



The Friends of Debdale Park

Active Living Programme

Debdale Park is the only substantial green open space in the densely urbanised Gorton Ward of over 40,000 residents. Gorton is not only amongst the most deprived areas of England but has some of the worst health statistics across a number of indicators.

Over the years the Friends of Debdale Park have worked to make the park a place which will be of benefit and enjoyment for everyone of all ages and abilities in the community. The aim is to create an inviting activity based park which will promote general health and well-being. This the aim of the **Active Living Programme**.

To achieve this the Friends started with *the children's playground* which, though well used, was neglected and unexciting. A funding package of £60K, put together by the Friends and kick-started by an Awards for All grant of £10K. enabled the playground to be refurbished with six new pieces of play equipment in the summer of 2016. It attracts dozens of children a day with an annual total of users estimated at over 10,000.

The Friends have also created an *Activity Room* in the former changing room complex next to the playground which provides indoor facilities for groups on rainy days.

Building on this success for children the Friends are seeking to expand their **Active Living Programme** to the whole family and all ages by restoring the old tennis courts as a *Multi-Sport area* for older juveniles and young people in general. Also to create a *Green Gym* which can be used by adults and the whole family for a fitness workout.

The *Multi-Sport area* will provide an attractive venue for young people to gather, socialise and exercise in a safe environment. It will incorporate a MUGA and two all-weather tennis courts at an estimated cost of £50K. The facility will also be used for youth provision in the evening in conjunction with sports coaching and to address anti-social behaviour issues.

The location of the *Green Gym* will be alongside a proposed new *100M Cycling Track* which is to be funded with a £42K grant from 106 money already approved by the council. The various pieces of the *Green Gym* will provide an integrated exercise facility consisting of six frames for overall muscular development improving strength, flexibility and balance. Estimated cost £10K.

When used in conjunction the equipment will provide for a total body workout It will be available to the significant number of people who already use the park for running and outdoor activities as well as pupils from a nearby school and people undertaking personal training.

All the work of the Friends volunteers draw on the widespread support and involvement of the local community. Funding will enable the Friends to significantly enhance the resources in the park so that there is something for everyone.