ 23m

NEW ACTIVITY CENTRE BUILDING AT DINTON PASTURES

£ 1.8m

NEW OUTDOOR PLAY FACILITIES AT CALIFORNIA COUNTRY PARK

£ 300k

**TOTAL £52.9m**

## KEY FIGURES

1.3m FITNESS ATTENDANCES

157k attending swim lessons

24k SHINE Attendances

## Taking Leisure forward through our Strategy

Our strategy to achieve this vision is straightforward as although Wokingham Borough has one of the highest rates of participation in physical activity in the country, the numbers of people across all age groups who are overweight or obese is increasing. We aim to halt and reverse this trend over the lifetime of the strategy through:

Fostering both physical and emotional wellbeing through universal access to high quality leisure opportunities

Targeted provision to reduce social isolation and those facing additional barriers to access and participation; especially those communities with higher health inequalities

Reducing levels of inactivity and, in particular, tackling increasing levels of excess weight and obesity

Commercialisation to ensure that high quality facilities remain affordable, accessible and sustainable into the future whilst protecting provision for the more vulnerable

# >> Vision

**Wokingham Borough is renowned as one of the most 'active' and best places to live in the whole of the UK. A place where everyone can easily access high quality indoor and outdoor spaces for active leisure pursuits and do so in increasing numbers; decreasing health inequalities and enhancing health & wellbeing across all our communities and particularly benefiting the more vulnerable.**

## >> Key Priorities and Outcomes

**Promoting Health and Wellbeing (General)**



Proportion of **more physically active adults** meeting the guidelines of the Chief Medical Officer (completing 150 mins exercise of moderate intensity or 75 mins of vigorous intensity/week).

The **activity levels for children and young people** more broadly.

Ensuring **effective provision of facilities & open-space for new & existing communities** through the planning process.

The proportion of **adults physically inactive** (completing <30 minutes of physical activity/week).

The proportion of **adults classified as overweight or obese**

The proportion of **children and young people** who are **physical inactive**

The proportion of **overweight & obese children and young people**.

**Raising participation and reducing levels of inactivity (targeted)**



Engagement and the **number of programmes that reduce social isolation**.

The **availability** and take-up of targeted sessions for those in **ethnic minority communities**.

Engagement with & participation rates for all groups where **current levels are below average** and to **reduce the health and wellbeing gap**, including those **experiencing poverty** and other dimensions of **deprivation**.

The **range of mental health & emotional wellbeing programmes** & the number of beneficiaries.

- Doing exercise & other physical activity can have a **positive impact on your mood, improve your sleep, and reduce stress/anxiety**. Even a short burst of **10 minutes brisk walk** helps **increase mental awareness, energy and positive mood**. It has been identified that physical activity can help **reduce depression by 30%**



Focused initiatives to **engage children in care** and **looked after children**.

Ensure appropriate provision to **ensure accessible opportunities for people of all ages with disabilities**.

Use physical activity opportunities to **help tackle local health inequalities**

**Maintain and Extend Accessibility to Indoor Leisure facilities**



**High quality facilities** maintained to a **high standard**.

Flexible **new and established facilities** that meet **growing & changing demand** over time.

**Increasing footfall and levels of use**.

**Identify and address barriers to accessing activity**

**Maintain and Extend Accessibility to Outdoor Spaces**



The formal and informal use of a **high quality interconnected network of outdoor spaces**, including **country parks, 'greenways' and children's play facilities**.

Develop and increase **physical activity sessions offered in outdoor spaces** and the **associated numbers participating**.

The number of **organised outdoor public events** and overall attendance.

Playing Pitch strategy to meet future demand and to secure investment.

Increase the **number of clubs accessing and utilising outdoor spaces**.

# Key Priorities and Outcomes

**5**  
Fostering  
Enjoyment  
and Sporting  
Excellence  
(pathways)



Increase the **number of sport sponsorship participants performing at a high level** (county and national standard).

A **thriving and diverse network of sports clubs** catering for **all levels of ability** and **providing pathways from grassroots to elite**.

Promoting and supporting **volunteering** to underpin widespread **access to opportunities** and **progression pathways to all**

**6**  
Raising  
Levels of  
Active  
Travel



Increase the proportion of **adults** and **young people** **walking for travel at least three days per week**.

