

Appendix E



Good News Stories



Eclipse's 1st Birthday

The first anniversary of the Eclipse leisure centre in Staines-upon-Thames was celebrated with a community open day on Saturday 18 October. Leader of the Council Cllr Joanne Sexton, the Mayor Cllr John Doran, and special guest Diana Moran BEM, the iconic 'Green Goddess' fitness expert, were joined by residents, councillors and staff for the day's celebrations. The event included a guided tour of the centre's state-of-the-art facilities, culminating in the unveiling of a commemorative plaque. Throughout the day, families enjoyed a packed programme of activities including swimming, active play and bounce, clip and climb, free gymnastics and personal training taster sessions and face painting. The Mayor cut a cake to mark the centre's first birthday and contributions to selected activities were also donated to the Mayor's charities.



Healthy Communities Award

In October we saw Jason Lane win the Healthy Communities Award as part of the 2025 Community Matters Awards within Places Leisure's wider company, Places for People.

Jason has been recognised for his outstanding work and commitment to supporting the local Parkinson's group within the Spelthorne community. His dedication has made a real difference in the lives of so many.

He and the Spelthorne Parkinsons Group are frequent attendees at the leisure centre so it is great to see Jason getting this award and we look forward to see what he and the group tackle next.



Parkinsons Spinathon

In January, people came together to at Eclipse Leisure Centre to cycle 2013 miles in a Spinathon event to raise £2500 for Spelthorne Parkies Support Group which supports those living with Parkinson's and their families in the local area.

In its second year, the event took place over 12 hours with over 100 people taking part in the charity Spinathon including members of the support group and their family as well as Places Leisure members and local partners.

Places Leisure who operates and manages Eclipse Leisure Centre on behalf Spelthorne Borough Council, get several local people looking for support with their Parkinson's through several channels including Exercise Referral. Currently the centre has around 40 people participating in their Move and Shout classes – a 12-week programme of tailored sessions to help more people living with Parkinson's to get active and live well with the condition as well as other activities. Places Leisure and the Spelthorne Parkies Support Group work closely to share their activities and support to ensure people get the help they need.



Exercise Referral

From October 2024 to March 2026, we received a total of 511 referrals from health professionals.

We saw a 72.41% uptake of participants meaning 370 people decided to get started with the scheme.

We have expanded our scheme from 7 classes to 11 in total across the contract, adding Aquatic rehabilitation as well as Pilates to our timetable. This has allowed us to deliver activity at both Eclipse and Sunbury leisure center.

We have also added classes onto our gym floor to help break down the barrier of participants being nervous to try the gym. We have been able to expand our team to support customers into this environment more to help improve the quality of their rehabilitation.



Article for classes:
<https://www.healthclubmanagement.co.uk/health-club-management-press-releases/how-the-speedflex-classes-at-places-leisure-have-transformed-their-members-fitness-journey/362238/>



Work Well

WorkWell is a free one-to-one coaching service that helps Surrey residents with health issues and/or disabilities start, stay or return to work.

The Spelthorne contract supported 50 participants through the work well scheme. We provided physical activity support to the participants in relation to their long-term health conditions. We received referrals via Spelthorne Jobs and Skills hub which has also increased referrals into the leisure centres exercise referral scheme, This means we can support the ongoing of any activity they have taken up during their time on the programme.



28722-126367-6005-1119833's Story

PILOT AREA: Spelthorne

 Background	 How we helped	 The outcome
This 22 year old female came to the Physical Activity Service with poor mental health. She wanted to take part in more physical activity but was facing financial barriers.	The Eclipse Leisure Centre kindly assisted this student with a 3 month complementary membership. She used this to access the gym.	This Spelthorne resident secured a job during her time with the WorkWell programme. She reported that the use of the gym membership had helped improve her mental health and increased her confidence levels too.

28722-125799-6005-1106886 's Story

PILOT AREA: Spelthorne

 Background	 How we helped	 The outcome
This 54 year old male was referred into WorkWell with back pain and diabetes. He also had mental health challenges around depression and anxiety.	The gentleman began to see Lisa the Personal Trainer to assist with his back issues. They met in person at the gym, and then the Client continued to exercise at home, using the home workout plan Lisa created to help his back recover and strengthen. This Client also began to see a physiotherapist on Lisa's advice.	The Client gave great feedback, reporting that the home workout and hands on treatment from the physio were both really beneficial and that he saw an improvement in his quality of life as his pain reduced. The PAA service really helped this man value physical activity: in his first appointment he stated he thought physical activity was 'somewhat important' for his health, whereas in subsequent appointments he said he thought physical activity was 'very important' for his health. It is great to see how the Physical Activity service within WorkWell has helped this man to see how physical activity can boost both physical and mental wellbeing.

