

Leisure Trusts in a Changing Environment

- The power of Local Authority and Leisure Trusts partnerships
- The evolving face of leisure and how we can survive and thrive
- The impact of leisure on wider health and social outcomes

Mark Tweedie (Chief Executive Community Leisure UK)



Introduction to Community Leisure UK

- Trade association
- Specialise in charitable leisure trusts across the UK
- Across public leisure and culture
- 112 members
- 3,700 services & facilities
- Combined £2bn turnover



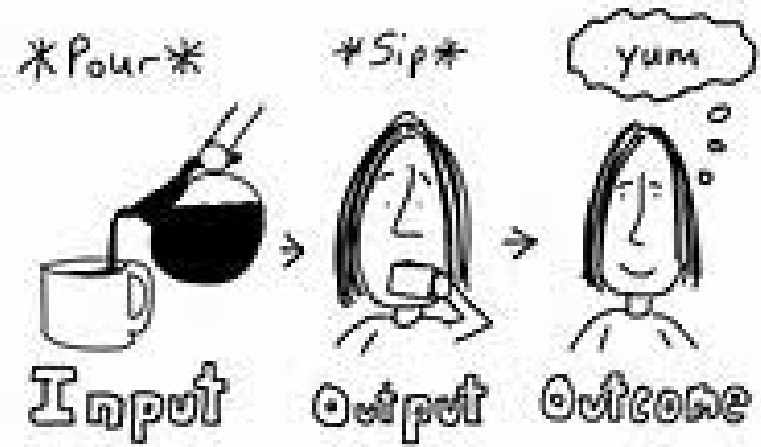
“Great experiences in great
places for everyone”

Local Authority & Leisure Trust Partnership









A wooden arrow-shaped sign is mounted on a weathered tree branch. The sign is light-colored wood and has the word "WELLNESS" written on it in a bold, blue, sans-serif font. The arrow points to the right. The background consists of a clear blue sky with some light clouds and a blurred view of the ocean and a beach in the distance.

WELLNESS

leisure opportunities

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GLL chooses Ethitec's Tiara9 system for its exercise-based public health referral schemes



By Liz Terry 13 Nov 2019

Supplier: Ethitec



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HALL OF WELLNESS AWARDS
BRUNNEN BY THE CHANGEMAKERS

Bringing together the global spa, beauty and wellness industry to celebrate our people

GET INVOLVED

Latest job opportunities
Personal Trainer
energie fitness
SALARY: Competitive
LOCATION: Chelmsley Wood
[READ MORE →](#)

Swimming Teachers
Everyone Active

Latest news

Planet Fitness and Life Time gym chains make face masks mandatory at all times, apart from when working out

SHARE <

Consumers can now get PT sessions on

A snapshot of your business
Software for the spa, wellness and leisure industries

