

## **Press Release**

# **Outdoor Gym Proposals Get The Go Ahead From Town Council**

Plans to build an outdoor gym in Hailsham in a bid to boost health and fitness have been given the go-ahead by town councillors.

The proposal to build an outdoor gym on Hailsham Recreation Ground in Western Road came from Hailsham Youth Council members earlier this year, which has organised a small working party to look at the design of the proposed facility and funding opportunities available.

Hailsham Town Council formally agreed to the Youth Council's proposal to construct an outdoor gym on the recreation ground at their meeting last Wednesday [16<sup>th</sup> November] subject to design specifications, health and safety considerations and planning permission where required.

The equipment will be specially designed to suit all ages and abilities and could include an air skier, cross country skier, double rower, seated leg press and a push up station, which would be modelled similar to a playground.

Funding is currently being sought for the equipment and installation costs.

"I am delighted to hear that the Council is very much in favour of the idea," said youth project worker Rowena Cole. "Outdoor gyms are becoming very well-established throughout the country, with equipment already installed in nearby towns including Eastbourne and Bexhill."

Hailsham Youth Council chairman Mark Joyes said, "We are all being told these days how important it is to stay healthy and take part in plenty of exercise. An outdoor gym will also help bridge the gap between younger and older members of the community."

"Hailsham Youth Council will do everything it can to help the local community and will carry on looking for funding to get the project completed."

Town Clerk Liz Jones commented, "Those striving to 'get fit', young and old, could soon benefit from a helping hand in Hailsham where an outdoor gym is planned. People will be able to exercise and enjoy the fresh air at the same time."

Generations can be brought together in Hailsham as a result of the outdoor gym that is planned, which could help to improve relations and perceptions between younger and older people, and to encourage them to engage more frequently with one another."

"The Youth Council is fighting long and hard to get this outdoor gym up and running and I very much hope funding bids for its equipment and installation will be successful and that the community will support us with this important project."

Hailsham Youth Council has invited members of the public interested in supporting the outdoor gym construction project to complete an online survey, where an opportunity for suggestions is also available. The survey can be accessed at [www.hailshamyc.org/polls.html](http://www.hailshamyc.org/polls.html). Alternatively, contact Andy Joyes on 01323 841702 (during office hours).

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