

## Graham White

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**From:** Graeme Woodcock <graemewoodcock@rocketmail.com>  
**Sent:** 06 January 2021 15:48  
**To:** Joan Miller; Nigel Roberts; Robert Elmer; Mark Hurley; Don and Clare Cathcart  
**Cc:** Graeme Woodcock; east.bergholtpc@btconnect.com  
**Subject:** Outdoor Gym Project  
**Attachments:** Screenshot (88).png; Sunshine Gym estimate.png; Screenshot (87).png; Plan showing a '4 piece' gym.jpg; Screenshot (83).png; Screenshot (84).png; Screenshot (86).png; TGO estimate £15k.png; Sports Facilities questionnaire result.png

Dear Playing fields Colleagues,

Please would you have a look at the Outdoor Gym Proposals attached.  
I have listed the reasons why the Parish Council should consider an Outdoor Gym, together with 3 quotes.

The TGO is a little expensive, but the other 2 are more reasonable, especially the Caloo (4 pieces) which in addition to the small amount of space required, will accommodate 7 users at a time...(post Covid ). The Sunshine Gym (7 pieces) could be around the perimeter.

( I feel that when 'we immerge from the current Covid Climate, this facility will be even more important in our rehabilitation)..

Please let me know your thoughts,

I am asking Graham to put 'an Outdoor Gym suggestion' on the Agenda for next week,

Take care,

Graeme

### AN OUTDOOR GYM PRESENTATION

#### Background and objective.

The new year holds unknown difficulties ahead, and one way the Parish Council can assist in a 'post Covid era' is offering new facilities and opportunities.

Our village population is growing and the demand for sport and leisure grows annually,

(one only looks at the huge growth in popularity with our new tennis facilities).

Outdoor Gyms embrace all ages and encourage and motivate health and fitness.

Offering free exercise equipment will enable those in our area who do not have the money for a gym membership to exercise.

Free exercise equipment is also an ideal way of encouraging those who have never worked out before to give it a go.

Outdoor gym equipment is designed to be simple and easy to use.

Outdoor gym equipment is a great way for parents to encourage their children to exercise.

Outdoor gym equipment in parks is an ideal way for families with older children to get out and exercise together.

## **Mental Health Benefits**

**Many people are now working from home, many in front of a computer 8-10 hours per day. Taking 30 minutes out for outdoor exercise is essential for future mental health.**

The following is an extract from NICE (National institute for Care and Excellence).

Compared with exercising indoors, exercising in natural environments is associated with greater feelings of revitalization and positive engagement, decreases in tension, confusion, anger, and depression, and increased energy.

Participants reported greater enjoyment and satisfaction with outdoor activity and declared a greater intent to repeat the activity at a later date.

The hypothesis that there are added beneficial effects to be gained from performing physical activity outdoors in natural environments is very appealing and has generated considerable interest. This review has shown some promising effects on self-reported mental wellbeing immediately following exercise in nature which are not seen following the same exercise indoors.

## **Evidence.**

Extract from East Bergholt Village Survey for our Neighbourhood Plan

Q:53 (Household) Q:54 (Household) Q:55 (Household) The most common views were that the village should not be expanded and should retain its village "feel" (13), sports and recreation facilities needed improving (12) plus specifically football (5), a swimming pool (10), more and/or improved play areas (8). A wide range of individual views were also expressed. Clubs and societies were many and varied and should be supported (7). If you have any additional comments in relation to community and leisure facilities/amenities including areas for improvement or expansion, please indicate below. If a significant number of new homes were to be built in the village, which existing community and leisure facilities/amenities do you think would need to be expanded? If a significant number of new houses were to be built in the village, what additional or community and leisure facilities/amenities do you think would be required? In the event of a significant number of new houses being built in the village the medical centre (521) was thought to be the facility most in need of expansion, followed by the schools - primary (420), secondary (335) and pre-school (43). **Sports and recreation facilities (150)**, play areas (86), village halls (57), a new swimming pool (24) and a youth club (15) were also in need of expansion or development. More parking would need to be found (132), the shops (127), the pharmacy (30) and pubs and restaurants (20) would need expansion or new provision. Some respondents felt all facilities (61) would need expansion, and others made the point that no large development was wanted anyway (29).

\*\* (Facebook Findings Survey .. Councillor Mark Hurley..to be attached later).\*\*

## **Actions and Resources**

The Playing field Committee have pursued avenues that can achieve a suitable facility.