core
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Job Search

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Latest job opportunities

Personal Trainer Assessment Day

Exercise4Less

SALARY: Competitive

LOCATION: Newcastle-under-Lyme, UK

READ MORE →

Personal Trainer

energie fitness

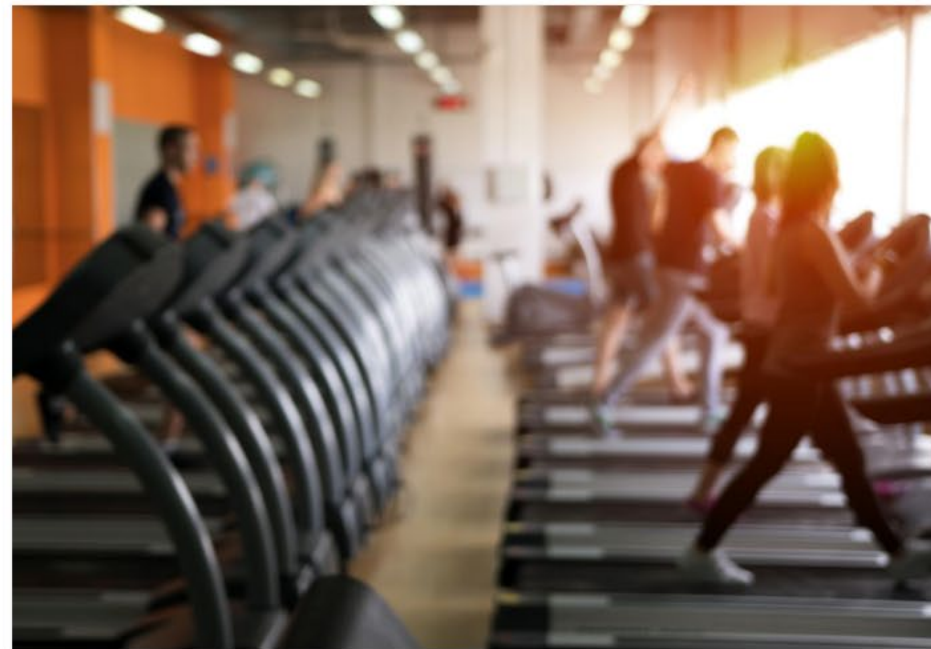
SALARY: Competitive

LOCATION: Chelmsley

Fitness professionals work with NHS on COVID-19 rehab programme for patients who have been on ventilators



By Tom Walker 17 Jul 2020



The programme consists of 90 minute sessions which include activities such as treadmills, indoor cycling

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News by sector (all) ▾

HALL OF WELLNESS AWARDS
BRINGING TOGETHER THE GLOBAL SPA, BEAUTY AND WELLNESS INDUSTRY TO CELEBRATE OUR PEOPLE
GET INVOLVED

Latest news



Planet Fitness and Life Time gym chains make face masks mandatory at all times, apart from when working out

SHARE ↵



Consumers can now get PT sessions on Gympass



The GM Cancer Prehab4Cancer and recovery programme is an exercise referral scheme providing the multi-modal interventions of exercise, nutritional support and wellbeing to participants. Interventions will be provided before and after treatment (in some cases during). It is designed to achieve improved clinical outcomes for people recently diagnosed with cancer by improving their fitness levels prior to their cancer treatment. By taking control and engaging in the interventions participants experience greater quality of life, enabling them to live well with and beyond cancer, especially when recovering from their cancer treatment. This programme has been designed based on the latest



Everybody Can

A range of services, programmes and interventions aimed at removing barriers to enable everybody to live well, feel great and reach their potential.

[View our latest Everybody Can Community Provision timetable here.](#)



Everybody Can Live Well



Outreach Targeted Support – Supported Services, Adult Social Care – Care to Success – Short Breaks – Community Respite Provision – Disability Holiday Camps – Alternative Provision – Active Neighbourhoods – Transition Camps – Young Carers

[Find out more](#)

Everybody Can Have Fun





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LiveWire // Dementia Friendly

Dementia Friendly Activities Programme

Join us for a range of activities in a safe and supportive environment, at the Great Sankey Neighbourhood Hub. Activities include:

HEALTHY AND HAPPY CLASS (REFERRAL ONLY)

In partnership with Dementia Champions Group, Warrington. This class will focus on both the physical and mental health of people affected by dementia, either personally or as a carer including 30-40 minutes of low impact exercise, followed by a period of relaxation.

DEMENTIA FRIENDLY CLASS PROGRAMME

Classes on LiveWire class timetables are open to all and instructors are attending Dementia Friends workshops to provide them with the knowledge to support people living with dementia where needed.

QUIET HOURS IN THE GYM

Ideal for both people living with dementia and carers, these sessions take place during quieter times of day. Music volume will be reduced or switched off completely to provide a comfortable environment to be active in.

Mondays | 11.00am-12.00pm

Thursdays | 1.00pm-2.00pm

Group inductions with up to 3 places will be available for carers during the Monday session. People living with dementia will require a 1-1 induction. However, if people are available at other times, they can attend an induction on another day when times are available. Anyone wanting to book an induction through the programme can contact either Catriona on csudlow@livewirewarrington.org or Neil on nmorley1@livewirewarrington.org

Please contact Great Sankey Neighbourhood Hub on 01925 724411 for further information.





