

Case Study Template

Topic: Funding
Name of Initiative: Outdoor Gyms
Name of Local Authority: Nottingham City Council
Related Topics/Issues: External Funding. Health. Parks Improvements.

Aims & Objectives
To provide 4 new open-access outdoor gyms on parks in Nottingham City.
Outcomes & Impacts
4 sites were opened during 2009.
Process
<p>Following a bid to the Nottingham City NHS Primary Care Trust (PCT) in October 2008, over £400,000 of funding was secured by the Sports Development section towards development projects to increase physical activity of residents across the city.</p> <p>Of this funding, £145,000 was allocated towards providing new outdoor fitness equipment in parks and open spaces across the city and four sites were chosen to receive this:</p> <ul style="list-style-type: none"> ▪ The Forest Recreation Ground (£95,000) ▪ Clifton Central Park (£20,000) ▪ Chediston Vale, Bestwood ▪ Independent Street, Radford <p>Gym equipment was added to the designs for new playgrounds at Chediston Vale and Independent Street, complementing the range of modern play equipment and further encouraging people of all ages to use their local park for healthy exercise.</p> <p>Following invitations to tender and consultation on initial designs, plans for the major outdoor gym at the Forest and a smaller site at Clifton Central Park were chosen. The Forest site includes 12 pieces of fitness equipment such as chest presses, lat presses, cross trainers, exercise bikes and sit-up benches as well as a traverse climbing wall, basketball hoop and area for exercise or dance classes. Combined with the new children's playground currently in progress, these improvements are just part of the wider Masterplan for the restoration of the site and have already seen people flocking to use the park's new facilities.</p> <p>A resounding success, all four gyms were completed by in March 2009 and are being extensively used by people enjoying their local parks and getting fit at the same time.</p>
Resources/Funding



£145,000 from Primary Care Trust.

Timescales

Invitations to tender: October / November 2008
Consultation: December 2008
Build: January – March 2009
Sites open: by March 2009

Evaluation

Prospects & Opportunities

The success of the outdoor gyms has been demonstrated by their popularity and further fitness equipment is being installed alongside playgrounds in several future playground developments.

Key Learning/Advice for Others

Making use of end-of-year funding / external partner underspend opportunities.

Contact Details

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Contact agrees that GreenSpace can publish this case study in either printed or digital media

Yes

No

Contact is happy for their contact details to be published with the case study

Yes

No

Other Information Sources