Three different companies have produced packages, with a choice of options. (see enclosed).

Sunshine Gyms (£10k), Caloo (£7.8k) and TGO (£15.5k).

Babergh District Council support exercise and wellbeing projects, and have made an offer of 1/3 of the total cost (subject to supplying them with evidence).

The remaining cost would require a majority support of the Parish Council to approve the balance from the draft figure in the Playing fields 2021/2 budget.

**Summary.**

If the Parish Council approved the project, the ordering and installation would take between 8 – 12 weeks once Tier 4 is lifted, probably Easter.  
(subject to further Covid conditions).



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19/09/2020

Our Reference: QTP/485024/R/REV1/WAS

Mr Mark Hurley  
East Bergholt Parish Council  
12 Riddlers Lane  
East Bergholt  
Tolchester  
CO7 6SU

Your Tel: 01206 286223

Dear Mr Hurley,

Project Number: 377665

Project Name: East Bergholt Parish Council Outdoor Gym, CO7 6SU

We are pleased to enclose our supply and installation proposal for your consideration regarding the above project.

Quote Summary					
Item Code	Item Name	Qty	Unit Price	Total	
BX.SG.0008-GG	Double Health Walker - Green/Grey	1	£1,085.00	£1,085.00	
BX.SG.0010-GG	Double Squat Push - Green/Grey	1	£793.00	£793.00	
BX.SG.0009-GG	Combo Pull Down/ Challenger & Power Push - Green/Grey	1	£1,645.00	£1,645.00	
BX.SG.0002-GG	Double Station Seesaw - Green/Grey	1	£780.00	£780.00	
BX.SG.0014-GG	Rowler - Green/Grey	1	£956.00	£956.00	
BX.SG.0017-GG	Arm & Pedal Bicycle - Green/Grey	1	£672.00	£672.00	
BX.SG.0000-GG	Sky Stepper - Green/Grey	1	£875.00	£875.00	
BX.SG.INSTALL	Installation Charge	1	£2,347.00	£2,347.00	
BX.SG.CARRIAGE	Delivery Charge	1	£408.00	£408.00	
<b>Grand Total</b>				<b>£9,561.00</b>	

Delivery dates can be confirmed on placement of order, typical lead-times for the above items may be 4-6 weeks. Should you require a specific delivery date, we would be happy to discuss these requirements.

We look forward to contacting you shortly to discuss this offer in more detail.

Yours sincerely,

Kate Asher  
Product Sales Advisor  
Sports Division

Direct Dial: 01782 571497  
E-MAIL: [kate.asher@broxap.com](mailto:kate.asher@broxap.com)



at **broxap**

Unit A3

Halesfield 11

Telford

Shropshire

TF7 4PH

Telephone: 01952 580520

Fax: 01952 582520

E-mail: [enquiries@sunshinegym.co.uk](mailto:enquiries@sunshinegym.co.uk)

Web: [www.sunshinegym.co.uk](http://www.sunshinegym.co.uk)

## Outdoor Fitness Equipment Specialists

For product maintenance information please visit the Warranty & Maintenance section of our website [www.sunshinegym.co.uk](http://www.sunshinegym.co.uk)

Head Office:  
Broxap Limited  
Lowhurst Industrial Estate, Chesterton,  
Newcastle-under-Lyme, Staffordshire ST5 6BD  
Tel: +44 (0)1782 55441  
Fax: +44 (0)1782 555557/562546  
Email: [sales@broxap.com](mailto:sales@broxap.com) [enquiries@broxap.com](mailto:enquiries@broxap.com)



Registration in England No. 2486747

# PACKAGES

## Community Fitness Suite

Designed with local parks in mind, the Community Fitness Suite looks to engage users from the surrounding neighbourhood to exercise in their local outdoor gym. Whether old or young this package is suitable for all. Primarily focussed on light cardiovascular exercise but with a little strength building included. Can be used by up to 12 people at one time.