Momenta - Weight Management Programme

- HOME
- MOMENTA - WEIGHT MANAGEMENT PROGRAMME

active Northumberland WEIGHT MANAGEMENT PROGRAMME

A 13 week programme that supports participants to lose weight in a sustainable way with the option of introducing supported physical activity.



We are launching our new Weight Management Programme - "Momenta" in partnership with NCC Public Health to lose weight in a safe and sustainable way.

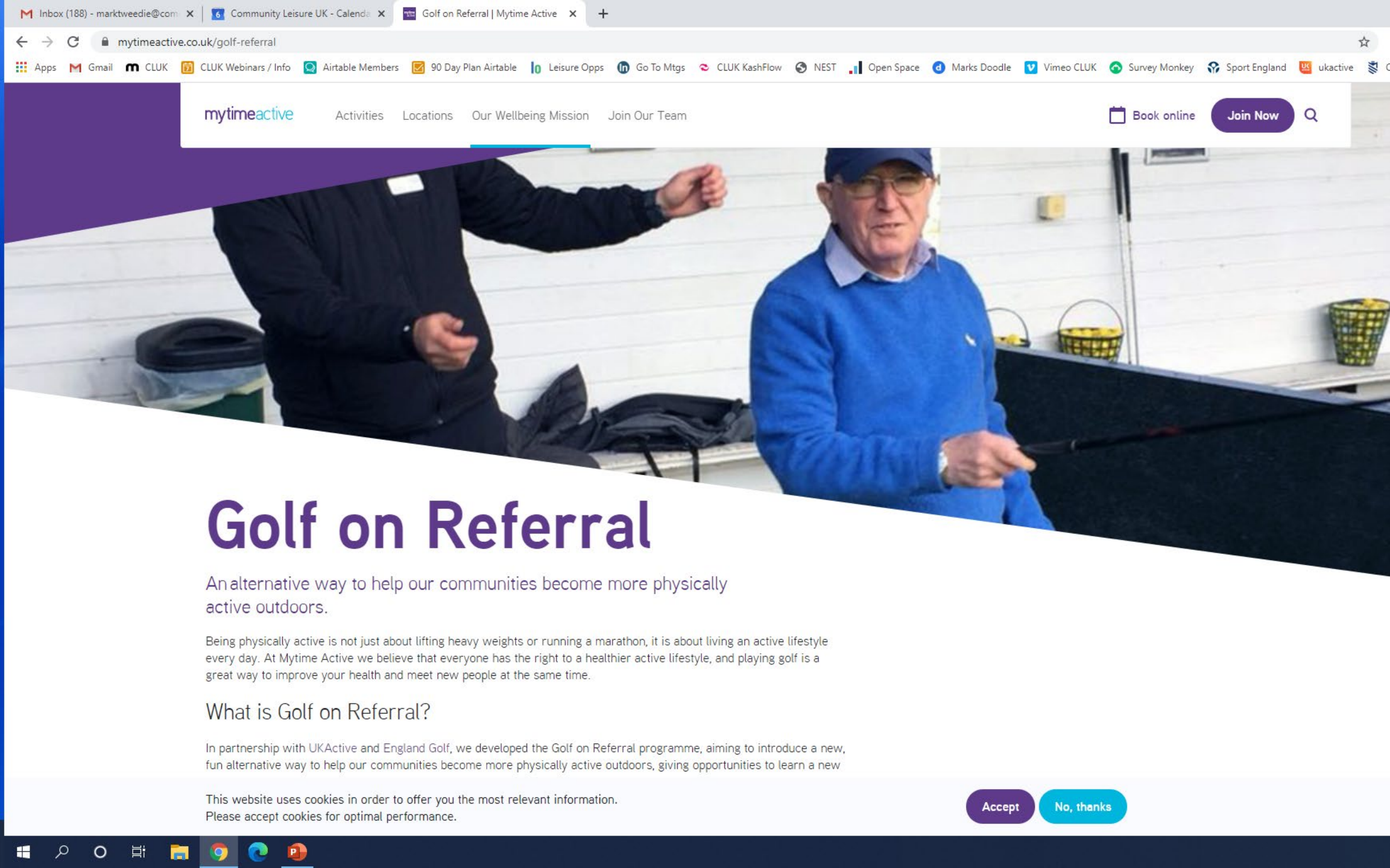
Unlike many other Weight Loss initiatives, Momenta has been developed by experts in the fields of psychology, nutrition and physiology to provide an evidence based behavioural intervention.

