



Section 106 Funding Application

Supporting information.

The Malton Community Sports Centre (MCSC) is seeking to expand the provision of sport, health and wellbeing facilities available to each and every citizen who lives in Ryedale and the surrounding areas. In order to achieve this ambitious target, the current facilities available at the centre will need to be supplemented by a state-of-the-art health, fitness and wellbeing facility, designed specifically to cater for a full range of community needs including rehabilitation programmes, older person's activities and social opportunities, sports injury clinics and making such facilities accessible to harder to reach groups. This will fill a niche within the community of Ryedale which is not currently catered for.

By supporting this application, Ryedale District Council (RDC) can demonstrate to each and every person living in the area that regardless of personal circumstances, abilities or ambitions, the continued health and wellbeing of all citizens in Ryedale is a significant issue on the Council's agenda.

1. Detailed description of the project.

Since opening in February 2011 MCSC has grown year on year in terms of the range of activities offered and the number of members of the community using the facilities. The current programme caters for a wide demographic from across the local community, with provision offered to people aged from 3 to 103 years.

The centre currently offers:

- Sports coaching to juniors in a variety of disciplines;
- Instructor led health and fitness classes;
- Support to senior health and wellbeing provision
- A venue for the blood transfusion service in Malton;
- First class facilities for local clubs, groups and organisations;
- Support to local providers of sports training;
- A counting station for both local and general elections;
- Facilities for community group meetings and fundraising activities;
- The centre also utilises facilities at Malton School to promote coaching education courses to help develop new volunteer coaches from within our local community.

MCSC are now looking to expand the existing facilities, as means of furthering the offer and support provided to everyone within the local community. The aim of the

new facility is to allow greater engagement, particularly within hard to reach demographics and to help to address serious social disadvantages when it comes to access to suitable and affordable sports and health and wellbeing facilities.

MCSC also wants to ensure that the wider community of Ryedale have access to the best possible purpose built facilities and for the proposed new facility to become a health, fitness and wellbeing hub, supporting a wide variety of community needs. The facility will measure 12 metres wide by 30 metres long and will sit on the grassed area to the road side of the main sports centre building. The building will be accessible via a glass pained wall in the foyer area of the current building and will stretch the full width of the centre.

The building will be able to be split into 2 distinct rooms, with a sound proof bi-fold door providing the divider. This will mean that, as required, the facility can be opened out to provide a large scale, single room.

The larger room (20m x 12m) will contain a functional health and fitness suite, incorporating traditional fitness equipment, more modern functional training areas and equipment as well as state of the art rehabilitation machinery. This room will support GP referral sessions, rehabilitation in a number of forms, (including health recovery in partnership with Malton Hospital) and sports injury recovery facilities. The new rooms will also be used to provide targeted sessions such as weight management and senior wellbeing programmes. The space will be opened to the wider public for health and fitness training and will allow MCSC to support apprenticeship and health and fitness instructor training.

The smaller room (10m x 12m) will be utilised as a facility for health and fitness classes, community group meetings, parent and toddler sessions, 1 to 1 work, small group activities and coach education provision. This room will also feature functional training equipment that can be set back against a wall when not in use, but which will become part of the wider facility once the bi-fold doors are withdrawn.

Having this new facility will allow MCSC to relocate health and fitness classes from the main sports hall. This in turn will create increased booking opportunities within the main hall for local clubs, groups and individuals, throughout all hours of opening.

The building will be erected on a steel pin and framework structure, removing the need for intrusive and costly groundworks, and making the building removable if ever required. The building itself will be a modular structure, with panels fitted to a steel framework. A reinforced floor will be installed to accommodate the weight of the machinery and users, and a pitched, clad roofing system will be constructed. The new build can also be colour coded to match the existing scheme of the building. There will be fire doors in both rooms, with exit routes to the fire meeting point in the car park.

MCSC have confirmed with the original build company, WM Birch, that there is an overspill car park under one of the grassed areas in the main car parking area on site. This was put in during the original build of MCSC as the Fitness suite development was identified as a future development when the original building project was approved. As part of the proposed new build this area will be opened up, providing a further 35 parking spaces to support an anticipated increase in users of the new development.

2. What makes MCSC different?

MCSC has always focused on providing the best possible facilities, activities and experiences for the community of Malton, Norton and surrounding areas. The centre prides itself on high quality facilities, customer service, excellent housekeeping and high quality coaching, instruction and club support.

