

BETTER

Working in partnership with

BARNET
LONDON BOROUGH

Partnership
Engagement Brochure



GLL

WHO ARE WE & WHAT WE DO?

As a charitable social enterprise, here at Better, we work to ensure all of the communities we serve have the opportunity to be physically active. Working in partnership with the London Borough of Barnet, we create new opportunities for Barnet residents to improve their overall health and wellbeing through a range of community projects, including physical activity, employment and health interventions.

At Better we understand the importance of partnership work with local stakeholders, ensuring we can make the biggest possible impact and reach the Barnet community who would benefit the most from health and wellbeing opportunities.

In Barnet, on behalf of the London Borough of Barnet, we operate 5 Leisure centres

- Barnet Copthall Leisure Centre
- Hendon Leisure Centre
- Burnt Oak Leisure Centre
- Finchley Lido Leisure Centre
- New Barnet Leisure Centre

It's our vision to create new meaningful and long-lasting relationships. Throughout this brochure, we want to invite you, our community stakeholders to join our journey and work in partnership with us, providing accessible, enjoyable and innovative health and wellbeing opportunities for Barnet residents.

You may know us as either Greenwich Leisure Limited (GLL) or Better. In 1993, we started our work in Greenwich, since growing as an organisation, we introduced our customer facing branding, Better, and this is our brand name which you will know us as and see on all of our marketing and communications.



DID YOU KNOW?

Better in Barnet – key facts



879 Barnet athletes supported through the GLL Sport Foundation.



£493,000 worth of funding provided to Barnet athletes through the GLL Sport Foundation.



50,000 members, inc, Health and Fitness, Inclusive, Fit & Active Barnet, Healthwise and other targeted membership types.



£6.5 million social value generated per year.



60 new and sustainable sport and physical activity opportunities per year, delivered in partnership with community stakeholders.



20 apprentice opportunities per year.



25 work experience placement opportunities per year.



40 volunteering opportunities per year.



Poolpods at all leisure centres with a swimming pool.



Accredited **Inclusive Fitness Initiative** leisure centres, providing accessible spaces for residents.



Community Sport and Health Team dedicated in supporting the health and wellbeing of all Barnet residents through the delivery of various sport and health interventions.



4000 children learning to swim per week.

INCREASING PHYSICAL ACTIVITY

In addition to our gym, swim and fitness class offer, here at Better we offer a range of community projects. These projects are designed to provide a wide range of opportunities for people across Barnet, removing barriers to physical activity, such as cost, cultural barriers and time constraints. We take pride in the preparation and delivery of our in centre and community programmes, which are aimed at reducing isolation, providing inclusive opportunities and increasing physical activity for all Barnet residents.

Our targeted in centre programme includes a range of free and low cost activities, such as the project we deliver in partnership with Middlesex Association for the Blind, which is a free activity for people who are blind or partially sighted with attendees taking part in a range of sports at Barnet Cophthall Leisure Centre. We also deliver a Club programme of sports activities which allows older adults from across the Borough to come together each week and take part in a range of activities including Badminton, Walking Football and Walking Netball.

In addition to the above mentioned in centre programmes, here at Better, we believe physical activity opportunities should be available and accessible to everyone. In Barnet, we operate a Hub Network, comprising of satellite sessions, delivered from outside of our leisure centres and in the communities where insight tells us participation in physical activity is lower. Satellite sessions are set up at community venues which help break down common barriers when accessing physical activity, such as fear on the unknown and travel. Hub sessions can be delivered from any community space or venue, such as community centres, green spaces, places of worship, children centres, care homes and schools. These sessions target specific groups that don't necessarily receive the same opportunities as others or who find them difficult to access.

Hub Network projects are led by fully qualified coaches, who teach fundamental skills and provide individuals with positive and enjoyable experiences that make it easy for them to become active or to develop more regular healthy habits. Each year, it's our aim to create 60 new and sustainable sport and physical activity projects.

Our Hub Network is designed to deliver physical activity opportunities to any of the below target groups.

