

EVERYONE

2025 – Annual Partnership Review



Objective for 2025

Make a difference in our community's wellbeing and activity levels.



Social Value per Person



This is an increase
£22per person from 2023

Social Value per Person



£6,975,492 in 2025
Increase of £180,563

Unique Users



We have 36,433 Unique Users in
2025. Down by 1,462 – 3.9%
*Note GPP / HAR YOY is 2,476 up and 6.8%

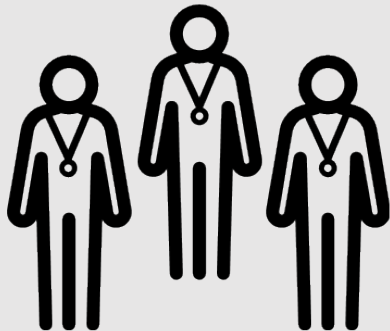
2025
in terms of
numbers

Local Links



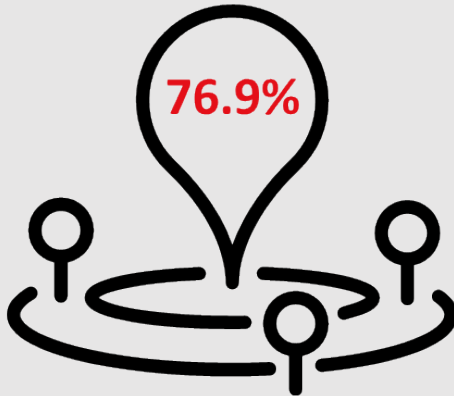
We are working with 138
different partnerships
43 local Schools for swimming
23 Health groups for Exercise Referral
72 clubs / group for dry activities

Sporting Champions



Talented athletes on the EA
Sporting Champions Scheme
2025 – scheme 26 Participants

Local Residents usage



Hartham is 84.7%
Grange Paddocks is 66.9%

Supported Memberships



[Redacted text]



Total Participation



1,513,757

Total visits
Down by 8.23% from 2024* including dual use sites.
Removing the 2024 data from Dual use sites would be 45,114 more visits up by 3.1%

Swimming Attendance



200,337 visits
Down by 15.2% - 35,749 visits*
Removing Dual use site data like for would be down by 2,187

