

# Public Document Pack



## COMMUNITY SELECT COMMITTEE

Date: Monday, 4 November 2019

Time: 6.00pm,

Location: Shimkent Room - Daneshill House, Danestrete

Contact: Lisa Jerome Tel: 01438 242203

Members: Councillors: S Mead (Chair), M Notley (Vice-Chair), S Booth, A Brown, T Callaghan, A Farquharson, L Harrington, J Mead, C Parris and L Rossati

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### AGENDA

#### PART 1

1. **APOLOGIES FOR ABSENCE AND DECLARATIONS OF INTEREST**

2. **MINUTES - TUESDAY 17 SEPTEMBER 2019**

To approve as a correct record the Minutes of the Community Select Committee held on Tuesday 17 September 2019.

Pages 3 – 8

3. **SPORTS & LEISURE SCRUTINY REVIEW**

Members are invited to receive evidence and carry out interviews for the scrutiny review into Sports & Leisure.

Invited to the meeting are John O'Callaghan, Herts Sports Partnership, Louise Gallagher-Smith, Sporting Futures and the Youth Mayor and Chair of the Youth Council.

Attached are collated survey responses from the Youth Council and from Member residents survey regarding Sports & Leisure across Stevenage and some Member responses to their own desktop and fact finding research.

Pages 9 – 22

4. **URGENT PART 1 BUSINESS**

To consider any Part I business accepted by the Chair as urgent.

5. **EXCLUSION OF PUBLIC AND PRESS**

To consider the following motions:

1. That under Section 100(A) of the Local Government Act 1972, the press and public be excluded from the meeting for the following items of business on the ground that they involve the likely disclosure of exempt information as described in paragraphs 1 – 7 of Part 1 of Schedule 12A of the Act as amended by Local Government (Access to Information) (Variation) Order 2006.

2. That Members consider the reasons for the following reports being in Part II and determine whether or not maintaining the exemption from disclosure of the information contained therein outweighs the public interest in disclosure.

**6. PART II MINUTES - TUESDAY 17 SEPTEMBER 2019**

To approve as a correct record the part II Minutes of the Community Select Committee held on Tuesday 17 September 2019.

Pages 23 – 24

**7. URGENT PART II BUSINESS**

To consider any Part II business accepted by the Chair as urgent.

Agenda Published 25 October 2019

## STEVENAGE BOROUGH COUNCIL

### COMMUNITY SELECT COMMITTEE MINUTES

Date: Tuesday, 17 September 2019

Time: 6.00pm

Place: Shimkent Room - Daneshill House, Danestrete

**Present:** Councillors: Sarah Mead (Chair), Margaret Notley (Vice-Chair), Stephen Booth, Adrian Brown, Alex Farquharson, Liz Harrington, John Mead and Claire Parris

**Start / End**      Start Time:    6.00pm  
**Time:**            End Time:       7.30pm

#### 1      **APOLOGIES FOR ABSENCE AND DECLARATIONS OF INTEREST**

Apologies for absence were received on behalf of Councillors T Callaghan and L Rossati.

There were no declarations of interest.

#### 2      **MINUTES OF THE PREVIOUS MEETING - 3 JULY 2019**

It was **RESOLVED** that the Minutes of the Community Select Committee meeting held on 3 July 2019 are approved as a correct record and signed by the Chair.

#### 3      **SPORTS & LEISURE SCRUTINY REVIEW**

The Portfolio Holder (Children, Young People and Leisure) gave introductory remarks on previous sports and leisure reviews, current developments and future plans for sports and leisure in Stevenage. The Portfolio Holder mentioned that the Stevenage Leisure Limited (SLL) contract was the Council's largest contract outside the regeneration projects. Members were informed that substantial savings had been made following the Select Committee's reviews of 2014 and 2017.

Members were informed that the current SLL contract would expire in 2023. It was pointed out that the changing nature of sports and leisure offers would be a factor in the contract review. The Portfolio Holder highlighted the work of the Leisure Innovation Group and Leisure Partnership Board and informed the Committee that he was a member of the Local Government Association's (LGA) Culture, Tourism & Sport Board. The Board had strategic oversight of all the LGA's policy and improvement activity in relation to libraries, the visitor economy, sport and physical activity, the arts, museums, public parks and heritage. The Board also supported Portfolio Holders and officers to lead transformational change of cultural, tourism and sport services and seize development opportunities. It was reported that Sport England's Regional Director, Chris Perks, was impressed by Stevenage's sporting ambitions and innovative ideas including regional partnerships and the sports and

health and well-being linkage. Plans were in place to invite Sport England Regional Director to a future meeting to discuss Stevenage's progress towards its sports objectives and funding options.