How it works, the basics:
Sign up to the scheme through your local GP and/or Health Practitioner
You will then be invited to an initial "Getting Started" session to introduce you to Momenta, meet our team, understand what's involved and set your initial weight loss goal
Then, commit to our 12 week Momenta programme, attending a weekly 1 hour session in the classroom where you discuss and explore 12 key behaviours to help you on your weight loss journey
At each of your weekly sessions, you will be helped to set a personal SMART goal which you can work towards
After each weekly session there is an optional group exercise session for you to take part in, this is not compulsory but certainly encourage everyone to join in as we all complete our weight management goals
Finally, at the end of your programme we will signpost you to continue your behaviour change so you can continue to set and reach your goals.

Looking for more information?
We have prepared a short FAQ below to answer your questions, however please call Active Northumberland on 01670 620200 if there is anything we have missed.
Momenta Weight Management FAQ

Can anyone join Active Northumberland's "Momenta" Weight Management Programme?
We are working with NCC Public Health to target those with a BMI of 30 or higher, however please discuss with your GP if you feel the programme would benefit you.

When do sessions take place?
We have a number of sessions running at the below Leisure Centres across daytime and evening:
Ashington Leisure Centre



Golf on Referral

An alternative way to help our communities become more physically active outdoors.

Being physically active is not just about lifting heavy weights or running a marathon, it is about living an active lifestyle every day. At Mytime Active we believe that everyone has the right to a healthier active lifestyle, and playing golf is a great way to improve your health and meet new people at the same time.

What is Golf on Referral?

In partnership with UKActive and England Golf, we developed the Golf on Referral programme, aiming to introduce a new, fun alternative way to help our communities become more physically active outdoors, giving opportunities to learn a new

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COVID-19 Latest update - we're open, and ready to welcome you back - Read more >>

JOIN US BOOK FIND YOUR CENTRE



CENTRES MEMBERSHIPS FITNESS SWIMMING KIDS HEALTH & WELLBEING ABOUT



VOLUNTEERING

VOLUNTEER WITH US

We have a range of volunteering opportunities for people of all ages and interests, giving you the chance to get involved in professional and well organised sporting events. You don't need any experience, just some enthusiasm and a pair of comfy shoes!

OUR COMMITMENT

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WELCOME TO LINK4LIFE AT HOME

Link4Life centres may be closed but we're still here to help you!

We know that regular exercise and being creative is essential for keeping you as healthy as possible and boosting your mood and that's why we've created 'At Home', giving you a range of activities for children, adults and older adults.

Alongside our own activities and those of our partners, we've also included links to some of the great resources available from other organisations to give you a range of online workouts, fitness classes, recipes and nutrition, indoor activities, art projects, water safety, virtual tours, online viewing of the boroughs' artworks collection at Touchstones Rochdale, national theatre broadcasts and mindfulness sessions. There's also gentle home exercises for older adults and for those managing health conditions such as back pain.

We're adding more each week to help you stay active, creative and healthy so keep checking back.