- 8 Stations:**
1. Double Stakom Steer
  2. Double Health Walker
  3. Rower
  4. Double Squat Push Power Push
  5. Combi Pull Down Challenger and Power Push
  6. Arm & Pedal Bicycle
  7. Sky Stepper
  8. Twist n Step

£7686.00 EQUIPMENT    £2,447.00 INSTALLATION\*



# Quotation-032084

Graeme Woodcock  
 East Bergholt Parish Council  
 Margarets  
 Easton Street  
 CO7 6SS

Date: January 4, 2021

Quotation Valid Until: 05/03/2021

Site name/Project reference: East Bergholt PC - Outdoor Gym

EN16630 Gym Equipment					
Qty	Code	Unit	Description	Price	Total Price
1.00	SIAS1C3	Each	Calico Workout Stair Bundle 2 - EN16630 - Colour Green / Silver  Bundle of 4 workout fitness stations (7 user stations) consisting of: Leg Press CW106 (2 user stations) Roller CW132 (1 user station) Exercise Ball CW107 (2 user stations) Chestnut Pull Comb CW157 (2 user stations)	£3,530.00	£3,530.00
				<b>Discount</b>	<b>£952.00</b>
					<b>£2,578.00</b>

Grass Mat Surfacing					
Qty	Code	Unit	Description	Price	Total Price
24.00	GM001	Sq m	Grass Matting (Fire Resistant)  EN1177 compliant grassmat pads to reduce grass erosion and offer certified Critical Fall Height protection of up to 3m on soft, surfed ground. Mats are laid over existing site undulations. Includes reinforcing mesh under mats and perimeter channelling to secure mat edges into existing ground. Grassmats are fire retardant and UV stable and conform to British and European Standards BS EN 11825 for fire retardancy, BS EN 1183 for slip and fall resistance and BS EN 1182 for Critical Fall Height. Mats are 7'000mm	£227.50	£5,460.00
				<b>Discount</b>	<b>£546.00</b>
					<b>£4,914.00</b>

Delivery				
Qty	Code	Unit	Description	Total Price
1.00	DEL001	EA	Delivery. Please note for supply only projects a minimum of 2 persons will be needed or mechanical lifting equipment will be required for safe off-load (fork lift or similar)	£273.95
				£273.95
				£273.95

Installation				
Qty	Code	Unit	Description	Total Price
1.00	INST001	Each	Product Installation Installation of products contained within this quotation, subject to clause 5 of the Conditions of Sale attached to this document. Includes red hazard fencing for duration of works but excludes disposal off site of excavated material unless itemised separately elsewhere on quotation. Foundation excavations will be rebackfilled on site or piled within 50m of works area for client removal. Please note that a skip or grab lorry has been included in your quotation, we will be removing excavations from site.	£2,985.00
				£2,985.00

Sub Total	£6,977.95
Project Discount	£477.95
Net Total	£6,500.00

Subject to Calco Limited Conditions of Sale

Current Manufacturing Lead Time ~2-4 weeks

It is assumed that good access is available for our Installation Team and Vehicles.  
It is also assumed that spoil from our excavations can be retained on site - if this is required to be removed then additional skip hire charges would apply

[enquiries@caboo.co.uk](mailto:enquiries@caboo.co.uk) | [Start Bundles 2 - Caboo Ltd](#) | <https://www.caboo.co.uk/product/starter-bundle-2-outdoor-gym-equipment/>

**Sports & Active** | **PLAYGROUNDS** | **FURNITURE** | **SAFETY SUBSANCING** | **FUNDING** | **ABOUT US** | **CONTACT US**

**SPEAK TO US 01296 614448** | **REQUEST A CALL BACK**



**Caboo**  
 www.caboo.co.uk

## Starter Bundle 2

Looking for a low cost outdoor gym option? The Starter Bundle two offers the perfect solution, with a small footprint for tighter spaces. The bundle includes:

- One Rover.
- One set of Exercise Bars.
- One Lat Pull and Chest Press Combi
- One Leg Press

This bundle has everything you need to stay fit and enjoy the workout outdoors!

-to search

## Small Gyms

### 30 Minute Gym

TGO have designed this gym with the government's recommendation of 5 x 30 mins of moderate exercise a week in mind. Whether tight on space or budget, this gym provides the perfect space for the whole community to work out.



