

7.7 Report Purpose: Fitness for the Future proposal

Author: Assistant Town Clerk

Background

Macclesfield Town Council currently offers a range of free sports for children through street sports sessions. The town council also provide Park Fit sessions for adults. We have been looking into sessions that we could offer adults who may have not taken part in exercise before or who have disabilities. We met with Macclesfield Community Sports Trust to discuss our aims and they have proposed the below.

Proposal

Weekly sessions will be delivered which will focus will be on encouraging participants to be more physically and mentally active. The activities will be supportive to the needs of the participants and will be adaptive based on feedback from attendees.

The sessions have been developed by the community sports trust to help individuals with not only becoming more active and sociable with other people but also to support any underlining Mental Health support that is needed from the individuals. The Community Sports Trust have experience running such sessions across Macclesfield that have helped and supported individuals by giving them something to look forward to, interacting with the team and other people by making new connections, creating social networks, as well as being physically active.

Success of the sessions will be measured by attendance numbers and feedback.

Sessions will be open to all adults and will be free to access.

Costs

Activity	Monthly Cost	Staffing cost	Total
Mayfield Centre Multi sports £40 a week	£0 no venue hire	£160	£160
Walking football Lifestyle Fitness, Macclesfield College £48 a week	£192	£160	£352
Pan disability All Hallows £45 a week	£180	£160	£340
TOTAL PER MONTH	£372	£480	£852
GRAND TOTAL FOR 6 MONTH PILOT	£5,112		

Action

To consider the proposal to pilot the scheme for 6 months at a cost of £5,112

The funding for this will come from the Move More Macclesfield budget. There is surplus enough within the budget to cover a 6 month pilot.

END OF REPORT