The Assistant Director (Communities and Neighbourhoods) informed the Committee that the joint SBC/SLL Innovation Group looked at options for contract development and ideas to increase footfall. The Group had introduced the Pay and Play service at Fairlands Valley Park and Sailing Centre and made changes to theatre and community programming at the Gordon Craig Theatre. It was reported that the Group would soon be carrying out a review of operations at the Stevenage Golf and Conference Centre.

The Committee made the following comments:

- The "Pay and Play" offer at the Council's sports and leisure facilities was a positive development
- The reduction in fees for the SoChallenging high ropes course had contributed to an increase in the number of participants
- SBC and SLL must focus on key users and target key groups including older people, people with disabilities and medical referrals for sports and exercise
- Some gym users were attracted to private gyms by offers of easy access for long periods of the day (24 hour opening for some providers)
- Opening times for SBC sports and leisure facilities such as gyms should be revised to cater for those who worked unsocial hours
- There was scope to increase revenue through offering a combination of products at venues or a multiple-date/multiple venue package, for example gym and theatre access for one user or family
- The Innovation Group should consider hosting themed events and music groups at the Fairlands Valley Park
- Efforts should be made to debunk the perception that sailing and events at the Fairlands Valley Sailing Centre were elitist
- Improve access to the Sailing Centre reception
- Advertising boards should be placed outside the Cycling Hub and at prominent places around Fairlands Valley Park
- The online booking system for the Sailing Centre should be user-friendly
- Allowing local students to work at the Sailing Centre or around the Fairlands Valley Park in lieu of sailing course fees
- The current provision of toilet facilities at Fairlands Valley Park was inadequate. Some of the public conveniences such as those at the Splash Park currently serve as informal changing rooms as well
- There was a huge demand for car parking spaces particularly at peak times. The Council should consider providing additional parking spaces or reconfiguring the area to increase the number of parking spaces
- Adequate car parking provision was vital particularly to attract visitors from out of Stevenage
- Visitors who use car parks at the Park could be encouraged to make a donation towards upkeep of the car park and possible future expansion
- There were reports of problems created by geese and other bird species. The birds fouled on pavements, buildings and other features in the Park. One way

of minimising this nuisance was to remove food sources. The Council should continue education campaigns against feeding birds with bread but to use appropriate food such as grains which could be purchased from facilities at the Park

- The screening of art films at the Gordon Craig Centre appeared not to be popular which makes this economically unviable
- There had been serviceability issues for the lift at Gordon Craig in the recent past

Members suggested that the sports and leisure offer be linked to the Cultural Strategy. The Committee also highlighted the benefits of providing links to private sports clubs and leisure providers via the SBC website. Members also suggested using the iconic Vincent motorbike to promote the sports, leisure and culture offer of Stevenage. Members mentioned creating a public trail (or using existing cycleways) featuring drawings, paintings and replicas of the Vincent motorbike. If this proposal was adopted, schools could be invited to participate in the design of the trail features.

The Assistant Director informed Members that the Innovation Group had considered the idea of pop-up swimming pools. It was pointed out that finding a suitable location and the capital outlay would be the main challenges for the project. SLL was not in a position to invest in pop-up pools in Stevenage given that there were a few years remaining on the current contract. It was noted that health and safety compliance would be a significant factor on any decision relating to pop-up pools.

The Assistant Director acknowledged that there was need for clarity on the cleaning regime at Fairlands Valley Park. SBC Parks team and SLL had cleaning responsibilities in and around the Park. It was reported that Communities and Neighbourhoods and Stevenage Direct Services officers would soon be meeting to discuss short-term cleaning arrangements at the Fairlands Valley Park. The Portfolio Holder indicated that the cleaning regime and overall management of the Park would form part of the contract review.

The Portfolio Holder acknowledged that the regeneration programme was likely to introduce competitors to the SBC sports offer. It was noted that the SBC offer was competitive because it catered for wider demographics and offered more specialised and personalised training than most of the private gym providers. Members were informed that revenue and attendance figures at Fairlands Valley Park events had increased due to the setting up of market stalls alongside other events in the Park. The Portfolio Holder indicated that the Council was liaising with Sports Stevenage regarding submitting a bid for marketing and website upgrades to Sport England.

