

Callywith College

Callywith College accessed support to encourage physical activities for people living in the Bodmin community to use its new gym facilities.

What has this support enabled you to do?

We've run two projects offering a mix of exercise referral sessions at the new gym facilities at Callywith College, including sessions that women were able to bring their children along to in the evenings.

Who have you been doing it with?

We have provided six different participants from LSEG with LTC the opportunity to access 12 weeks of exercise referral sessions. We've also provided 11 different female participants from LSEG with the opportunity to access 10 weeks of exercise and improved health sessions.

What has this support changed for your members or your organisation?

The support has undoubtedly stimulated changes in behaviour amongst the participants and helped them start a new healthier chapter in their lives.



What has been the best thing about having received this support?

The sessions have been as much an opportunity to socially interact with others from a similar situation, as well as a chance to become physically active.

Has the support highlighted any challenges for those wanting to access physical activity?

The biggest challenge has been the participants getting doctors letters to confirm they are safe to participate in the programme (a safety requirement for the project). Many have had to pay £40 for the letter. We have had a number of people express an interest in participating in the programme, but not being able to afford to pay the £40 for the letter, or having to wait weeks to get an appointment with their doctor to get a letter. This has definitely had a detrimental effect on the number of participants in the programme.