**1 Activate App**  
Smart app that counts the gym and feeds into dashboard

**2 Smart**  
Smart screen for the gym and feeds into dashboard

**3 Energy generating**  
Generates human powered electricity

**4 Inclusive fitness**  
All equipment included in package with inclusive fitness guidelines (IF)

**10 Interactive Signage**  
Users can find a gym, scan signage to see and track their workout and share with friends.

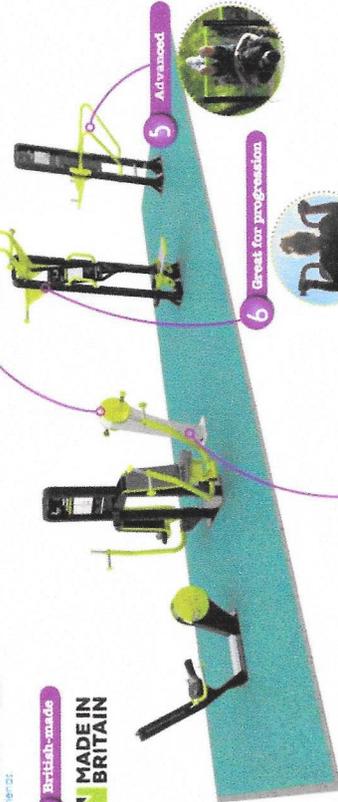
British-made  
**MADE IN BRITAIN**

**9 Full body**

Level 1 2 3 4 5



**No. of Users** 8  
**Min Area** 10 x 5m  
**Min Surfacing** 30m<sup>2</sup>



**6 Great for progression**

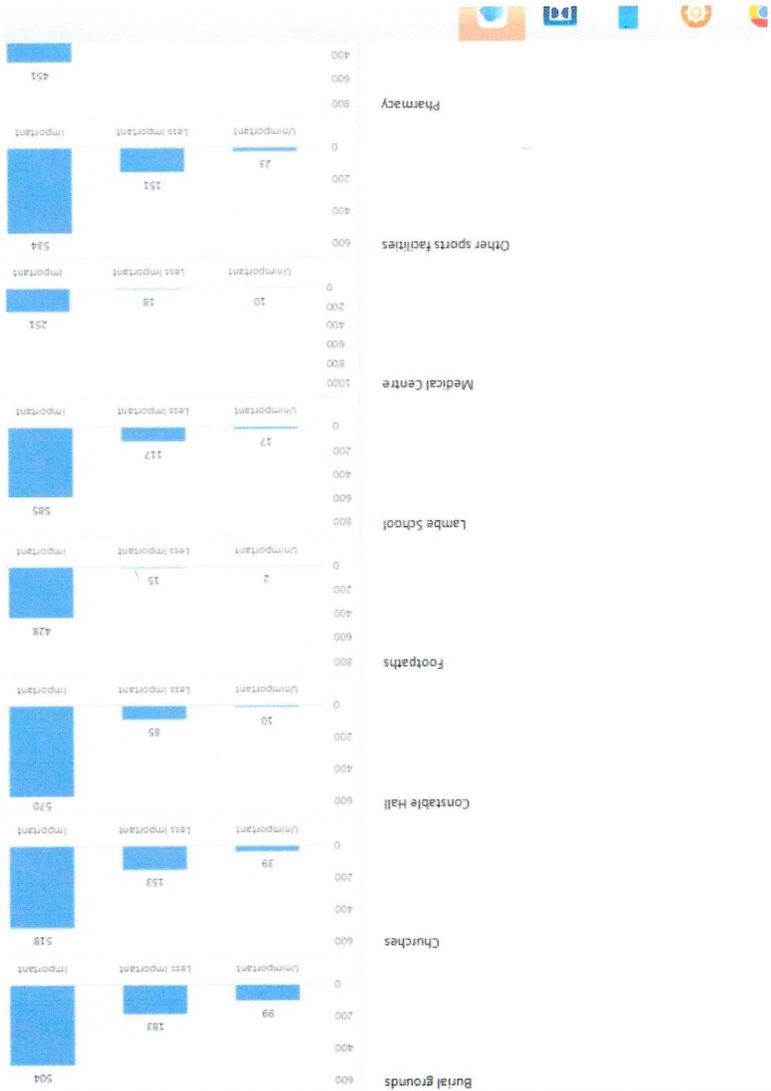
**7 Wheelchair accessible**

**8 Great for inactive**

**5 Advanced**

#### Equipment List:

- Cardio Multi Gym with Energy ●●●
- Smart Energy Hand Bike ●●●●
- Dips/Leg raise ●●●●●
- Pull Up/Assisted Pull Up ●●●●●
- Welcome sign ●●●●●



nt to you, individually or as a family, is preserving, maintaining and enhancing the following community and leisure facilities / ar