28722-126367-6005-1112859's Story

PILOT AREA: Spelthorne

 Background	 How we helped	 The outcome
A 65 year old female came to the WorkWell Physical Activity service suffering from pain relating to her osteoarthritis. She was keen to reduce her pain levels and was hoping swimming might help her achieve this.	This lady took out a gym membership at her local gym and started taking part in the Health Active Aqua classes at the Eclipse Leisure Centre.	The Client attended aqua classes once a fortnight and was rowing and cycling at her local gym too. Her attitude towards the WorkWell programme was really positive and she reduced her daily sitting time from 5-7 hours to 3-5 hours during the course of her appointments which will have great benefits.

Big Sister

We have 141 girls taking advantage of our Big Sister memberships, 10 of which are currently free.

One of the girls, Annabel Phillips, has been attending big sister for a year now. She had never stepped foot into the gym before and wanted to try something new. She is home schooled and lives half of the year in America. Her confidence has grown incredible amounts and her strength is improving every week. Her commitment is unmatched, she attends both our we move sessions at Eclipse and our sister site in Sunbury. She now attends to gym independently and is enjoying the freedom of applying the skills she has learnt at We move sessions into her own sessions. Annabel" I really enjoy the Big Sister program. I like that we get to do different things each week that I may not have done otherwise. Faith is a great teacher and explains everything well and motivates me every session. I wouldn't have gone to the gym if I hadn't heard of this program. I look forward to every session."



Inspiring Active Pathways

Earlier this year we started a partnership with Active Surrey and Future Fit to aid a charitable business “Inspiring active pathways” to provide free sport personal development courses in our deprived areas within our borough.

This project has extended to supporting 6 women to becoming qualified in their Exercise to Music Level 2 qualification. We were able to support the project by giving the ladies an insight into working within leisure.



Dramatize

Since 2024, the Dramatize group has been using the leisure centre pools to provide swimming sessions for its attendees.

The activity has given participants the opportunity to exercise, build confidence in the water, and enjoy a social environment.

Regular sessions have helped promote wellbeing and inclusion, while making good use of the leisure centre's facilities. The programme has been a positive way to support attendees through accessible physical activity and community engagement.



Staines 10K

Staines 10km run 2025 Places Leisure are the official ribbon and t-shirt sponsor as well as the home of race headquarters for the event (Eclipse). The event was sold out with 800 runners. 11th May 2025



Parasports

We were delighted to welcome our local MP, Lincoln Jopp, to the newly developed Eclipse Leisure Centre!

Mr. Jopp toured the impressive new facilities and took time to learn more about the inclusive community programmes we're proud to support, including our Parasports session for neurodivergent children run by some amazing volunteers.

It was fantastic to see him not only show genuine interest but also get stuck in and join the session, meeting the young participants and their families. His support highlights the importance of accessible, adaptive sport for all.



Active Surrey

Active Surrey has worked closely with Places Leisure to deliver good quality projects that help people become more active and improve their health and wellbeing. By working together, both organisations have shared skills, knowledge, and resources to support local communities across Spelthorne.

A strong example of this partnership is the Stanwell place-based project. This project focused on the needs of local people in Stanwell and provided activities designed for the community. It is helping bring people together, improve wellbeing, and create more chances for residents to be active.

Alongside the Stanwell project, Active Surrey and Places Leisure have also worked on other projects such as WorkWell and Be Your Best. These have included family activities, health programmes, inclusive sports sessions, and community events. Their partnership has helped deliver positive results and lasting benefits for local people.



A2 Dominion

We have delivered a mobile bowls session in Stanwell, our priority ward for the contract. It took place in the heart of the town in the community centre, and the participants feedback was all very positive.

We are due to return to the centre to continue to take part in the group's activity programme.



Young Carers

Here at the Eclipse, we have created a special connection with the young carers at our local primary school.

We have set up a monthly activity for the young carers group to attend as a reward for their hard work in and out of school.

