

Making an Impact

From 1 April 2021 - 31 March 2022



20,391

Exercise sessions attended in the year



6,773

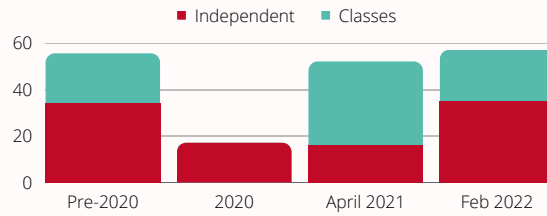
Exercise sessions attended in previous year with Covid restrictions



57

Centre open 57 hours per week

The type of sessions we offer has changed considerably over the past 2 years



35

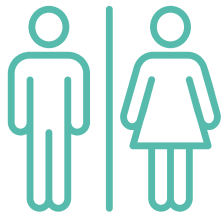
Hours of different classes

22

Hours of independent exercise

About our Exercisers

“Can't praise the facility, programme and staff highly enough. One of the most rewarding things I've ever engaged with. Thanks to all. *Nick*”

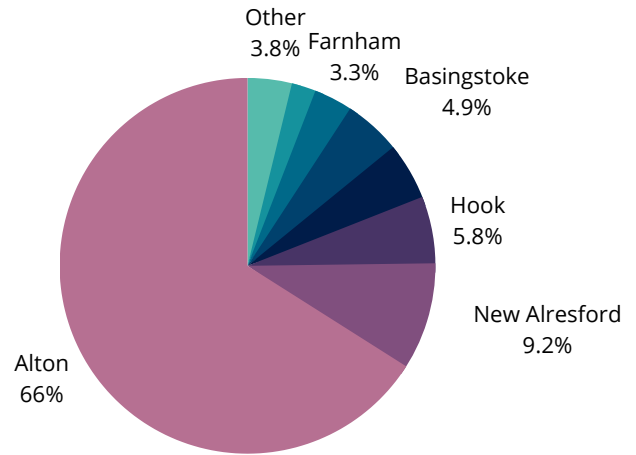


57% male
43% female

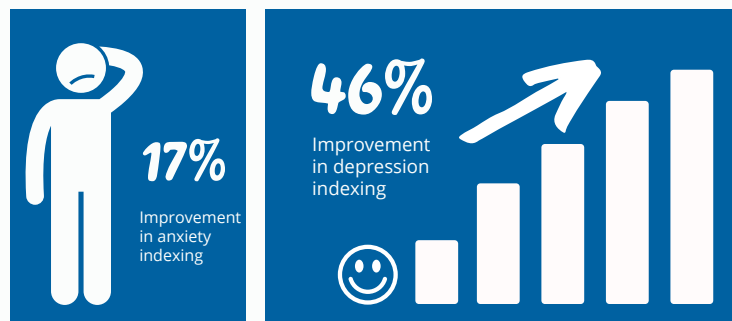
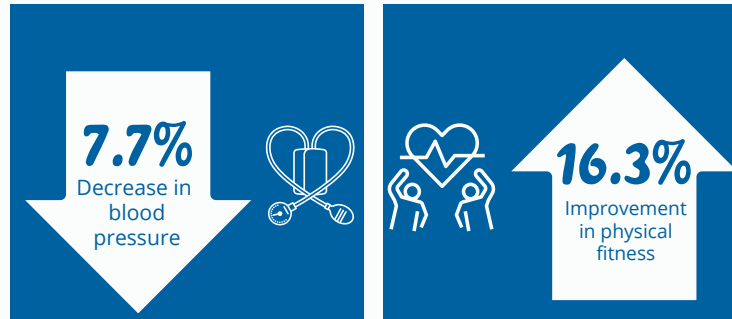


Average age 74

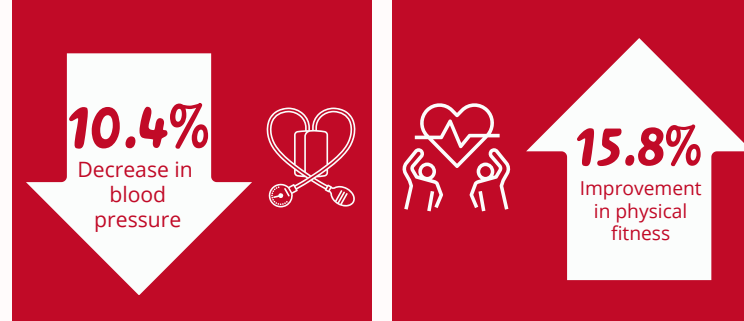
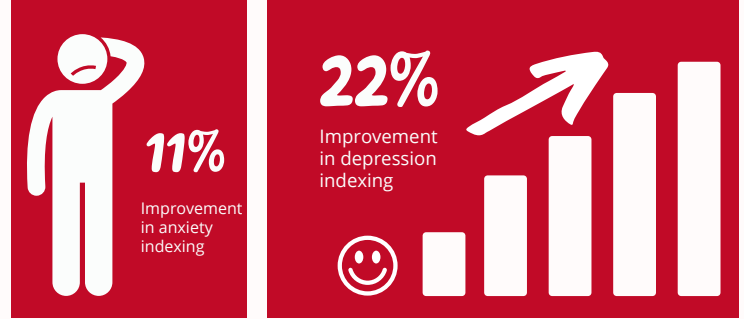
Where are they from?