Increase the proportion of **adults** and **young people** **cycling for travel at least three days a week**

**7**  
Ensure  
Financial  
Sustainability



Maximise **income generated** by and the **viability of sports and leisure facilities**  
Maximise **external funding from all potential sources**, e.g. Sports England, national sports governing bodies, CIL.

Maximising **income generation from country parks** by increasing **visitor numbers** and **spend per customer**.

Further **develop income generation programmes** including sports, leisure and cultural activities.

Generating income from **expanding the range of outdoor sports and outdoor events** across country parks.

## Partnerships & Delivery

**The success of this strategy will be reliant on an effective multi-partner approach to delivery and collaboration both across the council and with external stakeholders.**

**To achieve the outcomes set out in the strategy, responsibility will lie with all key internal and external stakeholders groups, setting individual action plans. We will as a collective strive to achieve the outcomes and action needed within the lifespan of the strategy.**

The Leisure Strategy is set firmly within our overarching community vision: 'A great place to live, learn, work and grow and a great place to do business.' It contributes particularly to the aligned Strategic Priorities of:

- Enriching Lives;
- A Clean and Green Borough;
- Safe, Strong Communities; and
- Keeping the Borough Moving.

The Leisure Strategy also links to a number of other more specific and operational council strategies and priorities that involve a wide range of services and a significant investment of resources to provide the infrastructure that supports an active Borough and healthy communities:

# Partnerships & Delivery

Health & Wellbeing Strategy/Public Health	MyJourney	Ageing Well	Rights of Way Improvement Plan
Early Years & Children's Play	Parks & Open Spaces	Local Plan	SDLs
Physical Activity in Schools	Arts & Culture Strategy	Children in Care & Care Leavers Strategy	Berkshire West Healthy Weight Strategy

Our leisure provider, Places Leisure, in particular has a key role in delivery. Not only do they have the day-to-day responsibility for our leisure sites but they are also contracted to deliver against key performance areas for the leisure service. These incorporate increasing participation across our communities with a focus on targeted provision for more vulnerable groups working in tandem with our in-house team. These jointly delivered physical activity programmes include:

- SHINE= Older people – dedicated over 60's exercise programme.
  - **S**ome **H**ealth **I**mprovements **N**eed **E**xercise
- Ageing Actively – a programme for those older residents experiencing loneliness or isolation.
- Walking for health – volunteer led walks.
- Children – Sporting holiday camps.
- Dedicated sessions focused on a range of health conditions to enhance well-being:
  - Mental health and wellbeing – for those affected by a mental health condition;
  - Cardiac Rehab – those with cardiac conditions;
  - GP referral – conditions such as stroke, diabetes, osteoarthritis and lower back pain;
  - Long term health – conditions such as COPD, Parkinson's, physical disabilities;
  - Cancer Rehab – for those affected by cancer;
  - Steady Steps – over 65's who have had a fall, at risk of falling or unsteady on their feet.
  - Escape Pain – for those affected by pain;
  - Dementia friendly physical activity sessions.
- A range of outdoor activities and water sports opportunities for all ages in our country parks.
- Promoting and encouraging WBC staff to be physically active, including 'active travel'.
- Arts and culture – delivering an arts and culture programme sharing use of indoor and outdoor leisure venues and country parks, creating animated spaces with some areas of activity, such as dance, contributing to both arts and sports.

# Partnerships & Delivery

## External Stakeholders

Further developing partnership working with external stakeholders will be key to successfully resourcing and delivering the ambitions of the strategy. Stakeholders range from national, sub-regional and local organisations as well as other public, voluntary and private sector partners:

SPORT ENGLAND	WOKINGHAM SPORT COUNCIL	NEIGHBOURING LOCAL AUTHORITIES	TOWN & PARISH COUNCILS
NATIONAL GOVERNING BODIES E.G. FOOTBALL ASSOCIATION, SWIM ENGLAND	GET BERKSHIRE ACTIVE	VOLUNTARY SECTOR & CHARITIES	HEALTH PARTNERS
BERKSHIRE SPORTS PARTNERSHIP	BERKSHIRE COUNTY SPORTS CLUB	LOCAL BUSINESSES & BUSINESS PARKS	PRIVATE SECTOR PROVIDERS E.G. GYMS & CHILDRENS PLAY

In order to maximise collaboration and effective implementation of the strategy it is proposed to further develop an 'Active Wokingham' (Borough) partnership across internal and external stakeholders and create a dynamic network of organisations working together to increase opportunities, participation and enjoyment in sport and physical activity across the whole Borough. Through this collaborative engagement we will be able to optimise our collective resources to ensure all residents, whether inactive or active, have access to and are motivated to participate in physical activity and sport. In the first instance the Council will work to establish this partnership through the development of an Action Plan for the delivery of the Strategy.