They attend Clip n Climb, Active Play and Bounce as well as coloring and Hot Chocolate sessions.



Surplus for Supper

Since partnering up with Surplus for Supper we can now provide our women who access the centre with free hygiene and sanitary products.

This is such a great provision for our women on site and will help break potential barriers to exercise!



Young Carers

We provided some half term activities in our priority ward Stanwell Moor! We linked with Active Surrey to provide some dodgeball sessions which the children loved and we will be replicating this in Christmas holidays.

The community hall is the heart of the town and the leader of the hall is actually a guardian to some of the children and is known as the “town grandma”.

It was great to give Maureen a helping hand keeping the children she cares for active in the holidays!



Good Boost

We have launched Good Boosts of January 2026, so far we have seen 51 people benefit from taking part in the programme.

Good Boost is a well evidenced, multi-award winning NHS DTAC approved digital health technology that transforms any space into a therapeutic environment.

Following registration and screening, the Good Boost tablet provides each participant with a personalised aquatic or land-based programme, tailored to their needs and shaped by their MSK conditions and other long-term health issues.

Through regular feedback, Good Boost's AI continuously refines and adapts the programme, ensuring it remains responsive to each individual's progress. The platform also presents health impact data through an industry leading dashboard, enabling national level outcomes to be clearly and effortlessly understood. Further using a logic based on WELLBY improvement, the dashboard displays a social value of approximately 11X that of our average 4global value per visit.



Health MOT's

We were proud to represent Eclipse and Sunbury Leisure Centre at the Stanwell Community Information Day, hosted by our fantastic partners at A2Dominion.

We delivered our first round of Health MOT's and it was great to discuss and share the health and wellbeing services we offer.

It was a good opportunity to connect with local residents and engage with other community organisations working hard to make a difference in Stanwell.

We have since delivered 127 Health MOT's within the leisure centre and are revamping the current model in order to find a better way to support Spelthorne residents with their health related goals.



Move Through Menopause

In 25/26 we ran 2 Move Through Menopause courses – one at Eclipse and one at Sunbury

We saw a total of 12 ladies complete the course.

All of which saw improvements in their levels of activity as well as their mental wellbeing.

We had the most amazing group of ladies join us. Their honesty, and willingness to try new activities, and rediscover old ones, made every session a joy. By the end of the course, they had even created their own group chat to stay connected, proof of just how supportive this space became.

One of the highlights was seeing everyone reignite their love for classic sports hall activities they hadn't touched in years.

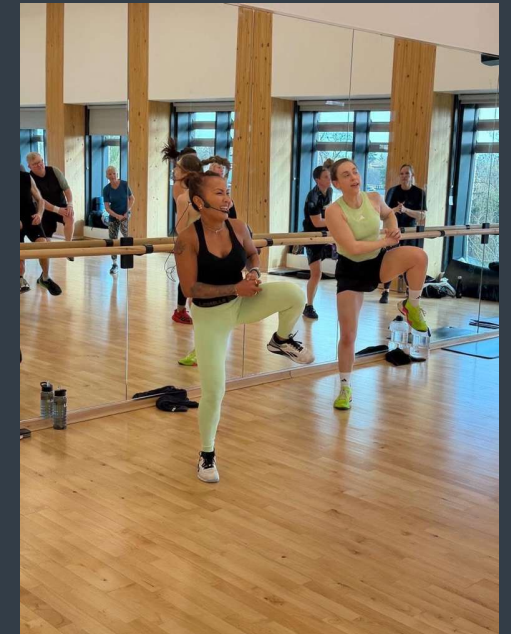


Group Exercise Launch Days

Each quarter, we host a Group Exercise Launch Day designed to energise our members and showcase the latest Les Mills class releases.

The event brings the community together in a high-energy, supportive environment where members can try new workouts, challenge themselves, and rediscover their motivation.

With a mix of music, movement, and expert-led sessions, Launch Day not only highlights what's new but also reinforces the fun and social side of fitness, helping members stay active, engaged, and excited about their training journey.



SEN Outreach

Active Surrey and Family Voice Surrey, invited us to take part in a SEND Movement & Wellbeing Event for children and young people with Special Educational Needs and Disabilities (SEND) and their families.

The free day aimed to promote the importance of movement, physical activity and wellbeing, help families discover inclusive, local opportunities and services. As well as create a welcoming space for families to connect with organisations that support children and young people with SEND