- Women & Girls
- People living with a Disability
- People living with Long Term Health condition
- Black, Asian, and Minority Ethnic (BAME)
- Children & Young People
- Older Adults (55yrs+)
- Low socio-economic groups

If you're an organisation which would benefit from being a part of our Hub Network of satellite projects and want to work in partnership with to support us in creating our 60 yearly projects, please contact Petrit.krasniqi@gll.org





GLL SPORT FOUNDATION

At Better, we recognise all levels of physical activity and sporting achievement, in addition to delivering new opportunities to Barnet residents who may not already be physically active, we support local people who are excelling in their chosen sport through our GLL Sports Foundation scheme (GSF).

Our GSF scheme provides athletes across the UK with financial help, physiotherapy, gym memberships and more, giving local people the best opportunity to fulfil their full sporting potential.

In 2022, GSF supported the following

- 54 Athletes Supported
 - 31 supported athletes are aged under 21
 - 18 supported athletes are aged under 16
- £28,300 value
 - £4,000 cash
 - £24,300 in kind
- Over 20 different sports supported across our athletes.

We want to continue to increase our support to talented athletes across Barnet. If you are a local sports club or organisation which knows people who would benefit from being on the scheme, please contact Andrew.gilbert@gll.org or visit gllsportsfoundation.org



HEALTHWISE



To compliment our varied in centre and community based offer, we also operate the Healthwise scheme. This pathway has been established working in partnership with Barnet Public Health Barnet, and other healthcare providers, supporting residents with health conditions and to be physically active and lead healthier lifestyles.

The Healthwise scheme includes the following programmes:

Adult Weight Management (AWM) - AWM is a weekly group based physical activity and nutrition project, delivered by our Better Healthwise team. To access AWM, as a Barnet resident you must either be referred to our team via your GP or you can also self refer through visiting better.org.uk/self-referral.

Physical Activity Referral Scheme (PARS) - To access this programme, as a Barnet resident you must be referred to us by a healthcare professional. PARS is a 12 week programme designed to encourage people of all abilities to become and remain physically active, helping to increase fitness levels and improve physical and mental well-being.

Better Balance - Our Falls Prevention classes are a great way for those of you who are at risk of a fall or who are in fear of having a fall. Better Balance is delivered by our Healthwise team and is a great way for people to develop their strength and balance that they may need to reduce the risk of falling. To take part in our Better Balance scheme, residents will need to speak to their GP and ask to be referred into Barnet Healthwise.

Cancer rehabilitation - Our Healthwise Cancer programme provides a 12 session physical activity programme of 1-2-1 support from a qualified exercise instructor, designed for individuals aged 18 years and over, with a cancer diagnosis within 5 years.

Residents will need to speak to their GP or Healthcare professional who will be able to refer them to the Cancer rehabilitation programme.

Diabetes Prevention Programme - To access our diabetes programme, residents must be referred to our Healthwise team through their GP. Throughout this 12 week programme, you will receive support from our qualified team on how to safely exercise and manage your diabetes whilst meeting the recommended physical activity guidelines.

Child Weight Management (Xplore) - Xplore is an 8 week programme for 4-13 year olds, delivered from within a school or leisure setting. Xplore supports families to make sustained lifestyle and dietary changes, helping children and young people who are over the healthy weight range to move more, eat well and feel good.

In addition to delivering our Xplore programme for children and young people, we are actively seeking new opportunities to collaborate with partners to deliver projects for parents at school drop off or before school pick up, if you're a school, nursery or children's centre and are interested in supporting parents into physical activity, please contact petrit.krasniqi@gll.org

In Barnet, we currently work to support residents living with Dementia and their carers through a collaborative approach. Working alongside Dementia Club UK, we host a monthly Dementia Clubs, this project includes a variety of elements such as chair based exercise, singing, dancing, wellbeing talks and swimming.

At Better, we are always looking for new ways in which we can support local residents, if you're an organisation who feels your users would benefit from one of our above programmes or would like more information on Healthwise, please contact healthwise.barnet@gll.org. For more information on all of our Healthwise schemes, please visit better.org.uk/healthwise.

Information on all Healthwise schemes is available in printed copies, if you're an organisation who would be happy to promote, please do request promotional material from healthwise.barnet@gll.org



EMPLOYMENT, WORK EXPERIENCE AND APPRENTICESHIPS

In Barnet, we offer a range of opportunities to support local people into employment. Opportunities include work experience placements, and apprenticeships aligning to our values as a charitable social enterprise, employer and provider of career opportunities for local people.