STAY ACTIVE AT HOME

GET STARTED

STAY CREATIVE AT HOME

GET STARTED

STAY HEALTHY AT HOME

GET STARTED

Leisure Service User Data (nine large facilities local population c.350,000)

1.09 million activities undertaken:

- 35.7% gym
- 33.9% fitness classes
- 24.7% swimming
- 3.1% health referral

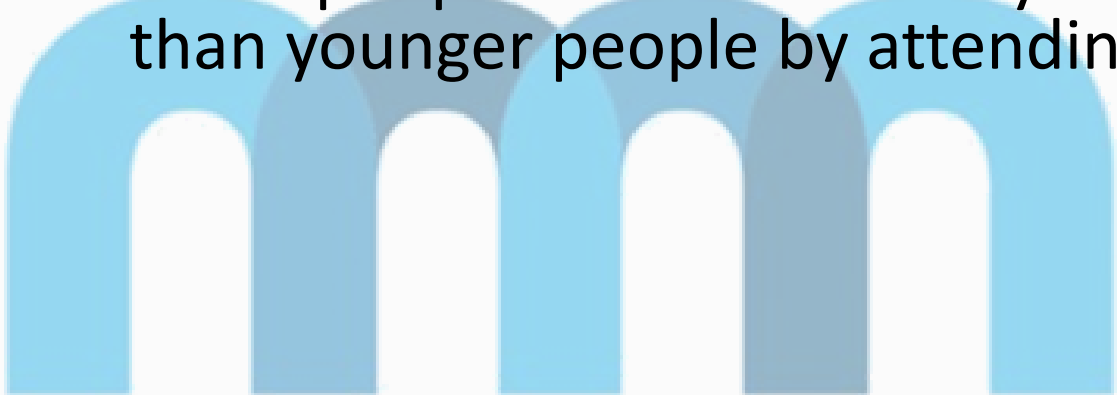
20,904 registered users (8.1% of the adult area population):

- 75.8% of usage by direct debit/prepaid members (13,407 members)
- 7.3% of usage by registered pay as you go users (7,497 users)
- 16.9% of usage by non-registered users



Leisure Service Registered User Demographics and Usage

- 58.7% female, vs 51.9% of the population
- 42.1% were ≥ 50 years vs 57.6% of the population
- 53.7% lived in the two most affluent IMD quintile vs 39.3% of the population
- Women were 2.38 times more likely to achieve higher categories of activity than men (e.g. 90-149 minutes or 150+ per week) by attending the leisure centres
- Older people were more likely to achieve higher categories of activity than younger people by attending leisure centres

