



Staying Healthy Grant Report March 2015

DETAILS OF YOUR PROJECT

Project Name <i>(on Application Form)</i>	Exercise Classes - Pilates
Project Summary <i>(on Application Form)</i>	<p>The classes were run over 10 weeks in total commencing November 2014 through to February 2015.</p> <p>We booked a Pilates Instructor, aiming at both men and women, for evening sessions using the Shearsby Village Hall.</p> <p>- Andy Osborne Fitness Andy Osborne(Qualified) Leicester andyosbornefitness@me</p> <p>We aimed to have between 10 and 20 participants.</p>
Grant Amount	£650
Total project cost	£670
Other funding amounts and sources, for your project <i>(to account for the difference between grant amount and total project cost)</i>	£20 for admin
Delivered by date <i>(as per your offer letter)</i>	10/02/2015
Has your project been completed/on track to be completed as per your grant application (milestones and timescales)? If not please give detail as to why not.	The project was completed exactly to the timescale set.

<p>So that we can update members and the public, please give any other detail regarding your project. Photographs are encouraged.</p>	<p>For the first few weeks we had to split the class times as there were 23 participants and the tutor felt that the hall could not cope with so many, starting 18th November</p>
<p>What were your intended projects outcomes? <i>(as per your application)</i></p>	<ul style="list-style-type: none"> • A good number of participants. We will keep an attendance register with contact details and will enquire after non-attendance, requesting feedback. • Improved levels of fitness, empirical, to be collected as feedback. • Weight loss, participants encouraged to report any weight loss. • Emphasis will be on exercise for FUN and FITNESS • We hope the class will continue after these 10 sessions.
<p>Did you achieve your outcomes?</p> <p>What impact has your project made?</p> <p>Please include both qualitative and quantitative data e.g. number of people engaged and what their thoughts were.</p>	<p>We achieved the target of number of participants and this core has continued even now that they have to pay the full price for the activity.</p> <p>The class have all said that they feel better for taking part.</p> <p>Some have successfully used the classes as part of a self-imposed weight loss and fitness programme.</p> <p>The group comprises of villagers that barely knew each other before and have now become friends.</p> <p>The majority of the class, though not all, are middle-aged adults onwards who previously were not committed to any other health regimen.</p> <p>23 people started the course including 3 men. Because we listened to feedback we now have a core of committed people.</p> <p>15 people have continued with new classes</p> <p>Quotes ‘ Really enjoyed the exercise, gentle but I knew I had done something’ ‘Good to get out’ ‘Teacher is very caring and easy to talk to’ ‘I like to see people and chat’ ‘Makes me feel better’ ‘Too late for me’ ‘I am busy so it is hard to commit’ ‘Good to laugh’ ‘We also have a coffee in the week’ ‘Glad we are carrying on’ ‘Well done for getting the grant, don’t think I would have done it otherwise’</p>

<p>Did you face any challenges?</p>	<p>Holidays were a problem as several people couldn't attend some of the weeks.</p> <p>Also a bout of coughs and colds saw the numbers decline.</p> <p>Some found the time of the class difficult.</p> <p>The village hall copes well with 14 or 15 performing the exercise, but not the original 20+.</p>
<p>Any other comments?</p>	<p>It has been a worthwhile project, not just from the health point of view, but also it has put an extra activity into the under-used village hall calendar.</p> <p>The Pilates classes continue and the number of participants is strong. We have altered the time as feedback told us late evening was not as popular. We have now opened up to family and friends and are considering advertising.</p>

Please return this to Hollie Hutchinson h.hutchinson@harborough.gov.uk on or before 14th April 2015.

Thank you for completing this form.