2025 in terms of people

Learn to Swim

KS2 – 25m

1522 Swimmers achieved 25m or more 2025

BAME Attendance



1.31%

Increase of Total usage from BAME group users

16,230 visits, 211 more than 2024

People with a disability

60.06%

Increase of Users with a disability



7,971 visits, increase of 2,991 visits from 2024

Group Exercise

15.8%

Increase of Group Exercise Activities



216,155 visits, 29,547 more than 2024

Gym Attendance



3.7%

Increase of Gym usage Not including 2024 dual use site data



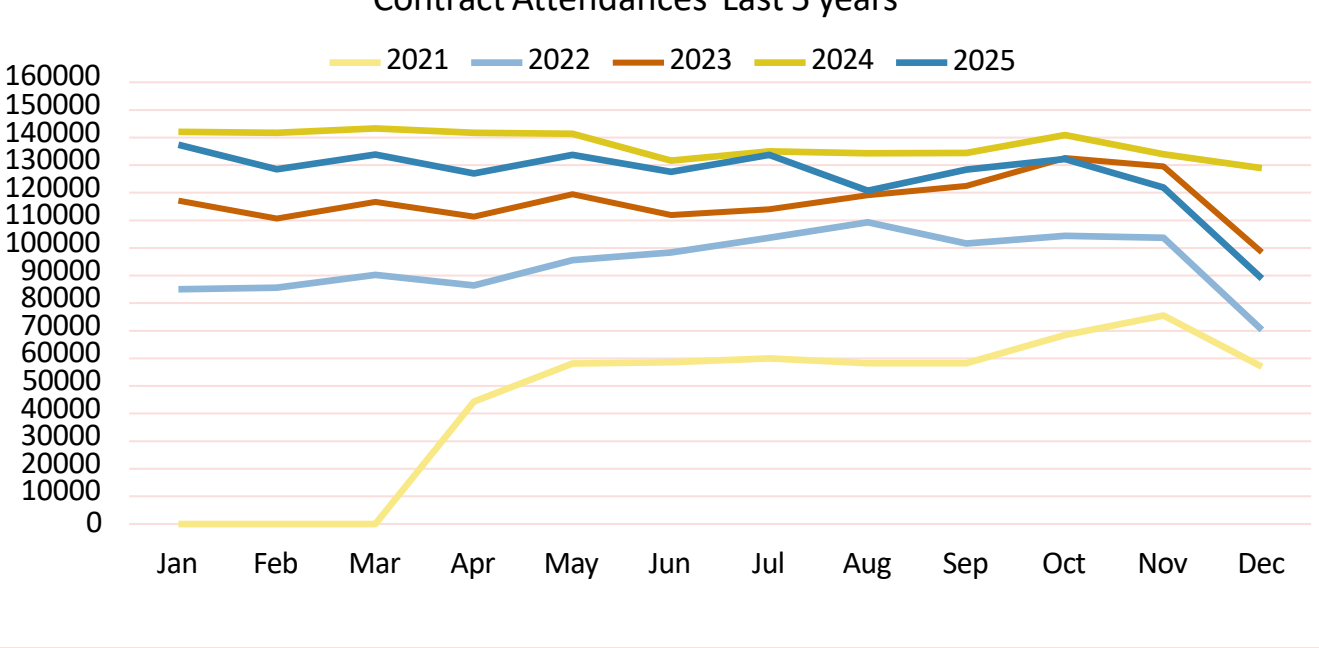
518,769 visits, 18,550 more than 2024

EVERYONE



everyone ACTIVE





Participation – Total Attendance

Top Left

Total Contract attendance
Which for the 2024 data is
all sites so includes the
closed sites in the dual use
sites.

Bottom Left

Annual contract
attendance over 15yrs.
Show growth since Covid
closures and impact of
developments in leisure
facilities yielding more
visits

Total Attendances

2025 - 1,513,757

2024 - 1,649,424

2023 - 1,403,353

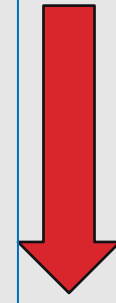
2022 - 1,134,239

2021 - 538,365

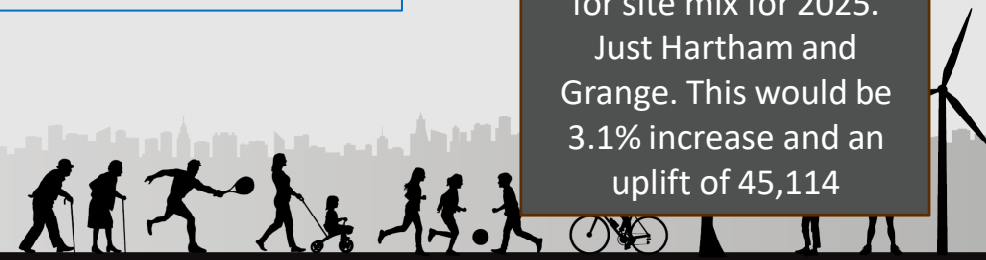
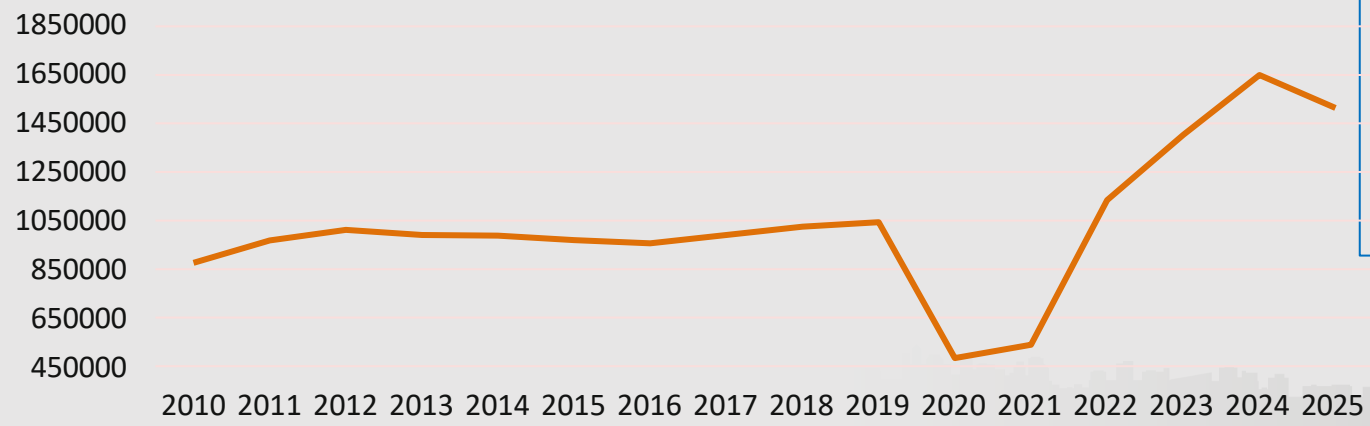
135,667

Decrease from
2024.
8.2%

If the 2024 data was like
for site mix for 2025.
Just Hartham and
Grange. This would be
3.1% increase and an
uplift of 45,114