In Barnet, we offer the following opportunities per year;

- 40 volunteering opportunities
- 25 work experience placements
- 20 apprenticeship opportunities

GLL recently established a new partnership with Street League to support young people into employment with us.

Street League is a project which targets 16-24 year old's who are not in employment, education or training schemes.

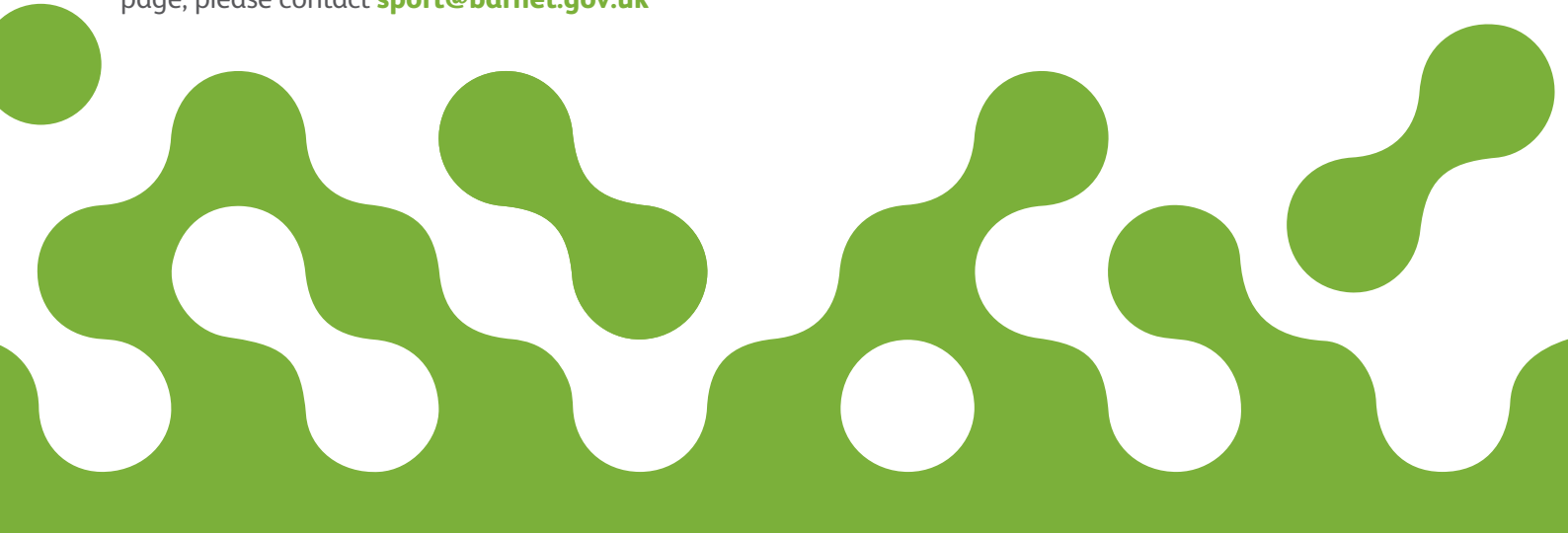
GLL are working in partnership with Street League to provide these individuals with active work experience opportunities within Better leisure centres, providing a variety of different job roles, with the aim to gain a role with GLL. Here at Better Barnet.

It's our vision to support more people into local jobs, if your organisation would like to partner with us to support more residents into employment, please contact Andrew.gilbert@gll.org

FIT & ACTIVE BARNET (FAB) HUB

Here at Better, our vision is to support all Barnet residents in becoming physically active; therefore in partnership with the London Borough of Barnet, together we have created the FAB Hub , which can be found here better.org.uk/fab-hub. The FAB Hub is a one stop resource, enabling Barnet residents to discover a wide range of opportunities to get active and lead a healthy lifestyle. The FAB Hub features an activity finder, FAB Card (free resident membership) registration, health and wellbeing guidance and much more. Whether you are new to physical activity, regularly participate or you are returning after some time away, the FAB Hub will help you on your journey to a more active and healthier you!

