

Vale of White Horse District Council

Healthy Abingdon Presentation 2017

Ashley Chapman
Participation Coordinator



Participation Team since 2012

- Engaged over **25,000** residents
Over 13,000 in South Oxfordshire, over 12,000 in the Vale of White Horse
- Worked with over **400 Coaches and Volunteers**
200 per district
- Secured **£817,388** external funding
South Oxfordshire £453,671 and Vale of White Horse £363,717



Participation projects

- GO Active Get Healthy
- Active Women
- GO Active Old
- Sportivate
- Support clubs/groups in gaining funding





Modern Jive
Abingdon Conservative Club
Starts 5 October for 10 weeks
Thursdays 2pm - 3pm
£4 per session

New Age Curling
Wantage Leisure Centre
Thursdays 9pm - 10pm
(Starts 12 October)
£2.50 per session including tea/coffee

Table Tennis
Faringdon Leisure Centre
Tuesdays 2pm - 3pm
Wednesdays 11am - 12noon
£3 per session
White Horse Leisure Centre
Thursdays 8pm - 10pm
(Starts 28 October)
£3 per session

Legs, Bums & Tums
Grave Village Hall
Tuesdays 5.30pm - 6.30pm
£5 per session

Indoor Cricket
White Horse Leisure Centre, Abingdon
Thursdays 7pm - 8.30pm
£3 per session

Walking Football
Tilley Park, Abingdon (outdoor)
Tuesdays 10.30am - 11.30am
Fridays 10.30am - 11.30am
£2 per session
Wantage Team FC (indoor)
Fridays 6.30pm - 7.30pm
£2 per session

Free Health Walks
visit: www.walkingforhealth.org

Walking Netball
White Horse Leisure Centre
Abingdon
Sundays 8pm - 9pm
£3 per session

Pickleball
Wantage Leisure Centre
Thursdays 5.30pm - 6.30pm
£2 per session (first session free)
White Horse Leisure Centre, Abingdon
Tuesdays 8pm - 9pm
Wednesdays 8.30am - 9.30am
Fridays 9.45 - 10.45pm
Saturdays 5pm - 6pm
£2 per session

Jogging Groups and Couch to 5km Courses
visit: www.groups.run/active.co.uk

Short Tennis
Wantage Leisure Centre
Mondays 5.30pm - 7.30pm
£2 per session

Legyphal Dance
St Andrew's Church Hall, Botley
Mondays 7.30pm - 8.30pm
Abingdon Conservative Club
Thursdays 6.30pm - 7.30pm
£6.50 per session/term block 10-week

Beginners Yoga
Abbey House, Abingdon
Geoffrey Jenkinson studios:
Mondays 9.30am - 10.30am
Tuesdays 9.30am - 10.30am
Thursdays 10.30am - 11.30am
(2-hour term booking only)
Rustowthorpe Health Fibre studios:
Fridays 10.30am - 11.30am
£10 for 4 sessions

Free Beginners Ballroom
Grave Village Hall
Various Sundays 3.15pm - 5.45pm
For dates and session info visit:
www.danceadmitted.com

Boot Camp
Wantage Memorial Field
Thursdays 6pm - 8.45pm
£5 per session





www.getoxfordshireactive.org



Yoga Sessions
Abbey House, Abingdon

Mixed Ability
Mondays 9.30 am - 10.30 am

Beginner
Tuesdays 9.15 am - 10.15 am
&
10.30 am - 11.30 am

Intermediate
Wednesdays 8.30 am - 10 am

£5/hour
(term booking only)

Improve your strength, flexibility and balance

Booking essential:
Course no: 975544 35112
yogina47@gmail.com

Modern Jive lessons

• Thursdays (starts 19th January 2017)
• 2 - 3 pm
• Conservative Club, 59 Oak St, Abingdon OX14 5AG
Success by the hour or
pack from Contact Plus
• £4 per session

Abbey Jane is one of the
most popular to learn and
allow that the singer after
the 50 rock and roll

Not as serious as ballroom
but tremendous fun and
learners both the retro and
new!