The Action Plan will run for three years from April 2021 – March 2024 with greater detail for the first year but to be reviewed and updated on an annual basis. The Action Plan will include challenging targets and measurable key performance indicators of relevance to our local communities and the Borough's established track-record as an 'active place' but with aspirations to be even better. These will also be reviewed annually to enable continuous improvement and development and align with the health and well-being action groups reporting dashboard. Active Wokingham (Borough) will have an ongoing role in the promotion, development, delivery and evaluation of the Leisure Strategy and associated Action Plan.

In doing this it is also envisaged that Active Wokingham (Borough) will have a key role to play in:

- Sourcing funding, maximising use of resources;
- Building creative collaboration;
- Exploiting income generation opportunities;
- Ensuring robust governance practices;
- Using community insight and effective evaluation practices;
- Supporting and growing volunteering;
- Encouraging innovation and best practice in all areas;
- Delivering meaningful engagement and consultation;
- Providing effective communications.

# »» By Building on our current offer...

## Adults

## Young People & Children

### **LEISURE CENTRE FACILITIES:**

- GYM
- SWIM
- CLASSES
- INDOOR & OUTDOOR SPORTS

### **PARKS AND OPEN SPACES**

- SPORTS TEAMS
- WALKING 4 HEALTH (SPORT & LEISURE INITIATIVE)
- GREENWAYS
- 3G FOOTBALL FACILITIES
- TENNIS

### **SHINE - PHYSICAL ACTIVITY SESSIONS & CLASSES FOR OLDER ADULTS INC.**

- ZUMBA, LINE DANCING, PILATES, WALKING FOOTBALL, AQUAFIT, TENNIS AND MORE

### **PREVENTION PROGRAMMES**

- CARDIAC REHAB
- MINDFUL HEALTH & WELLBEING
- LONG TERM HEALTH
- STEADY STEPS
- GP REFERRAL

### **WORKPLACE HEALTH FOR WOKINGHAM BOROUGH COUNCIL STAFF PHYSICAL ACTIVITY SESSIONS & CLASSES**

- SPINNING (BIKE), BOOTCAMP, ZUMBA AND PILATES

### **DISABILITY SESSIONS FOR ADULTS**

### **DISABILITY SESSIONS FOR ADULTS**

### **AGEING ACTIVELY - SOCIAL ISOLATION AND ACTIVITIES FOR ADULTS WITH DEMENTIA**

### **LEISURE CENTRE FACILITIES:**

- GYM
- SWIM
- CLASSES
- INDOOR & OUTDOOR SPORTS
- SWIMMING LESSONS
- SOFT PLAY
- DUAL USE FOR SCHOOLS IN THE BOROUGH INC. BULMERSHE, ADDINGTON, BOHUNT & OAKBANK
- FREE SWIMMING SESSIONS FOR THOSE WITH FREE SCHOOL MEALS

### **PARKS AND OPEN SPACES**

- SPORTS TEAMS
- OUTDOOR PLAY AREAS/PARKS
- GREENWAYS
- 3G FOOTBALL FACILITIES
- TENNIS

### **WOKINGHAM ACTIVE KIDS (WAK)**

#### **HOLIDAY CAMPS**

- MULTI-SPORT - INC. TRAMPOLINING, HOCKEY, BADMINTON, BASKETBALL, RUGBY AND SWIMMING
- SPORT SPECIFIC - NETBALL, FOOTBALL
- FREE WAK DAY FOR HOUSING/TENANTS SERVICES FAMILIES