If you have a community sport and physical activity project which you would like us to advertise through this page, please contact sport@barnet.gov.uk



CENTRE COMMUNITY BOARDS

In Barnet, all of our Better leisure centres have community and health notice boards which showcase all the projects running across Barnet either in centre or from within a community setting. This informative board presents a wide range of activities for all demographic groups, highlighting the positive impact in or to the community.

Our centre based Health notice boards promote a wide range of yearly health campaigns such as Stoptober, Breast Cancer Awareness and National Walking month. If you have a community initiative which you would like our support in advertising, please contact petrit.krasniqi@gll.org

SOCIAL MEDIA

For more information, live updates, and community content, please follow our social media platforms in Barnet which are as follows:



@better_barnet



Search by centre name



better_finchleylido

At Better, we want to encourage all residents to be physical active and understand the excellent opportunities available on offer through all of our community partners. If you would like to promote one of your community projects via our social media platforms or in centre notice boards or via our FAB e-newsletter, please contact petrit.krasniqi@gll.org

Here at Better, we offer a wide range of memberships to support the whole community in becoming physically active, in addition to our monthly Health and Fitness memberships, we offer more targeted membership types, including the below:

FAB CARD



In Barnet, we offer Barnet residents access to a free FAB card, enabling residents to access the whole range of opportunities we have on offer. This card is a free pay and play card and available to all Barnet residents, providing them with access to a range of benefits across all five Barnet Leisure Centres. Residents who hold a Fab card can access offers such as free swimming for children under 8, £1 swimming for children aged 8-15 years and upto 50 % discount off activity prices.

Additionally, Barnet residents who are registered as Carers can access the free FAB card, once accessed, the FAB card entitles carers to enhanced benefits including free swimming during all public swim times and a concessionary rate to all other activities

Barnet residents can apply for their Fab card by visiting better.org.uk/fab-card



TARGETED MEMBERSHIPS

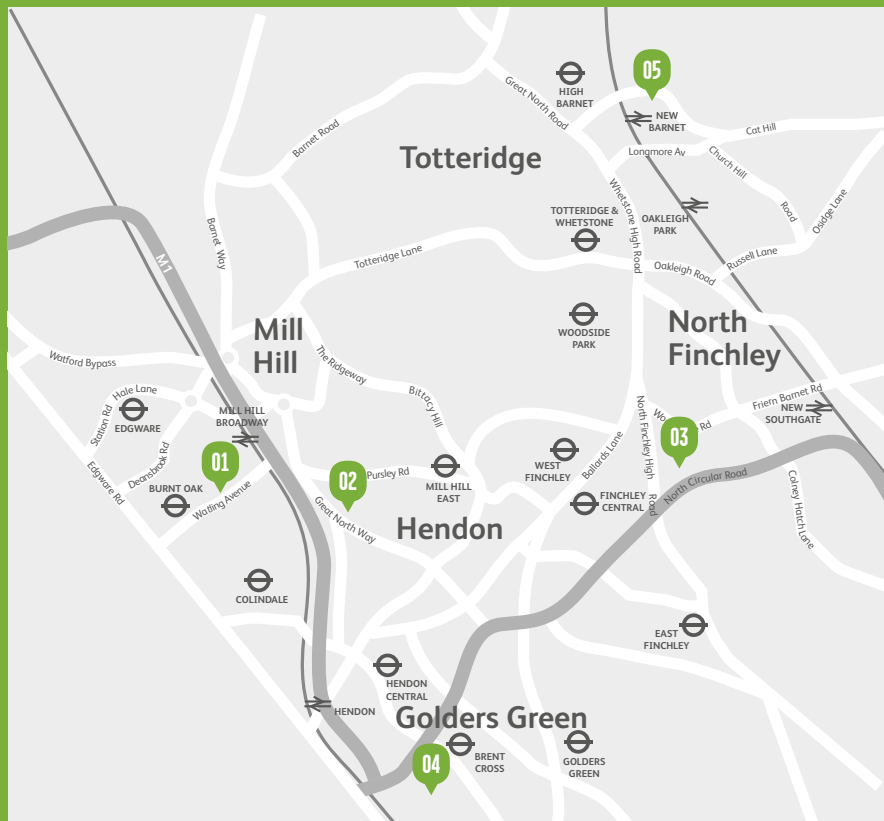
Membership type	About	Eligibility
FAB Card	<p>In Barnet, we offer Barnet residents access to a free FAB card, allowing residents to access the whole range of opportunities we have on offer. This card is a free pay and play card and available to all Barnet residents, providing them with access to a range of benefits across all five Barnet Leisure Centres.</p> <p>Additionally, Barnet residents who are registered carers can access the FAB card, once accessed; the FAB card entitles Carers to enhanced benefits including free swimming during all public swim times and a concessionary rate to all other activities.</p>	For full eligibility, please visit better.org.uk/fab-card
Give It A Go	Give It A Go is here to help residents take their first steps into physical activity. The 6 week Give it A Go programme supports residents to become more physically active. Following an initial health check, residents will be given a six week programme with a range of tailored activities to simply give it a go.	Residents who are classed as inactive (take part in less than 30 minutes of physical activity a week)
Life Transition	This membership type gives residents the opportunity to stay physically active during a “transitioning period” within their life. The Life Transition membership is a three month membership for vulnerable young people (16-25) and adults living in Barnet going through life transitions to prevent them dropping out of physical activity and encourage participation in exercise to benefit from a healthy active lifestyle.	<ul style="list-style-type: none"> • Barnet resident (or place of care in Barnet) • Transition from school to college • Transition from school/ college to apprenticeship • Transition from further education to employment • Not in employment, education or training • Retirement from full time employment • Asylum Seeking OR Have claimed Asylum • Transition from a rehabilitation programme • New Parents