With regard to art films, the Portfolio Holder informed the Committee that there would be adverse financial implications if undersubscribed films were shown in large capacity rooms at the Gordon Craig Centre. SLL was looking at screening art films in the small rooms for small audiences. Art films could also be offered as part of the community package. Members were informed that an art club had started screening art films at Roaring Meg. The attendance at the art club film shows was reasonable. The Portfolio Holder announced that the Council recently started a pilot for a “meanwhile use” arrangement in the town centre. As part of this arrangement, SBC

invited applications from artists and groups for short-term use of temporarily empty buildings such as shops until they can be brought back into commercial use. This arrangement eliminated the potential problem of empty shops and it helped to keep the area vibrant. This arrangement also gave publicity to the artists. If successful, the project would be rolled out to other parts of the town.

The Stevenage Regional Contract Manager for SLL also confirmed that SBC's sports offer would be affected by the introduction of new sports providers. The impact of the new players would be assessed once the new providers were operational. The SBC offer had advantages of loyal clientele, highly-regarded trainers and well-being specialists.

The Stevenage Regional Contract Manager for SLL announced that a pilot to host afternoon tea parties at the Golf Centre had been a success. Members suggested that the events be promoted to wider sections of the town as well as with staff. The Committee also suggested that gift cards for tea parties be included in the Golf Centre offer. The Manager acknowledged the problems with the lift at the Gordon Craig Theatre. The lift was now serviceable following repair by a contractor that had been recommended by the Council.

The Committee thanked officers for the reports and for facilitating site visits. Members noted that availability for site visits had been affected by other commitments but officers reiterated that further visits would be arranged if required. The Innovation Group should consider reviewing the marketing strategy, improving online accessibility and addressing the increasing demand for use of the swimming pool.

It was **RESOLVED:**

1. That the Scrutiny Officer schedules interviews as outlined in the scoping document
2. That Members submit review research documents to the Scrutiny Officer
3. That Members provided information relating to sports and leisure surveys carried out at resident meetings
4. That the capacity of the Stevenage Arts and Leisure Centre Theatre be changed from 750 to 500 (site visit notes – page 9 of the agenda pack)
5. That breakfast service be referenced as one of the services provided by the Stevenage Golf & Conference Centre

#### 4 **URGENT PART 1 BUSINESS**

None.

5 **EXCLUSION OF PUBLIC AND PRESS**

It was **RESOLVED**:

1. That, under Section 100(A) of the Local Government Act 1972, the press and public be excluded from the meeting for the following items of business on the grounds that they involve the likely disclosure of exempt information as described in Paragraphs 1 to 7 of Schedule 12A of the Act, as amended by SI 2006 No. 88
2. That, having considered the reasons for the following items being in Part II, it be determined that maintaining the exemption from disclosure of the information contained therein outweighed the public interest in disclosure

6 **PART II - SPORTS & LEISURE SCRUTINY REVIEW**

The Committee received a presentation on Stevenage Leisure Limited (SLL). The Committee also received customer demographic information (age, post code and ward usage breakdown) and customer behaviour analysis.

It was **RESOLVED** that the update be noted.

7 **URGENT PART II BUSINESS**

None.

**CHAIR**

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# Agenda Item 3

## Community Select Committee Review of Sports & Leisure across Stevenage – Youth Council Survey

Please can you help Stevenage Borough Council with some research for a review they are undertaking?  
Any comments you make will remain anonymous but would be used in the Councillors reviews.

Male or Female: 11 forms were returned 8 Female 3 male Average Age: 14  
Scrutiny of Sports & Leisure across the town

Do you use any sports or leisure facilities in the town? Those run by Stevenage Leisure Limited - Stevenage Leisure Centre/Golf Centre/Swimming Pool/

Swimming Centre: 9 Leisure Centre: 9 Athletics track: 1

Do you use the Gordon Craig Theatre? If so what do you think of the programme?

5 (Comments range from rarely use Pantomime, good programme, no idea what happens there, not engaging, don't think the shows are modern enough.

Do you use any other clubs or leisure providers in Stevenage (David Lloyd/TruGym)?

David Lloyd - 1 Lamda & JHN - 1 Cinema - 1 TruGym - 1

Are you or other family members involved in any amateur clubs or societies (football/Netball clubs/amateur dramatics etc.)?

Sports Clubs/Football/Netball Team: 3 Athletics Club: 1

School Sports: 3 Stage School/drama group/LAMDA: 4

What is your opinion of the range and offer of sports and leisure facilities (both council owned and private) that are on offer in Stevenage?

Not much variation / Not well advertised: 3  
Not wide enough range of activities / a wide range of activities: 3  
Too expensive: 3  
Not much aimed at teenagers: 1

Do you think that the sports and leisure facilities in the town are accessible and affordable to you?

