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| **Summary of Delivery (500 words)*What did you do? Where? How did you promote? Who attended?*** |
|  We ran one pilot session to test out the concept with interested people. We then ran 2 x 5 sessions with a break for half term. We held the sessions at St Peter’s Centre with Andy Beech as the trainer. We promoted it through our database lists, social media and through word of mouth. The concept of an exercise class that involved children was popular and worked really well once we figured out how to do it. We had a mix of people from the church, the local area and friends of friends from outside of the BLSW11 area. Being able to offer the sessions at £2 with the first two free meant it was really accessible for everyone.  |

| **Demographic Data** |  |
| --- | --- |
|  | Unique Participants | Total Attendances |
| BLSW11 Residents | Non-Residents | BLSW11 Residents | Non-Residents |
| Male |  |  |  |  |
| Female | 10 | 7 | 27 | 16 |
| Unknown |  |  |  |  |
| 18-29 |  |  |  |  |
| 30-39 | 10 | 7 | 27 | 17 |
| 40-49 |  |  |  |  |
| 50-59 |  |  |  |  |
| 60-69 |  |  |  |  |
| 70-79 |  |  |  |  |
| 80-89 |  |  |  |  |
| 90+ |  |  |  |  |
| Unknown |  |  |  |  |
| White | 6 | 5 | 17 | 12 |
| Black/Black British |  |  |  |  |
| Asian/Asian British |  |  |  |  |
| Mixed | 3 | 1 | 9 | 2 |
| Chinese |  | 1 |  | 3 |
| Other | 1 |  | 1 |  |
| Unknown |  |  |  |  |
| Visual disability |  |  |  |  |
| Learning disability |  |  |  |  |
| Hearing disability |  |  |  |  |
| Physical disability |  |  |  |  |
| No disability |  |  |  |  |

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| **Progress Towards Key Performance Indicators** |
| ***Key Performance Indicator (KPI)*** | ***Project Target*** | ***Actual Output*** | ***Explanation of progress towards KPIs*** *(250 words per KPI maximum)* |
| 1. Number of individuals attending a session
 | 10-15 | 17 |  |
| 1. Total number of attendances at a session
 | 10 max | 4-9 | * One week we had 9 people but on average it was more like 4 people per session
 |
| 1. Number of individuals attending 8 sessions or more*(6 or more if you delivered 8 sessions)*
 |  | 2 | * There were 2-3 regulars who were quite committed to the class
 |
| 1. Number of inactive people joining a session *(0 days of activity in past 7 days)*
 |  | 10 | * The majority of people coming to the class were women who did not do exercise at other points in their week, all were mothers.
 |
| 1. Number of people increasing activity levels *(reporting more days active in past 7 days than at the start)*
 |  | 4 | * For the regulars who came this definitely increased their activity levels
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| **Key successes and achievements (300 words)*What went well? Was there a significant impact? What did participants tell you?*** |
| It took a while to work out how to involve the children so the first few sessions eventually we realised that providing a space for the children to play safely alongside the class allowed the women to do a really good workout. The children were happy and saw their mums working out and at points joined in. There is definitely a need for groups where children can come along.The sessions turned into HITT workouts which worked really well for the women to have short bursts of each activity and it kept the energy up. The regular attendees definitely felt fitter and stronger by the end of the set of sessions.  |

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| **Key issues and learning (300 words)*What didn’t go well? What barriers did you face? What have you learnt for the future?*** |
| We realised we needed to advertise more widely, for this pilot we relied on advertising in existing networks and word of mouth but many didn’t come back more than twice as there is so many other groups and activities going on it was hard for some to commit to coming regularly. We needed a bigger base of people who come irregularly as well as our committed regulars. In future we will advertise on the facebook mums groups and in other places locally. We will offer people a discount for buying a whole bunch of sessions at the start of next term which might help gain some commitment to the classes. A few women got pregnant through the course and Andy wasn’t qualified to adapt the exercises for them.  |

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| **Sustaining for the future and recommendations (500 words)*****How will you sustain the activity of the people you have engaged? What advice would you give others in the future?*** |
| We might try running sessions at other times of the weeks to see if that works well to keep some of those who cant commit more involved. We may look at giving sheets with exercise to be done at home in between the sessions  |

**Budget Reconciliation**

Please detail below how much you have spent for each budget line. We may request to see invoices and receipts detailing these costs.

|  |  |  |  |
| --- | --- | --- | --- |
| **Expenditure** | **Original Budget** | **Actual Spend** | **In kind – Yes / No** |
| Coaching/ Instructor costs | £300 | £360 | No |
| Equipment  | £210 | £200 | No |
| Venue hire | £300 | £300 | Yes |
| Marketing e.g. printing | £250 | £30 | No |
| Advertising | £0 | £0 |  |
| Public Liability Insurance | £50 | £50 | Yes |
| Administration e.g. postage | £ | £ |  |
| Catering | £50 | £50 | Yes |
| Transport | £ | £ |  |
| Other (please explain) | £ | £ |  |
| **Total Expenditure** | **£1140** | **£990** |  |
| **Income (please give further details including organisation names etc.)** |  |  |  |
| In kind support | £430 | £400 |  |
| Other (donations) | £100 | £40 |  |
| BLSW11 Fitness Movement Grant | £600 | £420 |  |
| **Total Income** | **£1130** | **£860** |  |