### **CWAN - CHILDREN WITH ADDITIONAL NEEDS ACTIVITY DAY**

# ➤➤ Appendix 1: National & Local Context

## **National Context**

*Some awareness of the national policy background is helpful in understanding why the Council invests significantly in leisure provision. In addition, aligning with national priorities also provides greater opportunities to bid for and secure grant funding.*

### **HM Government Sporting Future: A New Strategy for an Active Nation**

*This wide-ranging detailed strategy was launched in December 2015. The most relevant points to inform a local strategy are summarised below. The Government strategy aims to change the way in which sport is considered, from simply how many people take part, to what people and society get out of participating and what more can be done to encourage everyone to have a physically active lifestyle.*

*The funding decisions of Government will also now be made on the basis of the social good that sport and physical activity can deliver, not simply the number of participants.*

*The five key outcomes which will define success in sport are:*

- *Physical well-being;*
- *Mental well-being;*
- *Individual development;*
- *Social and community development;*
- *Economic development.*

*The funding will primarily be focusing on those people who tend not to take part in sport, including women and girls, disabled people, those in lower socio-economic groups and older people. All new Government funding will go to organisations which can deliver some or all of the five outcomes. Those organisations which show that they can work collaboratively and tailor their work at the local level will be the most likely to receive funding.*

*The Government strategy also broadened Sport England's remit so that it became responsible for promoting sport outside of school from the age of 5 rather than 14.*

*Sport England: towards an active nation, strategy 2016-2021*

*Sport England launched its new five-year national strategy in May 2016. It responds to the Government's Sporting Future strategy and has a stronger focus on reaching those who are least active and helping to deliver the strategy's wider outcomes.*

# ➤➤ Appendix 1: National & Local Context

The key changes that Sport England are making to the way that they work are:

- Focusing more money and resources on tackling inactivity;
- Investing more in children and young people from the age of five;
- Helping those who are active now to carry on, but at lower cost to the public purse over time;
- Putting customers at the heart of what they do, responding to how people organise their lives and helping the sector to be more welcoming and inclusive, especially of those groups currently under-represented in sport;
- Helping sport to keep pace with the digital expectations of customers;
- Working nationally where it makes sense to do so (for example on infrastructure and workforce) but encouraging stronger local collaboration to deliver a more joined-up experience of sport and activity for customers;
- Working with a wider range of partners, including the private sector, using their expertise as well as Sport England investment to help others align their resources;
- Working with our sector to encourage innovation and share best practice particularly through applying the principles and practical learning of behaviour change.

Funding streams from Sport England are now closely aligned with these priorities.

## **Public Health England (PHE)**

PHE have a strong influence on policy and practice nationally with regard to promoting increased levels of physical activity. They also have a strong evidence base of what works and are a key source of data for informing local strategies and priorities. They produce a range of publications many of which are updated regularly, including:

- Health matters: getting every adult active every day' (updated July 2016);
- Physical activity guidelines: UK Chief Medical Officers' report (updated September 2019);
- Physical activity data tool (updated November 2019).

In their forward to the 2019 update of the physical activity guidelines the Chief Medical Officers re-emphasised the significance of physical activity:

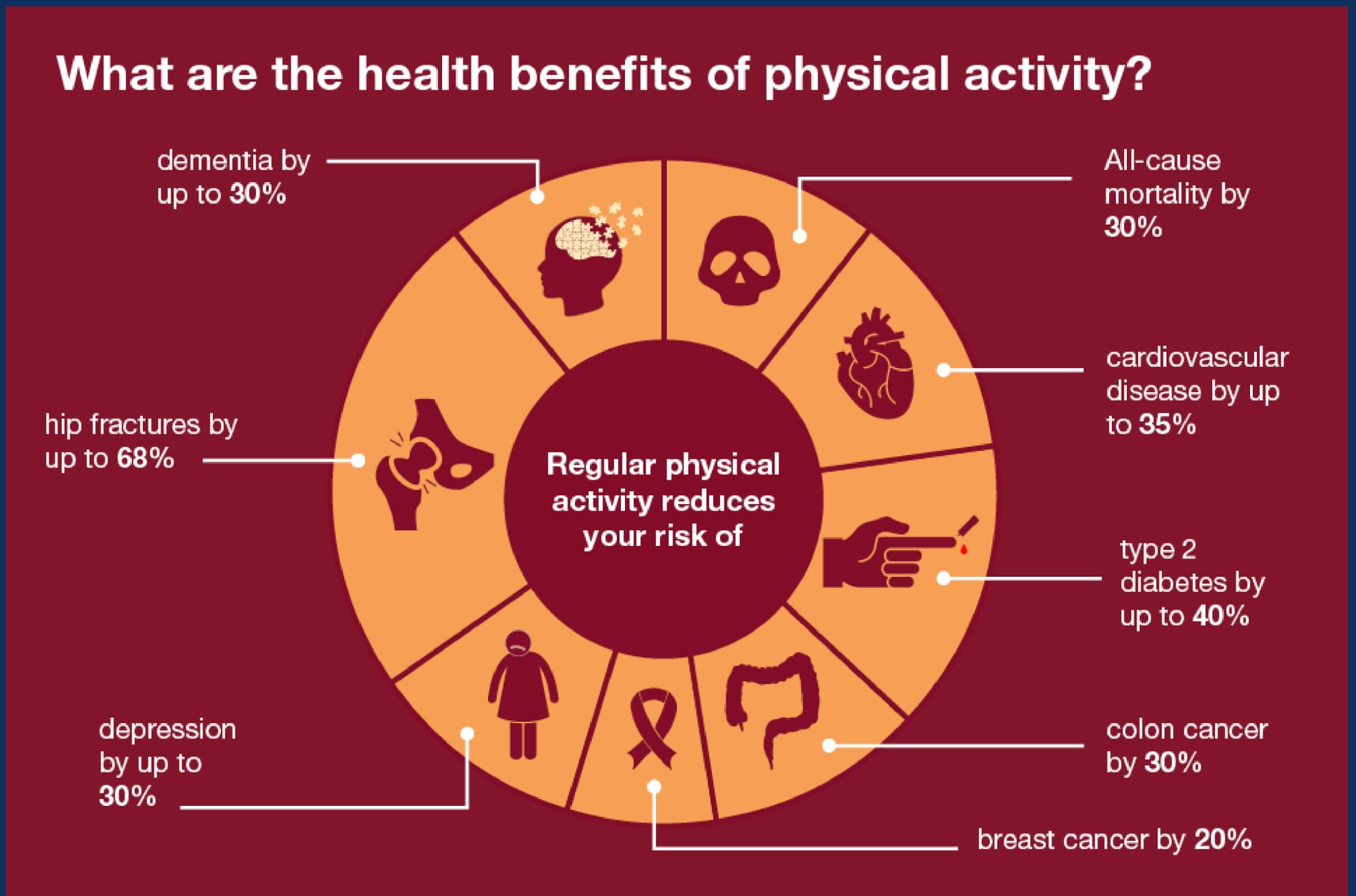
*'In 2010, we were among the first nations in the world to set out evidence for how much and what kinds of physical activity we need to do to keep ourselves healthy. Since then, the evidence has become more compelling and the message is clear:*

*"If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat"*

*Physical activity is not just a health issue. It brings people together to enjoy shared activities and contributes to building strong communities whilst supporting the economy to grow.'*

# Appendix 1: National & Local Context

PHE summarise the many benefits of physical activity with the following infographic:



Public Health England Health Matters Blog, 2016:

## Healthy Weight

Key current policy drivers for the healthy weight agenda (which incorporates physical activity) include the Public Health Outcomes framework, the Local government association guidance including 'Making Obesity Everybody's Business' 2017, NICE guidance relating to the healthy weight agenda both in relation to prevention and treatment, the NHS outcome framework and long-term plan. The Government childhood obesity strategy A Plan for Action, 2018 outlined the aim to halve childhood obesity by 2030 and to significantly reduce the gap in obesity between children from the most and least deprived areas.

Guidance on 'What Good Healthy Weight for all ages Looks Like' was published by (ADPH, 2019).

More recently in 2020 Government launched the policy paper: 'Tackling obesity: empowering adults and children to live healthier lives' in July 2020. As part of this commitment to healthy weight PHE launched the 'Better Health Campaign' which includes a call to action for people to take steps to move towards a healthier weight urging people to take stock of how they live their lives in the wake of the COVID-19 pandemic. Key messages encourage behaviour changes to eat better and be more physically active and move more to prevent or delay the onset of serious diseases.