Membership type	About	Eligibility
Adult Social Care	Here at Better, we also offer a 1 month complimentary membership to individuals who are inactive and have a disability. The membership can be used at any of our 5 leisure centres in Barnet and they will have access to gym, swim and fitness classes.	Residents who are eligible to apply must be inactive and have a disability. To apply please visit better.org.uk/supported-membership-scheme
Refugee support scheme	Better Barnet are supporting refugees resettling in Barnet with a free Better Health Centre (Off-Peak) membership for a fixed six-month period. The initiative has been structured to be as simple as possible, recognising the challenges already faced by this vulnerable group. Individual refugees can apply directly.	The scheme is open to all refugees who have been granted refugee resettlement status in the last 12 months by the UK Government.
Disability membership	We believe activities are for everyone and that's why we offer a range of memberships to suit your requirements. Our Inclusive membership gives people who are registered as disabled access to our local gyms, swimming pools and fitness classes.	<ul style="list-style-type: none"> • Aged 16 or over • PIP (Personal Independence Payment) • Disability Working Allowance for over 60s • Employment & Support Allowance • Disability Living Allowance • Industrial Injuries Disablement Benefit • Disabled Person's Tax Credit • Blue Badge (parking)

If you know of a group or individual who would benefit from any of the above memberships, please contact Andrew.Gilbert@GLL.org.

At Better, we want to deliver new and innovative sport and physical activity programs to all Barnet residents, and are open to exploring new ways of working with all of our Barnet stakeholders, please do get in touch to explore how we can work together with a wider outcome of supporting residents to lead more active and healthy lifestyles

BARNET LEISURE CENTRES



CONTACT US

01. **Burnt Oak Leisure Centre**
Watling Avenue, Edgware HA8 ONP
Tel: 020 8201 0982
better.org.uk/burnt-oak
02. **Barnet Cophall Leisure Centre**
Champions Way, Hendon NW4 1PX
Tel: 020 8457 9900
better.org.uk/cophall
03. **Finchley Lido Leisure Centre**
Great North Leisure Park Chaplin Square, London N12 0GL
Tel: 020 8343 9830
better.org.uk/finchley-lido
04. **Hendon Leisure Centre**
Marble Drive, London, NW2 1XQ
Tel: 0208 455 0818
better.org.uk/hendon
05. **New Barnet Leisure Centre**
1 Lawton Road, Barnet, London, EN4 9BS
Tel: 0208 368 7070
better.org.uk/new-barnet