Accessible: 6  
Not accessible: 3  
Affordable: 7  
Not affordable: 2

If you don't regularly use leisure facilities what puts you off and what would encourage you to use them?  
Lack of time: 3 Cost: 2 What would encourage you?: more advertising :2 and cost: 2 age specific: 1

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**From:** Margaret Notley  
**Sent:** 17 September 2019 19:27  
**To:** Stephen Weaver; Sarah Mead  
**Subject:** Community Select Committee Wednesday 3rd July 2019

Community Select Committee Wednesday 3rd July 2019 Older People's Leisure Provision in Stevenage

I started my research by looking on the website for Leisure Provision in Stevenage for the over 50s and was totally overwhelmed. It seems that almost whatever someone wants to do in Stevenage they will be able to find it. I printed off a summary of the activities available on the Stevenage Borough Council website, which I have here and will read them out.

Stevenage Leisure Ltd cover a wide range of activities, not only at the Leisure Centre, but at the Golf Course, Swimming Pool, etc. along with the Community Centres across the town. In addition to this, there are independent Social Clubs, Associations and Gyms.

To help me to get a picture of the take up of these activities, I asked my friends, who are all in that age bracket. All of them go to the Gordon Craig Theatre, some on a fairly regular basis and always supporting certain Shows, eg The Pantomime, The Mayor's Charity Show and other regular shows. Generally it was felt the price was reasonable for the shows, especially if they are booked through a group booking and or with the age concessions. Though some of the shows could be a bit pricey and it could deter some of them from going. This does not seem to effect some people in this age bracket, as I recently went to Tony Blackburn's Sound of The 60s and there were very few seats unoccupied and the cost of the tickets were £32.

Professional Plays come to the Theatre, but it seems not as many as there have been in the past. This may be because audience numbers have dwindled over the years. This may be due to the fact that the audience is generally older people and a lot of them did comment that they could not always hear the Actors voices. I did pursue this concern and suggested that the Actors miked up, but was told at the time they did not need to do this as they were professional actors and could project their voices. I have recently been to see a professional show, sitting in one of the middle rows and although the sound did seem better, my friends and I said we could not always hear them as their voices seemed to trail off mid sentence, so presumably they were not miked up.

Though it is not in Stevenage, my friends all said they go to see shows in London, though this could be price prohibitive.

Swimming is an activity that some of them participate in. The over 50s Exercise Class at the Stevenage Pool, which is open for Males and Females and if you pay for 10 classes you get 2 free.

Some of my friends are members of David Lloyd, so do their swimming and exercise classes there, on a regular basis, a number of times a week.

A couple go Line Dancing. This is held on a Wednesday at St. Peter's Church Hall in Marymead, costs £3.50 for the hour and is open to Males and Females.

There is a Yoga class held every Tuesday at the St. Nicholas Community Centre. This is open to all age groups and cost £6.

A Exercise Class is held every Friday in the Methodist Church Hall, in the Old Town. This is open to all age groups and costs £5.

One of my friends watches Stevenage play at the Football ground, 2 to 3 times a month. The ticket prices are £17-£24 an adult, under 18s £10-£16, under 12s £5-£10. There is an age concession rate for over 65s, Members of the Armed Forces, the Emergency Services and Students with tickets costing £15-£22. There are also Family tickets:-1 Adult and 2 Children under 12 at £35 and 2 Adults and 2 Children under 12 at £50.

Cineworld in the Leisure Park, is a favourite place to go at least once a month. Age concession is £8.50-£11.00 ( full price £10.30-£13.00).

Walking is another favourite Leisure pursuit.

The Leisure 50 Walking Group which is free, organise walks of varying lengths, as do The Ramblers Association, though there is a joining fee for this. £3.35 per month, Annual £35.85 or a Life membership of £790 though there is a concession rate for the over 60s of £475. Or just meeting up with friends and planning their own walk.

The use of the Library is a favourite pastime, which is free.

Finally my group of friends met up for meals out on an ad hock basis and we also met up for breakfast once a month.

Does the Committee require further research regarding the Older Age Group's Leisure Activities?

Sent from my iPad



Navigate the site

**Over 50s Activities**

Sports Clubs and Centres

Cycling

Parks and Open Spaces

Play

Town Centre Gardens

Fairlands Valley Park

Museum

Arts and Entertainment

So Active

Healthy Stevenage

Partnership

Arts and Heritage Strategy

Home > Leisure and Culture > Over 50s Activities

## Over 50s Activities

If you are over 50 and want to keep active there is a wide range of classes across the town for you to join in with.

