



Saffron Walden Town Council

Consultation - Proposed Exercise Equipment for Saffron Walden



Background Information

Saffron Walden Town Council is dedicated to improving the quality of life for residents of Saffron Walden and that includes the provision of recreational and exercise equipment.

The Town Council is considering the installation of exercise equipment in Saffron Walden and seeks the views of all residents on this proposal. The benefits of exercise and healthy well-being are long since known and recognised, with NHS UK who note:

“Exercise is the miracle cure we’ve always had, but for too long we’ve neglected to take our recommended dose. Our health is now suffering as a consequence.

This is no snake oil. Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and even happier life.

People who do regular activity have a lower risk of many chronic diseases, such as heart disease, type 2 diabetes, stroke, and some cancers.

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer’s disease.

“If exercise were a pill, it would be one of the most cost-effective drugs ever invented,” says Dr Nick Cavill, a health promotion consultant.

It can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%.”

An indicative illustration of the type of equipment being considered is given on the front page of the consultation. The exact type and nature of the equipment to be installed would be dependent on the responses to this consultation and also the design and style of any preferred supplier.

The approximate budget is £25-£30k and it is anticipated that the majority of this would be met from successful grant applications to third parties. The Town Council has money set aside within its 2017/18 budget and so there would be no additional charge to residents for this equipment.

Please complete the survey as attached and let us have your views and thank you for your contribution.

Your thoughts and comments will enable the Town Council to take an informed view on what is important to local residents when considering the proposal to install outdoor exercise / gym equipment - Thank you for your time and comments

Continue to take the survey

1. About You

1.1. First Name (Optional)

1.2. Last Name (Optional)

1.3. Your Email (Optional)

1.4. Your house number or name (Optional)

1.5. Your Postcode (required)

1.6. Are you a resident of Saffron Walden Yes / No

1.7. Gender (Optional)

1.8. Age (Optional)

2. Proposed Equipment

2.1 If the Town Council installed exercise equipment, would you use this?

Frequently Sometimes Rarely Never

2.2 If you answered frequently or sometimes to 2.1 above, how frequently would you anticipate use of this equipment?

Daily Weekly Monthly

2.3 If you answered rarely or never to 2.1 above, please advise why you would not use the proposed equipment?

3. Proposed Location

3.1 Where do you think the equipment should be installed?

- Saffron Walden Common, to the side of the Children's Play Area
- Anglo-American Playing Fields, to the side of the Children's Play Area
- Public open space behind or to the side of the Lord Butler Leisure Centre
- Other Location

Please note any other proposed location(s) and reasons for your suggestions:

4. Any other comments you wish to make regarding proposed Exercise Equipment

Thank you for your time and for sharing your views with us

Please return completed forms to the Tourist Information Centre or the

Town Council Offices by 30th November 2017

Tourist Information Centre
1 Market Place
Saffron Walden
CB10 1HR

Town Council Offices
11 Emson Close
Saffron Walden
CB10 1HL