The proposed new facility will allow MCSC to expand the current community provision of sport, leisure and recreational activities available to the wider community. The major focus of the centre will be to utilise the new facilities for specific targeted work as a means of addressing a series of social imbalances. This will include a GP referral, delivered in partnership with GP surgeries around Ryedale. This will be an extension to the successful rehabilitation referral programme currently being run in partnership with Malton hospital, the weight management scheme currently run in partnership with the Ryedale NHS weight management service and a trip and fall prevention programme currently run in partnership with NYCC and North Yorkshire Sport.

In addition, the centre will look to attract local sports therapy specialists into the facility, to support injury management and rehabilitation. The functional aspect of the facility will play a major part in this area of targeted fitness. Where static aerobic and anaerobic machinery have previously been the norm with fitness suites, the planned facility will be designed with functional training solutions as a key focus, ensuring that MCSC provides a facility that will be unique within Ryedale. The equipment will be interchangeable and available to use as individuals, in small groups or by an instructor in delivering a programmed session.

Within the UK, the fitness industry is catching up with countries such as the USA and Australia, and in developing this functional approach (Cross Fit, TRX Training) for both fitness and rehabilitation purposes. Evidence from those countries has shown that such an approach has mass appeal to a broad demographics of potential users.

The centre will work closely with partners to provide state-of-the-art rehabilitation machines that can support serious injuries and weight management issues. One such provider, SportsArts have committed to working alongside MCSC to make this development one of their show-piece centres, and would like MCSC to trial their latest therapy equipment in the UK. This would provide an amazing opportunity to attract new people into the area and more importantly, to support people with the greatest needs within the local community, helping MCSC to achieve one of its strategic goals of providing 'Activity for All'.

MCSC wants to utilise the new facility for the greater wellbeing of the local community. Targeted sessions with specific user groups will form the bulk of the work undertaken within the new facilities. We want the new facility to be as successful as it can be and as accessible to as many individuals as possible, so while the Fitness Suite will be open to all members of the public it will not be actively marketed as an alternative to other local providers.

It has been highlighted within the main business plan that supports this bid, that other gyms and facilities within town have a specific demographic who frequent that particularly facility. MCSC wants to provide a facility that compliments the range of opportunities that the local community have access to. Pricing will be set at a level

which reflects the market rates for similar types of facility elsewhere. Whilst discounts will be available for specialist target groups (e.g. for the proposed weight management and rehabilitation programmes to encourage participation,) the price to the general public will reflect the nature and position of this unique facility within the sports and leisure market. MCSC will not engage in actively recruiting from other local providers. Any cross over or transfer of users will only ever be due to individual choice, perhaps for example, to move to something more suited to their goals or needs.

3. An accurate assessment of the cost.

MCSC have considered a number of build and design options in order to determine the most cost effective process to achieve this vision. Construction will include a series of ground works to create a suitable base to house the modular building that will become the MSCS Health and Wellbeing Centre.

The most realistic costings to date price the turnkey build of this facility at just under £580,000, which includes planning applications, ground works and a fully completed build, which includes air conditioning, Wi-Fi and smartphone charging facilities.

Included within the original application evidence pack is a full breakdown of costings for both the facility build and the equipment that will be used to furnish it.

4. A timescale for the commencement of work / invoicing.

If a positive decision regarding the funding of this facility through Section 106 money is reached, it is hoped that work can begin in August 2019. The project should only take in the region of 6 weeks to complete.

The start date will be dependent on funding from both RDC and Sport England (see below). The aim is to have the facility open to the public from September 2019.

5. Project funding.

Malton School governors have set an initial budget of £50,000 (£25,000 each being provided from the school and the sports centre budgets) towards the £580,000 required for the build of this new facility. The agreement from the governors is that this money will only be committed once the larger amount of required funding is confirmed (£530,000).

To achieve the total funding required, Malton School and MCSC are looking at two potential sources of external funding. The first is through Section 106 funding from RDC, at a figure of £220,000. Should this request be agreed, MCSC will then approach Sport England for funding, requesting a total of £310,000. This will enable the centre to build the new facility to a turnkey finish.

Once completed, the new facility will be furnished by a UK based company called SportsArts, who specialise in health, fitness and wellbeing equipment, as well as sports injury and rehabilitation machinery. The cost of the equipment will be met by MCSC, and will be spread over a 3 year period within the centre's annually revised three year budget forecast.

MCSC are eager to progress this project so that the residents of Ryedale can start to benefit from this new facility at the earliest opportunity. The centre know from research that the type of facility that has been proposed can deliver significant improvement in individuals from all kinds of socio-economic backgrounds, age groups and with all types of needs relating to their personal circumstances and specific requirements.

In addition, the long term sustainability of MCSC will be significantly enhanced by the approval of this project. Ryedale District Council in granting their support to the MCSC health, fitness and wellbeing centre will provide the first step towards developing a new facility in the area which will be appreciated by the town and its communities for many years to come.

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