

June 2025 - May 2026

Liberty Leisure Limited

Get Active Progress Report

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Our Priorities

Over the past 12 months...

01

Stronger With Parkinson's

02

The opening of Stapleford
Community Pavilion and Health Hub

03

Continue partnership working with the PCN
to deliver community events and
programmes

04

Upskill staff



Exercise Referral Scheme

12,456 ATTENDANCES

across all 4 leisure facilities

540

Active
members

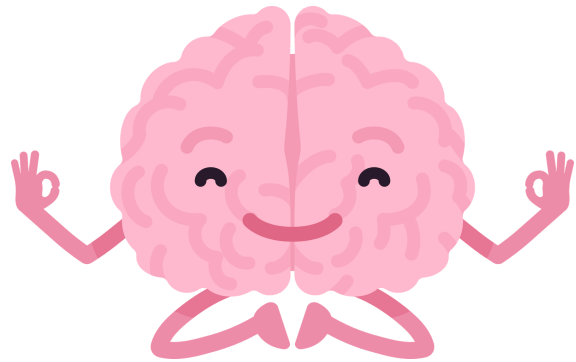


Since launching the Exercise Referral Scheme at the Health Hub, Stapleford Community Pavilion in October 2025, we have received **23 referrals** and achieved **25 sign-ups**, including **2** existing members who upgraded their memberships to access the facility. The introduction of the scheme at this new venue has been well received and has helped increase participation in physical activity opportunities within the local community. Current capacity remains strong, allowing us to accommodate additional referrals and continue growing the programme.



3 Active junior members

Exercise Referral Scheme cont.



In 2025 Liberty Leisure and Nottinghamshire Mind partnered up to support more people to access the Exercise Referral Scheme to **improve their Mental Health** through supported exercise.

15 individuals were referred by Nottinghamshire Mind paying for their first months membership. Since the scheme commenced **10 people** out of the 15 funded individuals have continued their membership to support their mental health.

Programme commenced in
April 25 with
18 Referrals received



Cardiac Rehab - Sustainability



4 Low-Impact classes
are delivered each
week across the
Borough of Broxtowe

To support the continued growth and sustainability of the programme, an additional member of staff is scheduled to begin Level 4 Cardiac Rehabilitation training in October 2026.

Following the retirement of Chris in March 2026, who was a long-serving and valued member of staff and previously delivered our Level 4 Cardiac Rehabilitation classes, Jess has successfully taken over the delivery of these sessions.

Attendances throughout the year

Greasley Sports & Community
Centre

1800

Chilwell Olympia

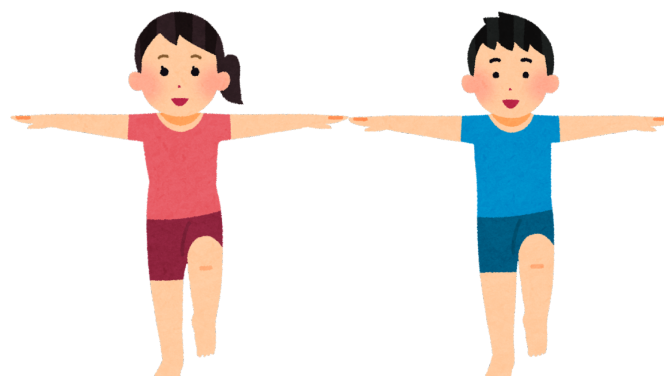
1724



Wise Moves - Postural Stability

1357 ATTENDANCES

across 3 classes



In October 2025, the St Helens Church Hall class successfully relocated to the New Stapleford Community Pavilion.

April 2026 recorded the highest monthly attendance to date, with 154 visits across the three classes.

Liberty Leisure are currently working in partnership with the Primary Care Network and Professor Dawn Skelton of Glasgow Caledonian University, who is also the Director of Later Life training provider for postural stability, to develop an evidence-based impact assessment report based on FaME (Falls and Management Exercise) criteria.

We are pleased to announce that a member of the Liberty Leisure team will attend a Postural Stability Instructor course with Later Life in September 2026. This will support further opportunities for the development and expansion of the Wise Moves programme.

Menopause - 'Strong Through the Change'



6

Liberty Leisure staff members completed the Well HQ Menopause Qualification

3 "Strong Through the Change" strength workshops were delivered, two at Bramcote Leisure Centre and one at Chilwell Olympia.

4 Menopause Monday Coffee Mornings delivered at Bramcote Leisure Centre.

1 Walk and Talk Coffee Morning, providing an informal opportunity for peer support and discussion.

Liberty Leisure has established a Menopause Champion offering a supportive point of contact for colleagues who wish to discuss menopause-related topics and how to access further support.



Hear from our customers

Exercise Referral member review



“

Wendy

Over the past 6 months I feel that my life has started to change due to starting the health referral. It was very hard physically and mentally but with the support from the Exercise Referral team lead by Bruce and Sarah it is has become much easier.

I have Arthritis in one of my knees. Before I started exercising and building strength, I struggled to walk and I was often forced to use a wheelchair. I am now able to walk independently without feeling the debilitating pain in my knee.

I would recommend anyone with a health condition especially anyone suffering from chronic arthritis to consider taking up an exercise referral membership.

Becoming a member of the exercise referral scheme is the best thing I've done in a long time!

”



Hear from our customers cont.



Stronger with Parkinsons member review

“ I am 91 years old and diagnosed with Parkinson's disease several years ago. I have been attending Sarah's weekly gym sessions since the new Stapleford facilities opened. I thoroughly enjoy the variety of exercises Sarah plans for me, and the classes have made a difference to my overall mobility. They help me stay active, maintain my wellbeing, and continue enjoying an independent and fulfilling lifestyle.