Physical inactivity is a known risk factor for a range of chronic diseases and conditions that threatens the population's health. Exercising at moderate intensity for 30 minutes at least 5 days per week has been linked with important physical and cognitive health benefits for older adults. There are many benefits of living an active lifestyle such as:

- Helps maintain the ability to live independently and reduces the risk of falling
- Reduces the risk of health conditions such as heart disease, high blood pressure, colon cancer, and diabetes
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being
- Helps maintain healthy bones, muscles, and joints
- Helps control joint swelling and pain associated with arthritis

See below for details of the many classes that are available.

### Independent Living exercise classes

#### Chair based exercises - Mondays and Thursdays

The classes are fun, varied and progressive. They include a range of exercises that are safe, but challenging and within everyone's ability level. All exercises are based on or around a chair so there is always the option to rest or skip an exercise. The aim is to get each person taking part at the correct level for them so the exercise is fun, safe and effective.

| Day      | Venue                           | Time                | Cost | Contact                 |
|----------|---------------------------------|---------------------|------|-------------------------|
| Monday   | Grosvenor Court<br>Filey Close  | 12.15pm - 1pm       | £1   | <b>01438<br/>242666</b> |
| Monday   | Gladstone Court<br>Spring Drive | 1.45pm - 2.30pm     | £1   | <b>01438<br/>242666</b> |
| Thursday | Highfield Court<br>Grace Way    | 12noon -<br>12.45pm | £1   | <b>01438<br/>242666</b> |
| Thursday | Truro Court,<br>Canterbury Way  | 1pm - 1.45pm        | £1   | <b>01438<br/>242666</b> |

### Walking Football

A slower version of the game aimed at over 50s or people returning from injury.

| Day       | Venue                      | Time           | Cost | Contact                 |
|-----------|----------------------------|----------------|------|-------------------------|
| Monday    | Stevenage Football Academy | 8pm -<br>9pm   | £5   | <b>01438<br/>223223</b> |
| Tuesday   | Marriotts Sports Centre    | 8pm -<br>9pm   | £1   | <b>01438<br/>317525</b> |
| Wednesday | Stevenage Football Academy | 10am -<br>11am | £5   | <b>01438<br/>223223</b> |

### Leisure 50's (Dance based classes)

Dance class designed for people aged 50+

| Day      | Venue                    | Time          | Cost  | Contact             |
|----------|--------------------------|---------------|-------|---------------------|
| Monday   | Stevenage Leisure Centre | 11am - 12noon | £4.20 | <b>01438 242605</b> |
| Tuesday  | Stevenage Leisure Centre | 11am - 12noon | £4.20 | <b>01438 242605</b> |
| Thursday | Stevenage Leisure Centre | 11am - 12noon | £4.20 | <b>01438 242605</b> |

### The H.O.P.E Project

Over 60s project helping older people exercise

| Day    | Venue                   | Time              | Cost              | Contact             |
|--------|-------------------------|-------------------|-------------------|---------------------|
| Monday | Marriotts Sports Centre | 10.30am - 11.30am | £5<br>Over 60s £2 | <b>01438 317525</b> |

### Keep Fit / Keep Well

A gentle introduction to exercise for the over 60's run by our local qualified Physiotherapist. Give it a try 'Live a Brighter Life'

| Day       | Venue               | Time            | Cost | Contact             |
|-----------|---------------------|-----------------|------|---------------------|
| Monday    | The Bragbury Centre | 1.45pm - 2.30pm |      | <b>01438 812258</b> |
| Wednesday | The Bragbury Centre | 1.30pm - 2.15pm |      | <b>01438 812258</b> |

### Carpet Bowls

A small friendly club, where newcomers are always welcome. There is no need to have played before, someone will always show you how.

| Day      | Venue                    | Time      | Cost | Contact             |
|----------|--------------------------|-----------|------|---------------------|
| Monday   | The Bragbury Centre      | 8pm - 9pm |      | <b>01438 812258</b> |
| Thursday | Symonds Community Centre | 8pm - 9pm |      | <b>01438 361859</b> |

### Positive Movement

Positive Movement is a programme designed for older people, for anyone who is frail and/or at risk of falls, for those who experience mobility issues or a physical disability, for people living with a limiting long-term illness and for carers.

| Day     | Venue                    | Time           | Cost | Contact             |
|---------|--------------------------|----------------|------|---------------------|
| Tuesday | Bedwell Community Centre | 10am - 11.30am | £3   | <b>01462 678804</b> |

### Easy Fitness

Exercise class aimed to improve your mobility, strength and posture while having fun.

| Day     | Venue                    | Time      | Cost | Contact             |
|---------|--------------------------|-----------|------|---------------------|
| Tuesday | Bedwell Community Centre | 7pm - 8pm | £5   | <b>01438 314839</b> |

### Leisure 50's Table Tennis

A table tennis activity session for adults to be more active in a fun and friendly environment.