# ➤➤ Appendix 1: National & Local Context

## Local Context

**It has recently been reported from the Office for National Statistics & Lane Clark & Peacock financial services that Wokingham Borough is the healthiest place to live. Scores were based on a variety of factors such as obesity rates, mental and physical wellbeing. Despite being ranked #1 nationally there is plenty of work to do at a local level to help improve indicators of health.**

*On the majority of public health Indicators used within the PHE physical activity data tool, Wokingham Borough performs well in comparison with national and regional averages. **By building on our current offer (p8), working with our partners (p7) and continuing our investment in our leisure services (p3), our strategy will deliver the key priorities and outcomes (P4 & P5). Although some of these public health indicators cannot be addressed through our Leisure offer alone, they provide a vital part of the pathway to improvement. The local public health strategy, inline with national Strategy "PHE Strategy 2020 to 2025", is compiled to further address these issues.***

*Moreover, overall 'performance' has improved with the percentage of physically active adults rising from 69.5% in 2015/16 to 75.3% in 2018/9 (a rise of 5.8% compared to a rise of only 1.5% across the south east and 1.1% nationally as a whole). This is a significant increase in a relatively short space of time. Similarly, levels of obesity and being overweight compare favourably with national and regional averages. Nevertheless, there is no room for complacency:*

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**1 in 6** 2018/19 data indicates that 13.9% local adults remain inactive

**↑ 17%** The number of people aged over 65 in Wokingham borough is estimated to increase between 2018 and 2025 from **29,600 to 34,514**.

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*Unsurprisingly given the breadth of health and other benefits generated by physical activity, measures to increase levels of participation will link to and support a range of Council priorities and strategies over and above the Health & Wellbeing Strategy and involve a wide-range of Council services. Hence this Leisure Strategy directly links to and supports delivery of a number of strategic priorities to deliver our Community Vision, in particular with a focus on:*

- *Enriching Lives: enjoyment, achievement (including sporting excellence), fulfilment, social interaction and community cohesion;*
- *Clean, Green and Safe Places: a range of high quality open-spaces and country parks, play areas and outdoor sports facilities providing choice and accessibility to all;*
- *Safe, Strong Communities: interaction, socialisation and helping communities to thrive.*
- *Keep the Borough Moving: an extensive network of footpaths and cycle ways connecting people with places they want to go and encouraging widespread adoption of 'active travel' options.*

*Whilst a different focus, there are also links to the Borough's Cultural Strategy, particularly in relation to the shared use of venues and country parks, creating animated spaces and delivering a high quality of life that supports well-being, thriving communities and economic success.*

# Appendix 2: Testimonials

## LTH gym

"I wanted to write to thank for your help in getting me back to fitness after my serious cycling injury. I remember when I first walked into the gym a year or so ago. I could only walk short distances and serious exercise seemed a long way off. Your advice and guidance in the Long Term Health Conditions Programme run by Wokingham BC has made an enormous difference to my ability to get back to leading a normal life. Here I am a year later and I have joined the local gym so that I can maintain and further improve my current fitness. Without the LHCP gym this just wouldn't have happened."



## Circuits – GP referral

"Monday circuits at Bulmershe. A fun way to push your boundaries, attending this has built up my fitness levels, cycled 24 mile round trip in France and ditched the bus pass in favour of walking from Woodley to Reading! Lower back class at Bulmershe is extremely beneficial in getting rid of those niggling pains, certainly helps with weeding"

## Lower back class – GP referral

"Just wanted to say how much I enjoy the Lower Back Class when I'm well and able to attend. Due to a change in my diagnosis, I am now unable to do treadmill or gym work, but the Lower Back class enables me to take things at my own pace and not over exert myself".

## GP referral

"I was put on the GP referral course following the 12 week Macmillan course after my cancer treatment had finished. There were only a couple of the classes that I could attend, Badminton being one of them. I have to say I thoroughly enjoy these classes. Before my diagnosis the only exercise I got was walking my Dog. Now, after joining the referral programme which I started in April 2016 i have lost three stone in weight and changed my eating habits. The badminton is especially good for me as I had my lymph nodes removed and get a lot of pain and stiffness in my right arm and I find it so much better after playing Badminton. Kirk is a very good motivator and is always giving tips and encouragement when needed. It is a good group of people who do not take it too seriously. At the end of the day if you can exercise and enjoy yourself whilst doing it then it cannot be a bad thing. I for one would be most disappointed if the classes were cancelled."