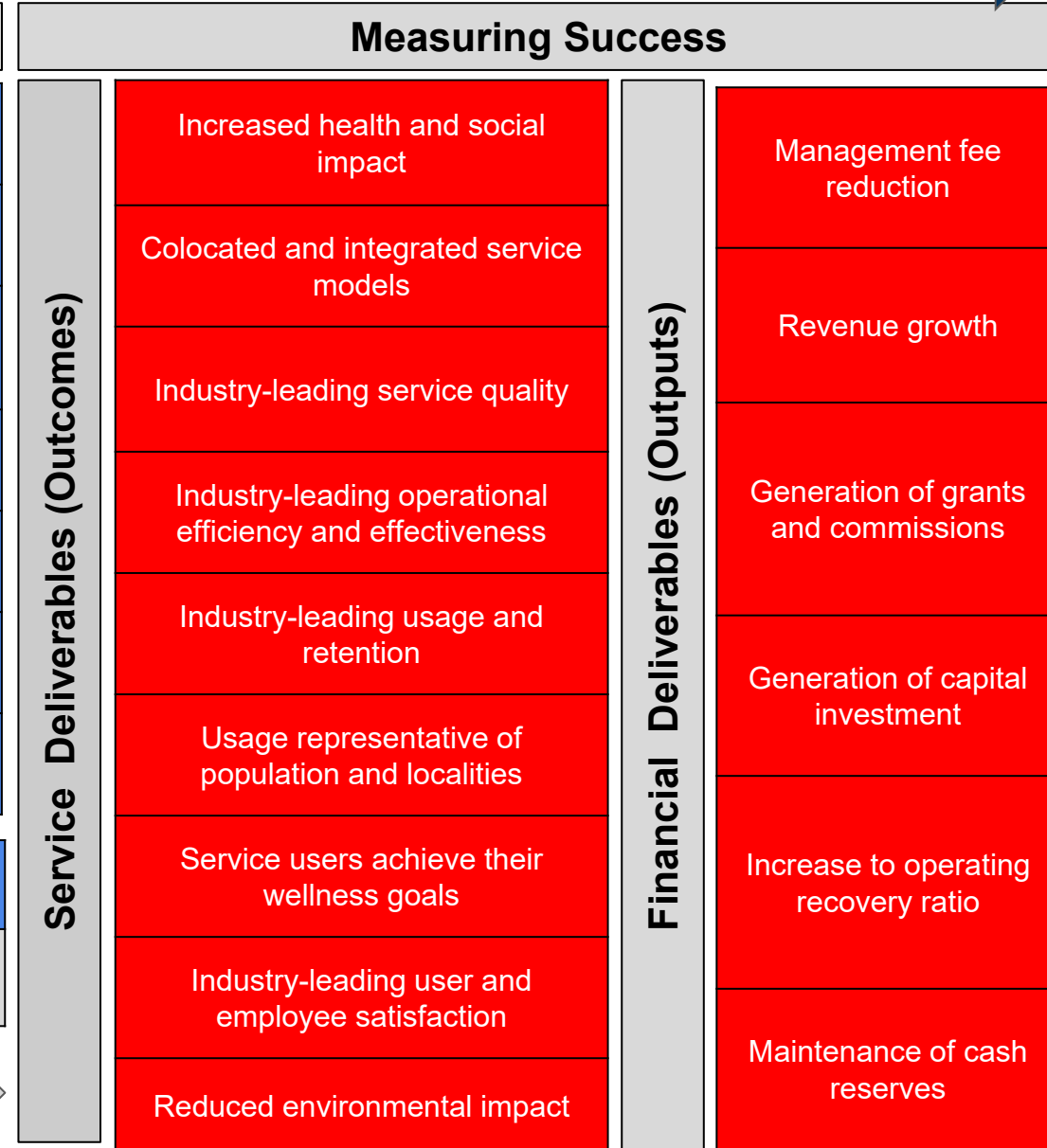
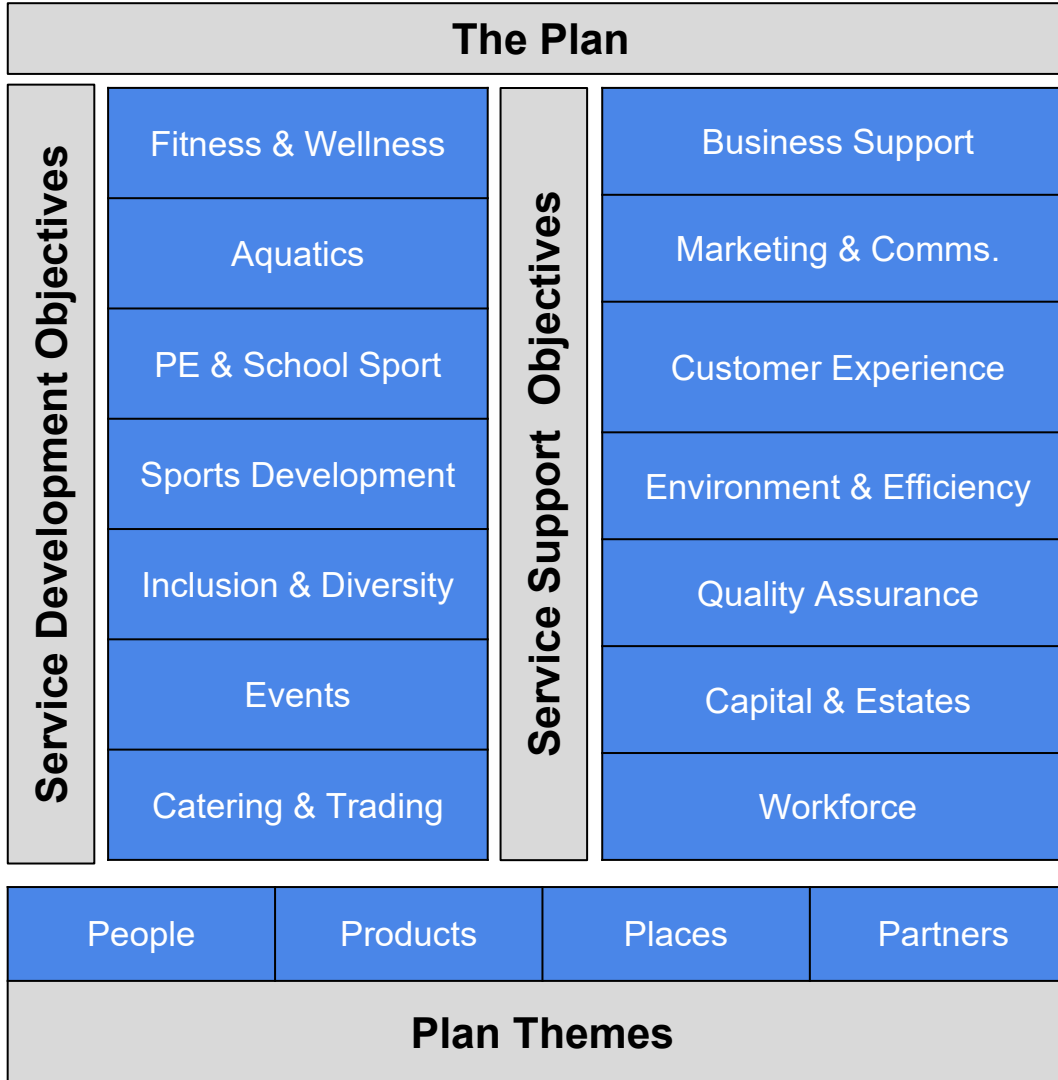