**This activity is not instructed**

| Day     | Venue                    | Time      | Cost  | Contact             |
|---------|--------------------------|-----------|-------|---------------------|
| Tuesday | Stevenage Leisure Centre | 2pm - 4pm | £2.30 | <b>01438 242605</b> |

## Leisure 50 Aquacise

Water based aerobics class designed for people aged 50+.

| Day       | Venue                     | Time      | Cost  | Contact                 |
|-----------|---------------------------|-----------|-------|-------------------------|
| Wednesday | Stevenage Swimming Centre | 3pm - 4pm | £3.50 | <b>01438<br/>218770</b> |

## Leisure 50 Swimming

Open swimming session for 50+

| Day       | Venue                     | Time      | Cost  | Contact                 |
|-----------|---------------------------|-----------|-------|-------------------------|
| Wednesday | Stevenage Swimming Centre | 3pm - 4pm | £3.50 | <b>01438<br/>218770</b> |

## Nifty 50 (Ladies over 50 exercise class)

For ladies over 50 who want to keep fit and have a chat and a coffee after.

| Day      | Venue                     | Time             | Cost | Contact                 |
|----------|---------------------------|------------------|------|-------------------------|
| Thursday | Shephall Community Centre | 9.30am - 10.30am |      | <b>07747<br/>868387</b> |

## Introduction to exercise

A circuit based class aimed at beginners and for those that want a gradual introduction into exercise.

| Day       | Venue                        | Time              | Cost  | Contact                 |
|-----------|------------------------------|-------------------|-------|-------------------------|
| Wednesday | Bedwell Community Centre     | 10.45am - 11.45am | £2.50 | <b>07766<br/>160149</b> |
| Friday    | St Nicholas Community Centre | 2pm - 3pm         | £2.50 | <b>07766<br/>160149</b> |

## Health Walks

The Health Walks programme is part of a countywide scheme of free, led walks, which aim to help people get outdoors, get more active and reap the benefits of being more active.

Visit our [Health Walks page](#) and find a walk to suit you.

## Keep Fit for over 50's

Gentle exercise class aimed to improve your mobility, strength and posture while having fun.

| Day       | Venue                    | Time             | Cost | Contact                 |
|-----------|--------------------------|------------------|------|-------------------------|
| Wednesday | Bedwell Community Centre | 9.30am - 10.30am | £3   | <b>01438<br/>314839</b> |

## Fellas Fitness

Come and get involved in this men's only exercise session designed to give you a workout at your own pace in a fun, friendly environment.

| Day       | Venue                   | Time      | Cost                 | Contact                 |
|-----------|-------------------------|-----------|----------------------|-------------------------|
| Wednesday | Marriotts Sports Centre | 8pm - 9pm | £5<br>Over<br>60s £2 | <b>01438<br/>317525</b> |

## Fit Steps 50+

A gentle step aerobics class for 50+

A fitness class using a mixture of Pilates and yoga to increase your core strength.

| Day    | Venue                    | Time              | Cost  | Contact                 |
|--------|--------------------------|-------------------|-------|-------------------------|
| Friday | Stevenage Leisure Centre | 10.15am - 11.15am | £4.20 | <b>01438<br/>242605</b> |

## Supple Strength (Pilates & Yoga)

A fitness class using a mixture of Pilates and yoga to increase your core

strength.

| Day    | Venue                   | Time              | Cost              | Contact             |
|--------|-------------------------|-------------------|-------------------|---------------------|
| Friday | Marriotts Sports Centre | 10.30am - 11.30am | £5 or Over 60s £2 | <b>01438 317525</b> |

### Love to Dance

Come along to Love to Dance and discover a whole new way to get fit while having a fantastic time! You'll learn a new style of dance every couple of weeks, and no matter what your experience, you'll love it!

| Day    | Venue                          | Time      | Cost | Contact             |
|--------|--------------------------------|-----------|------|---------------------|
| Friday | Stevenage United Reform Church | 1pm - 3pm | £2   | <b>02036 757215</b> |

### Walking Netball

A slower version of the game aimed at over 50s or people returning from injury.