# Appendix 2: Testimonials

## Aqua

"I love the aquafit on a Tuesday evening. This class got me moving at a point when, following a major Achilles operation and some 9 plus months on crutches some years ago, I was very concerned when asked to join the GP scheme about doing a normal gym type class where my full weight would be on my Achilles. Aga is a great teacher so that you can tell if you are doing something wrong (and her reminders of what you should not do help you to put things right when you don't have the right stature etc.) As someone who is struggling with weight-loss and to improve fitness levels alongside that, I find these classes have helped me with the transition from previously doing very little exercise to become more supple and building my core muscles – again all helping with the weight loss."



THANK YOU.  
What a brilliant idea!  
I'll be having a go at these,  
especially the Tai Chi.  
(RE SHINE Virtual)

Many Thanks for doing this I  
can assure you it will make a  
HUGE difference to many of  
us Well Done Shine

Thank you this is really  
excellent ! Had a go at the  
Standing exercise this  
morning, really, really good.  
Thank you so much

Dear Shine Team,  
This is fantastic - thank you  
all so much - admin,  
teachers, everyone!  
Best wishes to you all  
(RE SHINE Virtual)

I was so pleased to get this to add to my daily  
routine during the lockdown.  
Walking for an hour around a smallish garden  
can be a bit boring so thank you  
for thinking of this video link to exercise - I  
usually attend one of Sonias  
classes, it was much appreciated

Thanks everyone,  
We have been doing the tai  
chi and thoroughly enjoying  
it. We are also going to do  
others. Much appreciated.

Hi there, Many thanks for  
your email. What a great  
idea. Well done the SHINE  
team, Best wishes  
(RE SHINE Virtual)

Thank you team and  
especially Sonia, I have  
really missed my class on  
Wednesday.  
Lovely to have her in my  
home. Keep well everyone's  
(RE SHINE Virtual)

I would like to congratulate you and  
Sonia on the  
excellent Standing exercise you tube  
video. Please let Sonia know how much I  
appreciating this after 3 weeks of no  
Zumba gold, no looking after 1 year old  
and no carrying shopping!  
(RE SHINE Virtual)

# Appendix 3: Consultations

## Leisure Strategy Consultation Timeline

**Objective** – To consult with all residents, key stakeholder groups (sports clubs, sports council, national governing bodies (e.g. Football foundation), GBA, PFP), Health Partners, Town and Parish councils, staff and councillors on updated Leisure strategy. This will then feedback to create the final version of the strategy.

ACTION	TIMESCALE
<ul style="list-style-type: none"> <li>Finalise and issue consultation survey – Link to all social media platforms, internal comms, add to news centre, push to all key groups as listed above (encouraging to share on their platforms/groups).</li> <li>Link the above with comms on timelines/messages to promote survey.</li> </ul>	<p><b>APRIL/MAY/JUNE</b></p>
<ul style="list-style-type: none"> <li>Attend town centres – Wokingham/Woodley – encourage face-to-face consultation</li> </ul>	<p><b>APRIL/MAY WEEKENDS (COVID DEPENDANT)</b></p>
<ul style="list-style-type: none"> <li>Promote through existing physical activity programmes/Leisure provider (PFP marketing tools and platform).</li> </ul>	<p><b>APRIL/MAY/JUNE</b></p>
<ul style="list-style-type: none"> <li>Promote through attended key groups – Such as – (Health and wellbeing sub group, Sports Council, Football Foundation, Get Berkshire Active, Volunteer groups).</li> </ul>	<p><b>APRIL/MAY/JUNE</b></p>
<ul style="list-style-type: none"> <li>Issue survey link to all town and parish council Clarks – offering to attend a meeting to promote the consultation.</li> </ul>	<p><b>APRIL/MAY</b></p>

# Appendix 4: New Developments

## Carnival Pool



### Virtual Classes



### Arborfield Primary 3G



### Classes in the Park



### Cantley Park 3G