I'm confident Sarah's guidance and support will keep me mobile for many more years to come. ”



Hear from our customers cont.

Wise Moves Member Review



“Wise Moves Stapleford has been a very important part of my life over the last eighteen months as my mobility has worsened. Without the professional regular exercise, support and care the Sarah gives us I would not have been fit enough to undergo recent spinal surgery. I look forward to returning to the class as soon as possible to help with my recovery.”

Liz



Parkinson's - 'Stronger With Parkinson's'



In partnership with the Primary Care Network, the Stronger with Parkinson's pilot 'gym-based' strength class programme launched at Stapleford Community Pavilion on 30 January 26.

The programme has been a great success and is now operating at full capacity with **8** people regularly attending.

Participants have responded very positively to the EGYM equipment, citing its ease of use and effectiveness. Early outcomes indicate improvements in strength, cardiovascular fitness, mobility and flexibility.

In partnership with the Health Hub equipment providers EGYM and the PCN an evidence-based outcomes evaluation report is currently being developed to assess its impact and benefits for participants. The findings of the report will help formulate plans to expand this model into other targeted health intervention programmes.

Parkinson's- 'Stronger With Parkinson's'

STRONGER WITH PARKINSONS



SCAN ME



***Join our Strength-based eGym
circuit class, every Friday 11-12pm
at Stapleford Community
Pavillion***

***Membership: £15 per month, includes Disability
swim sessions at Bramcote Leisure Centre***



Tel: 0115 9173572

Email: activelifestyles@lleisure.co.uk

www.lleisure.co.uk/get-active

Bursary Scheme - Update



The 2024/25 Bursary Scheme, funded by Broxtowe Borough Council and delivered in partnership with Pulp Friction in the north of the borough, has reached a successful conclusion. The scheme enabled the delivery of inclusive Boccia and Nordic Walking sessions, designed to increase participation in physical activity among people with learning disabilities.

The programme successfully achieved its objectives, providing accessible and engaging opportunities for participants to become more active and develop social connections. As a result of the project, both activities have been embedded into regular provision, ensuring sustainable and ongoing opportunities for participants.



Bursary Scheme- Update cont.



BOCCIA



Due to resource constraints, the sessions have moved to venues outside the borough. Despite this, attendance has remained strong, with **14** participants regularly attending each monthly session. The activities provide both physical activity and valuable opportunities for social interaction in a safe and welcoming environment.

As a direct result of the sessions, **Social Souls**, a Nottingham-based provider for people with learning disabilities and/or autism, has established a community sing-along group, which now attracts **23** participants each week.



NORDIC WALKING



The sessions continue to attract over **12** participants each month and have developed into a family activity, with parents and carers joining their sons and daughters to learn and enjoy Nordic walking together. Sustainability has been strengthened through the continued support of the session tutor, who is also a parent of one of the participants. Due to rising venue hire costs, the sessions are now delivered at different locations each month.

Volunteering

Volunteering makes a real difference to a person's life and the people around them...

24

CURRENT
VOLUNTEERS



4

SUPPORTED
THROUGH
COURSES



4

TRANSITIONED INTO
PAID EMPLOYMENT
WITH LIBERTY LEISURE

Events Partners



[Nottingham West Social Prescribing Autism Information Event](#)

In March, Liberty Leisure partnered with the PCN Social Prescribing team to support on an Autism Information Event at Stapleford Community Pavilion. As a positive outcome of this partnership, we have since **recruited a volunteer, currently living with autism**, for Chilwell Olympia who now supports the delivery of our 'Activity Morning sessions'.

[World Parkinson's Day Event](#)

On 10th April 2026, Liberty Leisure and the PCN hosted a World Parkinson's Day awareness event at SCP. Attendees included Parkinson's UK, Social Prescribing team, the PCN Mental Health Team, Bramcote Walking Football, and Nottinghamshire Carers Association. The event was well attended and generated strong interest in the Stronger with Parkinson's class, resulting in **4 additional people** being added to the waiting list.

[Nottingham West Social Prescribing Skills Programme](#)

In January 26 a free low-impact circuit session, aimed at members of the local community who have low levels of physical activity, was delivered by Liberty Leisure at Greasley Sports and Community Centre as part of the Skills Programme. **6** participants attended, and **one** individual has since **joined the Exercise Referral Programme** as a direct outcome.



Next Steps

Parkinsons Pilot report

01

We are in the process of compiling the pilot report for the Parkinson's class. Early findings have been very positive, with EGYM data demonstrating measurable improvements in participants. The data provides strong evidence of the significant impact of the class. We look forward to sharing this with you soon.

Implement a 'Get Started Programme'

02

Partnering with the PCN to support sedentary and inactive adults to become more physically active by combining education, behaviour change, nutrition, and exercise over 12 weeks.

Continue to Develop and Grow Wise Moves

03

A Liberty Leisure staff member will undertake the PSI course starting in September, enabling us to grow the scheme and establish an additional class within Broxtowe to meet increasing demand.

Implement a 'Wellbeing Walk'

04

To establish a regular Wellbeing Walk as an accessible, low-intensity physical activity opportunity open to all members of the community. The programme will support physical wellbeing, mental health, social connection, and encourage inactive residents to become more active.

Partners

Nottingham West Primary Care Network
Greasley Sports and Community Centre
Liberty Leisure Limited staff
Liberty Leisure Limited Volunteers
Broxtowe Borough Council
Your Health Your Way Notts - ABL
Pulp Friction
Boccia England
Hope House
Rumbletums Cafe
Insight Community Kitchen
Nottinghamshire Mind

We thank you for your
continued support in our
efforts to contribute to the
overall health and wellbeing of
our community.

Sarah Starbuck

Active Lifestyles
Manager