



## Consultative update 5<sup>th</sup> October 2021

### Swimming lessons

September 2019 - 2056

September 2020 - 1551

September 2021 - 2020

Since re opening, there has been a shortage of swimming teachers around the sector, which has resulted in reduced class numbers from April 2021.

We are now on the increase, with a fully staffed team and numbers are increasing to pre covid numbers.

Our target is 2300 by January 2022.



## **Membership Sales**

Re opening club live 3004  
July 3124  
August 3268

Restructure of front of house has combined the role of reception, sales & catering to a multi skilled place maker role



## **Studio update**

Places Leisure team & Eastleigh Borough Council and all contractors associated with the build are working around the clock to find the source of the damage and expediate repairs.

Due to the pressures of using other areas for classes (squash courts & previously main hall) we have arranged for a marquee to be installed outside over 2 tennis courts. This will allow us to move the majority of classes outside whilst waiting for repair to the studio floors. The marquee will enable us to increase class capacity from 25 (squash courts) to 60. A communication to members was sent last week updating them of the current situation. Additional classes will be added to the programme in the Marquee and commences Monday 11<sup>th</sup> October.

# **Health and Wellbeing**

Health and wellbeing is very close to our hearts. We have a great platform for community-based programmes. The most recent activities which have been added to our programme this year are:

NCT groups  
Baby weigh in clinics  
Bumps and Babies support  
Young carers provision activity sessions  
Jiggy wrigglers  
Barnardo's charity session  
Family workout classes - Yoga, Zumba, and Circuits

The Creche has been turned into a Wellness room, which is where many of our sessions are now programmed. These programmes are to support our community and link in with our amazing, award winning Mother and Baby programme.

Our vision for the wellbeing room is to develop and strengthen our links with local practitioners and facilitators in the wellbeing field. We are passionate about bringing a variety of services, to our current facility users and the wider community. From ad hoc children's messy play and craft sessions to evening workshops, nutrition talks and relaxation classes we hope to bring a more holistic approach towards a healthier lifestyle for the whole family.

We have made some great partnerships already with Solent Mind, Barnardo's, and the Young Carers project - so we are very excited to be working with them and developing how we can help offer our facilities.

We will be bringing more "holistic" offerings to the centre and this opens up the facility to the community - for example Reiki, Sound Baths and Hypnobirthing. They are very keen to normalise their service and branch out to a leisure facility and again the space is perfect for these workshops.

We have had some great feedback from users of the Well-being Room  
NHS Health Visitors, NCT & Barnardo's.

Our Baby/Toddler sessions work nicely alongside our Parent and Baby Programme - so offering Baby Massage, Baby First Aid, Stay and Plays, Cloth Nappy Libraries and Sleep Clinics are just a perfect addition to the programme - encouraging Parents to take their first steps into the centre

and then we can upsell other aspects of the programme and the centre allowing them to see we are a community hub and not just a leisure facility.

We have more to plan for the Wellbeing room and are in talks with NHS Young Mums project, local counselling providers, Mental Health provisions and so much more to utilise the space in the best way for the community.

***Eastleigh North Health Visitor Clinic***

*"The room is brilliant, perfect for us - it's great to have such a wonderful facility for the Parents, so easy with parking, the cafe and all the other activities you have to offer"*

***NCT - Bumps & Babies***

*"We LOVE this space - a perfect size for our stay & play on a Friday. With still a few toys etc for little ones to play with. The toilets within the room are perfect for Parents so they do not have to leave"*

***Barnardo's - Five to Thrive***

*"Great facility for us - perfect size for the Parents, great surrounding area for a lovely walk, cafe onsite we love and it's great to be able to upsell the facility to our participants, in terms of baby classes, soft play and general health and well-being activities the site has to offer"*