No partner needed

Call to book
your place!

Indoor Cricket

Play cricket with this soft ball version of the game!

Ideal for age 50+

White Horse Leisure and
Tennis Centre, Abingdon

Thursday's
2pm - 3.30pm
£3 per session

No Booking required
More information contact Mika Edwards
micha.edwards299@hotmail.com

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Vale of White Horse
District Council

South Oxfordshire
District Council

Listening Learning Leading

White Horse Leisure & Tennis Centre

Who are we?

- GLL operating under the customer facing brand Better
- We promote healthy and active lifestyles, giving communities access to facilities that help improve their health and happiness through participation in activities
- As a charitable social enterprise, we invest in our communities. And it's not just money; we also invest time and effort in encouraging everyone to take advantage of our services.



BETTER
the feel good place

GLL
better for everyone

Headline Figures

- Members 3900
- Group Exercise classes 94 per week
- Tennis sessions- 13 Adult, 67 Junior, 2 disability per week (plus VI each month)
- Swim School 1500 pupil weekly
- 150 lessons of Swim School a week
- 13 primary school swimming lessons
- Block bookers 23 weekly
- 420 pupils on Tennis courses

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Healthwise –Exercise on Referral at the WHLTC

Aim of the programme

To support individuals who are inactive and have a medical condition to become physically active. This will directly help participants to maintain or improve their quality of life by improving their overall physical and mental wellbeing.

What Healthwise includes:

A 12 week initial programme including an Initial assessment with Motivational Interviewing, a 2 week and 6 week refocus session and a Final assessment.

What is available at the centre:

- Access to the pool and mainstream classes (if suitable for referral).
- 4 supervised gym sessions per week.
- 1 cardiac Rehabilitation Phase IV Circuit Class per week.

Subsidised Membership £20 per month or £3 per session

BETTER
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GLL
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Capital Grants

You can apply to us for a minimum of £1,000 and up to 50 per cent of the cost of a project if:

- you're a non-profit organisation
- you have a capital project in mind that's going to benefit our residents and
- you're planning to complete the project in the next 12-18 months (although work shouldn't already have started)



Festival grants – Vale district only

- Events need to take place after funding decisions
- 6 weeks turnaround
- Non-profit community organisations exc town & parish councils
- Only fund one event per year but you can apply for different events
- A repetitive event will only be funded 3 times



Community Grants 2017/18

Other district council funding/advice

Southern Oxfordshire LEADER - £1.55 million is available in grant funding to community groups, small and micro sized rural businesses for innovative projects that will create jobs and boost the local economy.

For more information see: www.oxfordshireleader.org.uk or contact us: Oxfordshire.Leader@southandvale.gov.uk

Community art projects advice - We offer guidance in the planning and fundraising of Art events and projects. Contact the Arts Development Team on 01235 515134 or arts.development@southoxon.gov.uk (South).

Sport participation/development advice - The leisure team have several initiatives to encourage active lifestyles.

Find out more at www.oxspa.co.uk/active-women and www.getfordstonactive.org or contact the Leisure Team on 01235 422226 or participation@southandvale.gov.uk

Community safety advice and grants - We offer advice and support to community groups towards improving community safety and tackling anti-social behaviour. Contact the Community Safety Team on 01235 422590 or communitysafety@southandvale.gov.uk

Section 106, Community Infrastructure Levy and neighbourhood planning - Contact the Planning Policy Team on 01235 422600 or planning.policy@vwhitehorsesdc.gov.uk

Disabled facilities grants - Funding for home adaptations. Contact the **Disabled Facilities Grants Team** on 01235 422403 or DFGSouth@southandvale.gov.uk or dfgvale@southandvale.gov.uk for more information

Energy saving grants - Helping you make your home more energy-efficient. Contact the council Energy Officer on 01235 422133 to find out more.

Home improvement loans - Support for elderly residents. Contact the Environmental Health Team on env.health@southandvale.gov.uk or 01235 422403.

grants@southandvale.gov.uk
01235 4224056



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