Staywell Impact



Rehab Impact

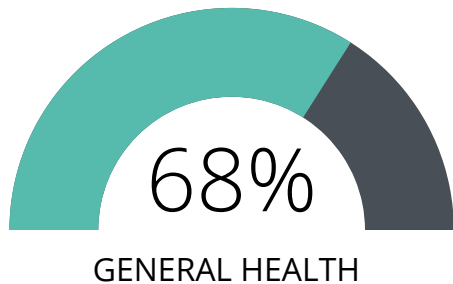
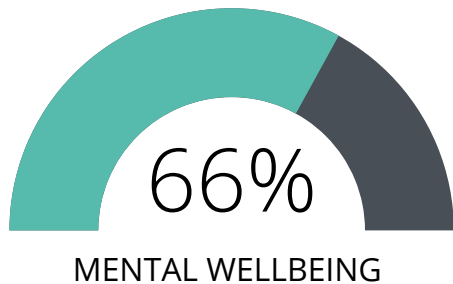
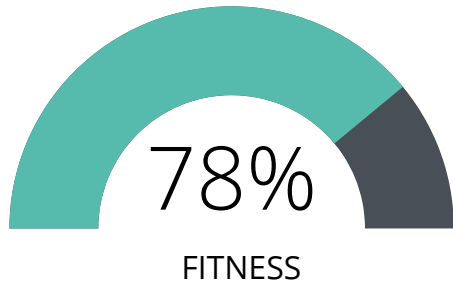


What our Exercisers think

Results of our annual Exerciser Survey in June 2022



Percentage of people who felt we improved the following either "Quite a lot" or "Very much"



How do you rate (out of 5):



The thing they enjoy most about coming to the Centre was the experience and quality of our instructors, and this was the most important reasons they kept attending.



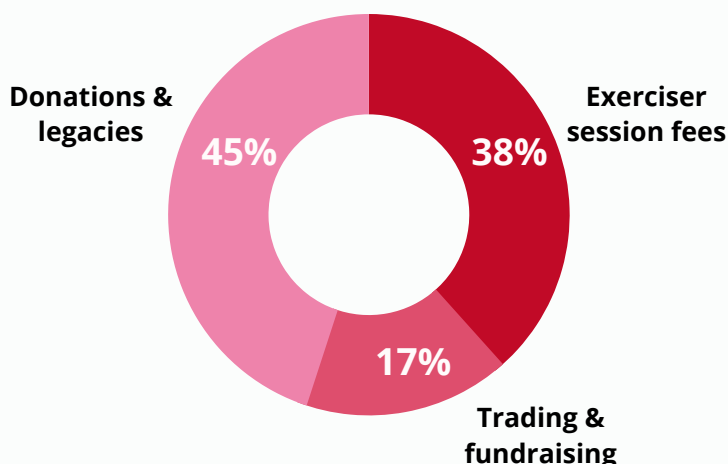
Would recommend our service to others



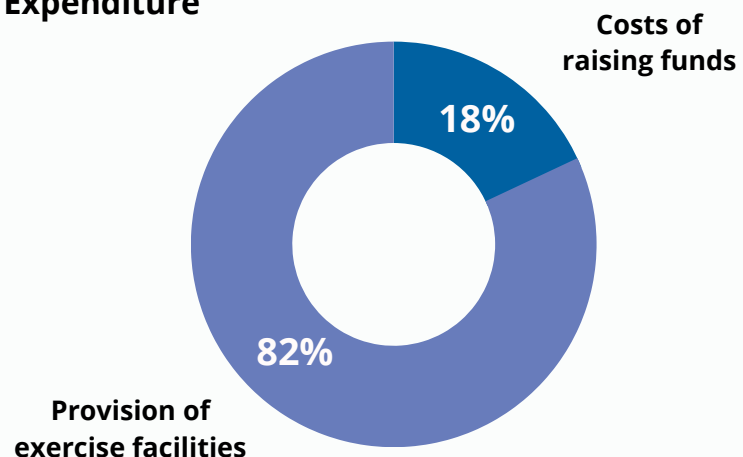
How we are funded

We are not a part of the NHS and receive no funding from them. Our class fees cover 38% of our costs and we fundraise for the remainder.

Income



Expenditure



Notes:

Blood pressure:

Decrease in measured systolic blood pressure where starting SBP was over 140.

Fitness:

Measured as the estimated peak VO2 mean improvement over programme

Anxiety & depression:

Improvement in self-scored HAD (Hospital Anxiety & Depression) scale analysis upon completion of Rehab/Staywell programme where initial score was greater than 7