| Day    | Venue                | Time              | Cost | Contact             |
|--------|----------------------|-------------------|------|---------------------|
| Sunday | Nobel School SG2 OHS | 11.30am - 12.30pm | £4   | <b>07834 500189</b> |

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### Business

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Land and Property  
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Local Land Searches

### Council and Democracy

Benefits  
Council Tax  
Customer Service Centre  
Elections and Voting  
Meetings, Agendas and Minutes  
Tenders and Contracts  
Working for the Council  
Councillors and Democracy

### Environment

Landscape and Woodlands  
Animal Welfare  
Pollution  
Rubbish, Waste and Recycling  
Street Care and Cleaning  
Sustainability

### Housing

Council Housing  
Housing Information and Advice  
Homelessness  
Garages  
Home Improvement Grants and Loans

### Leisure and Culture

Town Centre  
Museum  
Sports, Clubs and Centres  
Arts and Entertainment  
Parks, Open Spaces and Amenities  
Play

### Partner Organisations

Hertfordshire County Council  
Herts Police  
Gov.uk

### Planning, Building Control and Regeneration

Planning  
Planning Policy  
Building Control  
Regeneration

### Town and Community

Armed Forces Community Covenant  
About Stevenage  
CCTV  
Children's Centres  
Community Grants and Funding Advice  
Community Centres  
Emergencies  
Community Safety

### Transport, Roads and Footpaths

Roads and Pathways Maintenance  
Parking  
Passenger Transport  
Penalty Charge Notices

## Contact us

Facebook Twitter

Daneshill House, Danestrete,  
Stevenage, Herts SG1 1HN

Email: [csc@stevenage.gov.uk](mailto:csc@stevenage.gov.uk)

Telephone: 01438 242242

Out of Hours: 01438 314963

Make a general enquiry





Navigate the site

- Sports and leisure facilities
- Sports pitches and courts - Council owned
- Sports clubs in Stevenage
- Fishing at Fairlands Valley
- Activities for older people**
- Grants for talented young people
- Health walks
- Active Herts
- Elite Athletes Passport

Home > Sports Clubs and Centres > Activities for older people

## Activities for older people

The Council doesn't directly run leisure services in the town, but instead works with Stevenage Leisure Ltd to deliver them.

Stevenage Leisure manage the Leisure 50 programme. Apart from the numerous parks, open spaces and access to Leisure Centres the Leisure 50 offers opportunities to get involved in courses ranging from Theatre Skills to Calligraphy and fine to Pottery, from Swimming to keep fit at a variety of community centres within Stevenage.

- Line dancing - Western style sequence dancing
- Exercise & Relax - Ideal for the over 50's
- Vitality 50+ - workout for the young at heart - they also run a club on the 2nd Friday of each month (2nd floor in the Ellen Terry conference room)
- Pilates - 6 week course (contact us for start date)
- Extra Care Circuit - Cardiac rehabilitation class
- Extend - Gentle exercise for people with health/physical disabilities
- Leisure 50 Circuit - Circuits designed for the young at heart
- Yoga
- Leisure 50 Walks

### Contact details

Stevenage Arts & Leisure Centre  
Lytton way  
Stevenage  
Herts SG1 1LZ

[education@stevenage-leisure.co.uk](mailto:education@stevenage-leisure.co.uk)

Education: **01438 242 761**  
Box Office: **08700 131 030**  
Visual Arts Co-ordinator: **01438 242 644**

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

## Find information about...



### Business

- Business Advice
- Business Rates
- Commercial Waste and Recycling
- Health and Safety
- Invest in Stevenage
- Land and Property
- Licences and Street Trading
- Local Land Searches

### Council and Democracy

- Benefits
- Council Tax
- Customer Service Centre
- Elections and Voting
- Meetings, Agendas and Minutes
- Tenders and Contracts
- Working for the Council
- Councillors and Democracy

### Environment

- Landscape and Woodlands
- Animal Welfare
- Pollution
- Rubbish, Waste and Recycling
- Street Care and Cleaning
- Sustainability

### Housing

- Council Housing
- Housing Information and Advice
- Homelessness
- Garages
- Home Improvement Grants and Loans

### Leisure and Culture

- Town Centre
- Museum
- Sports, Clubs and Centres
- Arts and Entertainment
- Parks, Open Spaces and Amenities
- Play

