

Appendix

Idea / suggestion	Reach	Costs	Sustainability	Comments
<p><b>Eastwood Young People’s Centre:</b></p> <p><b>To bring the music studio into use and create music / dance based activities to support mental and physical health.</b></p> <p>Possibly young people can be trained to teach other young people dance and choreography classes. This could significantly boost self-esteem and confidence.</p> <p>(Explore opportunities / links with New Horizons Disco/music session for older children/young adults 13+ with learning disabilities or SEN).</p>	<p>All young people in North Broxtowe. Achieve minimum 30 young people per night at Centre</p>	<p>£2,000</p>	<p>Fee for dance based sessions tbc. This will need further discussion with sensitivity as many young people may not have the means to pay.</p>	<p>Dancing is a form of aerobic exercise which can help with weight management. Many young people who access the centre have emotional overload and struggle to manage and regulate their emotions – by engaging in these activities it could help to improve mood and decrease feelings of anxiety and depression. Both music and dance offer young people outlets for expressing their emotions and creativity, which can enhance emotional well-being. Participating in structured music and dance activities can help to enhance executive functions</p>

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				such as planning, organising and problem-solving skills. There are also social benefits to dance classes and group dance classes. Music and dance is a powerful tool that could help to teach young people how to work together, listen to others and cooperate towards a common goal. It could also support their social development in terms of meeting new people and forming friendships.
<b>Menopause Support Group</b> Activities for women experiencing the menopause.	Open to all Menopausal women including those experiencing Perimenopause.  Frequency of meetings to be confirmed.	£2,000  Set up costs/activities.  Emotional support followed by a physical activity, walking, yoga, dance.  Activities tbc.	Fee depending on activity.	Design wrap around support for partners and children. This could support women with anxiety, depression as a consequence of menopause. Links to other themes e.g., Domestic Abuse,

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				relationship breakdown etc. Eastwood Local Design Team as part of Integrated Neighbourhood Pilot could coordinate but exploring a contact from a menopause group in another area to see if they could deliver in the Eastwood area
<b>Peer Support Group for Macular Degeneration / visually impaired people</b>	People living in Eastwood area with macular degeneration/ sight loss.  Seated exercise or guided walking – other exercises tbc.  Frequency of meetings tbc	£2,000 Set up costs: walk leader training, refreshments, venue hire, exercise instructor.  Exact costs tbc.	fee tbc  Depends on costs of exercise instructor tbc.	The Eastwood Local Area Coordinator “Visited James yesterday... He has no family or friends locally so this could be a real lifeline for him.”  Number of registered “blind/visually impaired/ macular degeneration” people living in Eastwood and Broxtowe.

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				<p>For Broxtowe the number is: 4890</p> <p>For Eastwood the number is: 1615</p>
<p><b>Establishment of Boccia Club</b></p>	<p>Those with a Learning Disability.</p> <p>8 July CC comment – we are about to have a meeting next week to discuss our aspirations for delivery.</p>	<p>£2,000</p>	<p>Fee tbc?</p>	<p>Need identified following Learning Disability Roadshows in 2023</p> <p>10 newly trained Boccia leaders available to establish clubs across Broxtowe</p> <p><b>Update:</b> outcome of the Boccia meeting is that we are going to give the leaders some experience time delivering at the PCN seasonal flu clinics for people with an LD through Oct – Dec with the hope to start a club in the New Year having raised the profile of Boccia with the</p>

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				demographic group at the flu clinics.
<b>Establishment of Nordic Walking</b>	<p>Those with a learning disability.</p> <p>(Delivered by Pulp Friction and looking around 12 people per session x 1 session per week.)</p>	£2,000	Fee tbc?	Need identified following Learning Disability Roadshows in 2023.
<b>Mum and Baby work out classes.</b> Great for both new mums support and confidence, helping get fit post baby.  Meeting to discuss 11 July with Children Centre.	<p>8 people (plus babies) per session tbc?</p> <p>Need to check room size etc.</p>	£2,000	Weekly. “Kirkby in Ashfield is our closest mum and baby exercise group and it's £5 a session.”	<p>Can be body weight based or with equipment (take a look at companies like Peak Phit Hot Mommas or Buggy Beats on Facebook/Google)</p> <p><b>Update:</b> following meeting, Children Centres cannot take payments but will look at another venue/instructor for this. The Children’s Centre has a few other ideas including intergenerational active play – further details will be sent by end of July.</p>

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<p><b>Tai chi for respiratory conditions</b></p> <p>A slightly less energetic form of exercise and preferable for some respiratory patients, would also be open to rest of community.</p>	<p>Breathe Easy Group / those with respiratory conditions / whole community.</p>	<p>£2,000</p> <p>£65 approx. per session for instructor tbc.</p> <p>Frequency of meetings to be confirmed but depending on budget – monthly or fortnightly.</p>	<p>Weekly fee</p>	<p>Awaiting instructor costs.</p>