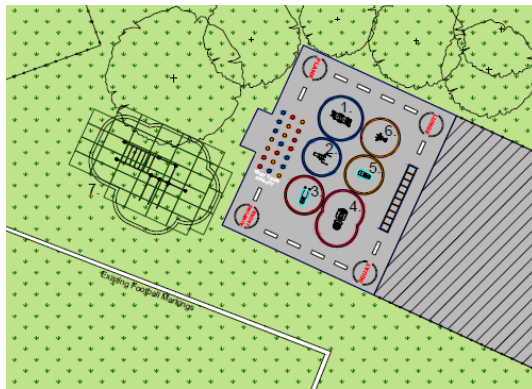


Wickhambrook Parish Council

Outdoor Fitness Area

Last autumn, following initial consultations and feedback, the parish council decided to re-develop this space for outdoor fitness, combining resistance and cardio equipment.

In February, replacement fencing to the old MUGA space next to the Skate Park was installed, and work completed to level the surface at the rear of the space. This is the first phase in bringing the space back into use.



In January, the parish council agreed a preferred option—the installation of

- low level cardiovascular equipment, with no requirement to re-surface the existing tarmac; and
- An additional Timber Gym Station, which could be sited just outside of the fenced area.

And that the parish should proceed with a consultation based on the option which offered accessibility to a wide range of users and abilities, together with the support of a mobile application, and options to attract funding through the widened accessibility. An image of the proposed option is shown left.



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Take a look at the next board for more information.

Wickhambrook Parish Council Outdoor Fitness Area

What the proposal would offer:

- Wide accessibility for 17 plus users over 14 years of age.
- Sports app providing free exercise guides and allowing users to track workouts
- For users over the age of 18, access to a community forum through the sports app
- High level metal sport street work out located outside the fenced area
- Six low level cardiac and resistance equipment pieces (three hydraulic):
 - Elliptical Trainer
 - Spinning Bicycle
 - Hydraulic Squat
 - Pendulum and Twister
 - Shoulder Press
 - Hand Cycle
- Thermo plastic Graphics to create integrated workout



Costing

The preferred option was originally costed at just over £25,000. There would be some increase on this due to recent inflationary pressures and the time lapsed since the initial quote. A recent updated quote is between £26—£28K dependant on preferred choices of Urbanix Equipment.

The parish council currently has £7,500 in earmarked reserves to seed the project.

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How can you help?

This will be an expensive project and we'll need to apply for grants. This is why we need to listen to your views.

Please add your views to the ideas boards.

Outdoor Fitness Board

 <p>Rowing Machine</p>	<p>Ab Bench</p> 
 <p>Elliptical Trainer</p>	<p>Chin-up and Dip</p> 
 <p>Hydraulic leg press</p>	<p>The Twister Pendule</p> 
 <p>Hydraulic squat</p>	<p>Velo Spinning</p> 
 <p>Hydraulic Shoulder Press</p>	<p>Hand Cycle</p> 

Above are options for the low-level fitness equipment.

What would you like to see?

Add your vote(s) by ticking against the equipment you would most wish to use. We would be looking at six pieces overall, balanced between hydraulic and non hydraulic items.

The items suggested in the quote are filled in Green

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Skate Park

Our skate park has seen a lot of use over the years, and we're looking at what we can do to improve it.

Some of the kids who use it have said that they would like some different equipment added, and some would like the surface to be improved.

This year we held a Street Art Workshop in April to refresh the skate park and paint over old graffiti. Take a look at some of



We would be interested to find out any more changes you would like to see, for example

- New equipment
- New furniture for socialising
- Improvements to the surface

Below are some examples of new equipment that could be considered. Please take a look and add any suggestions of what you would like to see to the ideas board.



We have some money set aside, but may not be able to afford everything you would like!

Most of the funding would have to be raised locally or through grants.

Can you help us with this?



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Wickhambrook Parish Council Recreation Ground and Six Acres

Six Acres and the Recreation Ground is a fantastic open space for all to enjoy.

In addition to the children's play area, the old multi-use games area (MUGA), skate park and zip wire, it is home to football, tennis and outdoor bowls clubs, and beloved by many dog owners who enjoy exercising their family friends.

This year, we've carried out repairs to some of the equipment in the Children's pocket park and held a Street Art Workshop at the Skate Park.



Development of a new MUGA

The Parish Council has been exploring the development of a new and larger grant funded MUGA, incorporating 5-a-side football hockey and basketball allowing for a MUGA up to 20m x 30m.

A position in the Acres is considered the best option, with less risk of noise nuisance or drainage issues.

We want to hear from you...

This will be an expensive project and we'll need to apply for grants. This is why we need to listen to your views.

We'd like to know if you support this project— tell us

- What you think of the location
- What games do you (and your family) like to engage in?
- What sort of fencing would you want?
- Would you like seating?
- Grass or hard surfacing?
- Lighting after dark?

We have created the reference J22212 in our "Sports walls / Ball courts" range. This module is accessible from 6 years.

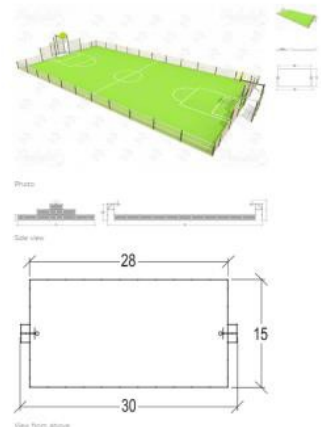
The size of the module is: 30.20 m wide, 15.20 m. deep, 3.90 m. high.

Specifications

Age range: 6+
Size: 30.20 x 15.20 x 3.90 m

Equipment installation

Number of installers: 3
Installation time: 24:00:00
Concrete volume: 4.20 m³
Total weight: 1566.49 kg
Weight of the heaviest element: 27.36 kg



How can you help?

Can you help us with this project?

Can you offer experience or contacts which would help us to get deliver the best results for families in the parish?

Please add your views to the Ideas board using post it notes so we get a really good understanding of what's important to you.

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Ideas Board

Outdoor Fitness Area	
Six Acres & Recreation Ground	
Skate Park	

How do you use these areas and what would you like to see? Please add your thoughts on a post-it note.

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