### Partner Organisations

- Hertfordshire County Council
- Herts Police
- Gov.uk

### Planning, Building Control and Regeneration

- Planning
- Planning Policy
- Building Control
- Regeneration

### Town and Community

- Armed Forces Community Covenant
- About Stevenage
- CCTV
- Children's Centres
- Community Grants and Funding Advice
- Community Centres
- Emergencies
- Community Safety

### Transport, Roads and Footpaths

- Roads and Pathways Maintenance
- Parking
- Passenger Transport
- Penalty Charge Notices

### Contact us

-  Facebook
-  Twitter

Daneshill House, Danestrete,  
Stevenage, Herts SG1 1HN

Email: [csc@stevenage.gov.uk](mailto:csc@stevenage.gov.uk)  
Telephone: 01438 242242

Out of Hours: 01438 314963

Make a general enquiry



Community meeting

Local areas what are their facilities and costs

**Welwyn and Hatfield**

No Arts

Leisure centre swim - £32.50 Raquet - £34.95 all inc £58.96 disabled £20.95

Cultural consortium??

**Bedford**

Art – Higgins gallery – temporary exhibitions, school holidays, health and well being,  
Bedford Corn Exchange

**Leisure**

Track – season ticket £153.30

Kempston outdoor centre, John Bunyan sports and fitness – gym/yoga/indoor cycling

Concessions for <18 yrs, full time student, war pensioner, > 60 years, on benefits, carers allowance,  
pension credit, and working tax credit (universal credit)

**Luton**

Many choices

Inspire - £37.00 or £370.00 per annum - for 2 £67.00 or £670.00 per annum

Lea manor £29.00 or £290.00 per annum - for 2 £52.00 or £520.00 per annum

Lewsey £25.99 or £250.90 per annum – for 2 £47.00 or £470.00

Stockwood athletics

Track and gym £17.00 or £170.00 – gym only £15.50 or £155.00

**Luton Library theatres**

Shows what is on

Activities for older people – walking, football, Nordic walking, gym

Luton Arts

Hat factory, library, wardown house museum stockwell park discover centre.

**North Herts**

Leisure Centre – gym/swimming/sports/workout

£46.00 or £460.00 or off peak £38.00 or £380.00

Workout and swim £35.00 or £350.00

Swim only £27.00 or £270.00

**Stevenage Leisure**

Has many activities on show.

**Children and teens**

Aqua Ed, Playschemes, Theatre workshops, also showing activities in other areas ie N Herts,  
Bedford, Flitwick

**Centres**

Memberships

£41.99 or £461.89

Lifestyles £26.99 or £290.89

For 2 £48.99

**Gordon Craig**

Good site showing what is on and prices

Healthy Hub

Gym, health referrals

Pool

Shows facilities and exercise programmes

Fairlands Valley

Shows the variety of activities clearly with dropdown

Golf

Clearly shows the different facilities available

Community Select Committee  
Review of Sports & Leisure across Stevenage – Members’ Resident Survey – collated responses  
(6 completed Surveys)

Please can you help Stevenage Borough Council with some research for a review they are undertaking?  
Any comments you make will remain anonymous but would be used in the Councillors reviews.

Male or Female:        2 Male 4 Female

Age: Average age 47

**Scrutiny of Sports & Leisure across the town**

**Do you use any sports or leisure facilities in the town? Those run by Stevenage Leisure Limited - Stevenage Leisure Centre/Golf Centre/Swimming Pool/**

Swimming Pool: I

Leisure Park/Cinema: I

Don't use any of the facilities: II

**Do you use the Gordon Craig Theatre? If so what do you think of the programme?**

Yes: IIIII (5)

What do you think about the programme?: Very good choice/ Very good/ Great / Great programme / Reasonably good

**Are you a member of any private clubs or other leisure providers in Stevenage (David Lloyd/TruGym)?**

Trygym: II

**Are you or other family members involved in any amateur clubs or societies (football/Netball clubs/amateur dramatics etc.)?**

No: II

Cornerstone Table Tennis & Football Team

**What is your opinion of the range and offer of sports and leisure facilities (both council owned and private) that are on offer in Stevenage?**

Good: II

Poor: I (Football pitches are a real problem, its killing off grass roots football with the lack of dedicated facilities, team support and cost

**Is this affordable?**

Yes: II

No: I (£80 for a football pitch and no guarantee any home ground)

**If you have any mobility issues are these facilities accessible to you?**

N/A: III

Yes:

**If you don't regularly use leisure facilities what puts you off and what would encourage you to use them?**

- Lack of time as I do other non-leisure centre sports

N/A: I

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By virtue of paragraph(s) 3 of Part 1 of Schedule 12A of the Local Government Act 1972.

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