



## Ford Youth and Community Centre

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## Feedback from members during 2016.

### Case studies / quotes

Please note names may have been changed to protect the real identity of our young members. Any photographs that follow permission has been given.

### Case study – (All names have been changed)



**Future Fitness:** The Future Fitness Sunday morning session in Ford gym has given many young people a place to train and make positive steps for their future fitness and wellbeing. This project has been particularly beneficial for 18 year old Paul as it have given him something positive to focus on where he can access support and encouragement from our volunteer instructors in an environment where he can achieve success. He first arrived at Ford Gym at 17 with his friends who were a few years younger than him. It became apparent to staff that Paul has additional needs that make day-to-day activities difficult for him to engage with and his social skills and awareness underdeveloped. He lacked focus not only in staying on one task during the gym sessions but he also explained that this was reflected in his studies at college dropping out of multiple courses. He now attends the Creative Arts school and is enjoying it and is really progressing well with his training clearly thriving under the support and encouragement of our volunteer Martial Arts Instructors and the 'Gym Environment'.

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**Young Martial Arts class at Healthy Living Centre Scott Business Park**



**Youth class working out in the Gym**

**Please note these case studies are unedited**

My name is Julie I am 12 years old. I box for Mayflower boxing club and wanted to improve my strength and fitness. A member of the Gym staff introduced me to the Ford Community Gym. I have been going to the Gym for about 3 months and really enjoy it. It has improved my fitness and strength, I feel healthier since I have been going. I have learnt a lot about different types of muscles I use, how they work with different exercises and how I can improve myself. Every time I go to the Gym I am learning new things,

I would recommend Ford Community Gym to any teenager or adult it is a fantastic place to start doing any kind of fitness. All the staff have been fantastic they are always there to help if I need anything and are always willing to show me new exercises to help me improve.

**Quote from John aged 16 (name has been changed)**

I enjoy coming down to the Ford Community Gym as it is something I can come down to do for free with my friends and family to be able to stay fit and healthy. The gym is a great opportunity for youth members of the public to be able to find something to do; perhaps when they are bored or in need of some sort of stress relief. For example I find the gym a great place to come down and unwind for a couple of hours to relive some stress that I am undergoing as I have my final exams soon. It is also a very good gym as the staff and trainers are

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always there to help out or to ask for advice on what to do for your particular goals that you want to achieve. The gym is also very good for people in school because it is open on an evening from 4 – 7pm.

### **Jane aged 13 (name has been changed)**

I have been coming to the Gym now for 3 months, its great I have made new friends and feel fitter. The Instructors make us work hard and you have to concentrate on what you are doing.

### **Linda 13 (name has been changed)**

'I love training in the Gym everybody is so friendly and the Gym fitness programme has really helped me with my boxing training'.

### **Other Quotes from our young and adult members**

"I work harder than anywhere else!"

"Great Gym for the local community"

" It's great to be able to use the Gym on a Sunday and learn how to use the equipment."

" We have the whole Gym to ourselves on a Sunday"

"Gym instructors are very knowledgeable about all sorts of things like what you should eat"

" Good fun working out in the Gym"

" Kettle bell class is great workout , thanks Marie"

" Exercise to music is fun"

" You don't feel intimidated with everyone looking at you while you exercise"

### **Ladies Fitness class**





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### Young Martial Artists proudly showing off their new belts



Edward 48 years old has been long term un-employed, he was the first person to sign up to our Lottery project in 2015 and is still attending the Gym a year later 3 or 4 times a week. Edward works incredibly hard in the Gym. He has introduced several new members to the Gym and has gained the respect of all who use the Gym. He has gained in confidence often showing new members how to use the equipment.

**Quote from Edward.** ' I have been at the Gym for 1 year now and I find it has helped me a lot. I come 3 or 4 times a week I like the staff it is the best Gym in Plymouth. I will keep coming'.



Initially when Edward joined the Gym he was very quiet and did not have the confidence to engage with other members. Edward is very proud of his achievements and has developed into an excellent and popular club member with many friends.

One final note, thanks to the support of our sponsors we are proud to state that to date this year we have engaged with 256 individual's ages 5 to 71.