

Brookenby Happy Hearts Community Fitness Studio

What issue does this case address?

Brookenby is an Ex MoD Village site. When the site was de-commissioned, all of the community facilities were lost with the exception of the old Officer's Mess that is now the Community Centre. The Centre is large and run-down and there have been no activities provided for Brookenby residents for many years. Brookenby is in a very rural location and public transport is poor. Many residents are unable to travel to other areas to access physical activities.

How does it address this issue?

The new community fitness studio has created a large, clean and well-equipped space for the whole community to use.

Summary of achievements

The Happy Hearts group were formed when a group of young people said that they would like a space for leisure and exercise. Under the leadership of adults in the community, the group sent out a survey to the whole village and using the results prepared a project plan. They put together an application for funding to the Lincolnshire Countryside Agency and were awarded a grant of £3500. Volunteers cleaned and decorated the room and new equipment was purchased. Local fitness and martial arts instructors were invited to hold taster sessions in the space. These taster sessions have led to regular Zumba and Martial Arts classes being held in the studio



Dance Studio – Before Renovation



Dance Studio – After Renovation

What's been the impact?

Who has benefited?
What has changed

Residents of Brookenby now have access to regular, low-cost physical activities. These activities are available to all age groups, in the case of the Martial Arts can lead to recognise qualifications.

The community have come together to work on cleaning and decorating the rooms which has created a sense of ownership and community spirit.

Are there long term benefits?

A permanent, well-equipped space for a range of physical activities, which will benefit residents in terms of health and social inclusion Members of the organising committee have gained skills in running a project and applying for funding.

What was CL's intervention and how did this help?

Anne Cater, Community Development Worker worked alongside the group from the initial conception of the idea. Anne gave support and guidance on setting up a committee, carrying out consultation with the local community and preparing a project plan. Anne facilitated funding searches and worked alongside the committee to prepare and submit the funding application. Anne helped with monitoring the funding spend and continues to work with the group to develop the project.

Does anything make this innovative?



Kitchen – After Renovation



Kitchen – Before Renovation

Any human interest story?

Although some of the group members had done some very informal volunteering in the past, this was the first time that they had run a committee and applied for funding. Sophie Boulton, the Chair of the committee was nominated for a Community Award from WLDC in December 2012, this was in recognition of the work that she had put into Happy Hearts.

Quotes

“Fantastic class – well done Brookenby” – Zumba instructor

“It’s been hard work, but it’s been worth it.” – young person involved in project

“It makes a nice change to be able to do something in our own village” – attendee