Leisure Trust Strategy into Action Model

Vision - *To transform the wellness of communities*

Strategy Objective

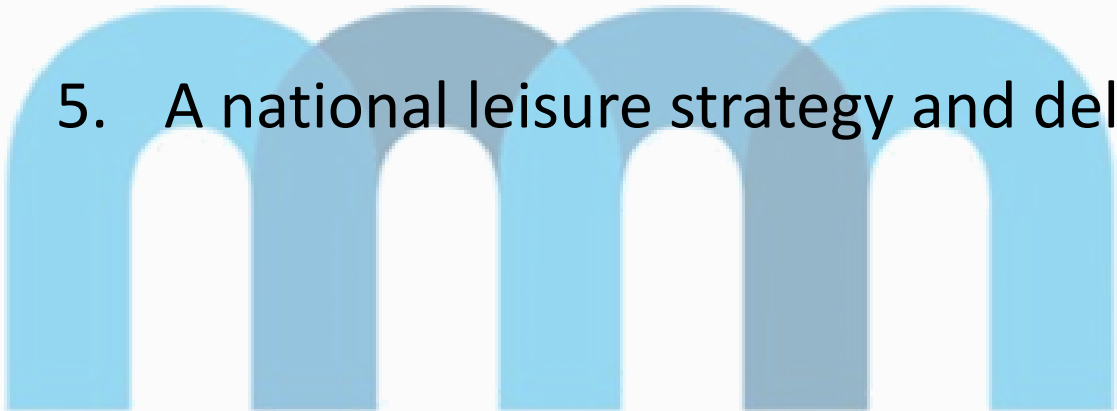
To design and develop a transformed service offer and operating model, that delivers more and better outcomes for service users and communities with optimal quality and efficiency, and by developing people, products and places with partners.



Proposition - *Great experiences in great places for everyone*

Thoughts & Conclusions

1. Leisure is a national asset with untapped potential
2. Leisure has an identity crisis – it is much more than fitness
3. The cost of leisure needs to be balanced against its value to the system
4. Leisure could be better positioned to support national policy objectives
5. A national leisure strategy and delivery framework could be considered



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