Contract Total Attendances



KPI – Unique Active Users

User Perspective (UP)		2025			Quarterly Score (colour coded)	Comparison to Previous Contract Year's Quarter	Contract Year to Date (colour coded)	Comparison to previous Contract Year to Date	
Key Performance Indicator									
Overall increase in customers achieving over 150 minutes of physical activity each per week * taken from moving communities reports as Active	All Sites	-1%							
	GPP	11%							
	HAR	9%						2024 - period	YR on YR
	All Sites	15,873	R		16,064		-191		
	GPP	8,695	G		7,865		830		
	HAR	7,179	G		6,616		563		
Overall increase in customers being physical activity each per week * taken from moving communities reports as Fairly active	All Sites	-6%							
	GPP	9%							
	HAR	2%						2024 - period	YR on YR
	All Sites	20,560	R		21,831		-1,271		
	GPP	11,341	G		10,443		898		
	HAR	9,134	G		8,949		185		

KPI data

All sites include the dual use sites so are trending red and down by 191 for active users and 1,271 for fairly active users.

Looking at the site-by-site performance this is positive in isolation

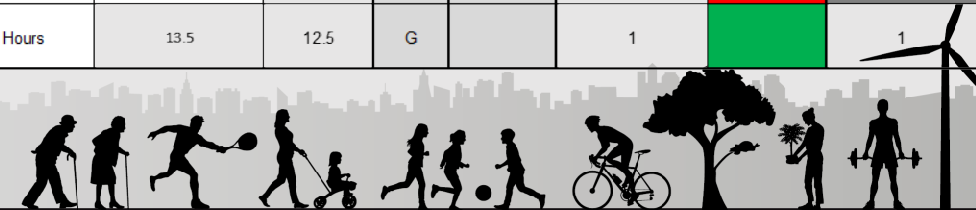


KPI – Target Users

Key Performance Indicator [X]% increase in participation of individuals taking part regularly				Quarterly Score (colour coded)	Comparison to Previous Contract Year's Quarter	Comparison to Pre Contract YTD
		2025	2024			
Total Throughput	Total	1,513,757	1,649,424	R	-135,667	-8.2%
	Male	559,533	654,835	R	-95,302	-14.6%
	Female	597,934	652,642	R	-54,708	-8.4%
	Other	48,460	75,275	R	-26,815	-35.6%
Young people throughput – 0-11 years by gender	Total	189,413	222,668	R	-33,255	-14.9%
	Male	93,387	109,270	R	-15,883	-14.5%
	Female	95,122	112,392	R	-17,270	-15.4%
	Other	904	1,006	R	-102	-10.1%
Young people throughput 12-16 years by gender	Total	83,893	107,461	R	-23,568	-21.9%
	Male	52,466	75,860	R	-23,394	-30.8%
	Female	30,962	31,455	R	-493	-1.6%
	Other	465	146	R	319	218.5%
Young people throughput 17-24 years by gender	Total	137,255	154,240	R	-16,985	-11.0%
	Male	79,739	93,424	R	-13,685	-14.6%
	Female	55,909	57,383	R	-1,474	-2.6%
	Other	1,607	3,433	R	-1,826	-53.2%
25-49 throughput by gender	Total	440,958	511,989	R	-71,031	-13.9%
	Male	202,866	235,029	R	-32,163	-13.7%
	Female	232,552	263,319	R	-30,767	-11.7%
	Other	5,540	13,641	R	-8,101	-59.4%
50-59 throughput by gender	Total	155,201	170,476	R	-15,275	-9.0%
	Male	66,317	74,916	R	-8,599	-11.5%
	Female	87,812	94,045	R	-6,233	-6.6%
	Other	1,072	1,515	R	-443	-29.2%
60+ throughput by gender	Total	159,837	159,851	R	-14	0.0%
	Male	64,057	65,282	R	-1,225	-1.9%
	Female	95,083	93,128	G	1,955	2.1%
	Other	697	1,441	R	-744	-51.6%
Black and Minority Ethnic (BAME) men and women throughput	Total	16,320	16,109	G	211	1.3%
	Male	8,798	8,926	R	-128	-1.4%
	Female	7,358	7,080	G	278	3.9%
	Other	164	103	R	61	59.2%
People with a disability throughput		7,971	4,980	G	2,991	60.1%
Swimming throughput		200,337	236,131	R	-35,794	-15.2%
Residents v non-residents		76.9%	75.4%	G	1.52%	2.0%

KPI – Activities

Participation levels							
Key activity attendances by facility area e.g. swimming; swimming lessons; memberships; sports hall; AWP; Gym/Fitness.	Swimming Totals	200,337	236,131			-35,794	-15.16%
	Swimming - under 16's	50,015	57,880			-7,865	-13.59%
	Swimming - Adults	111,525	135,528			-24,003	-17.71%
	Swimming - Seniors	38,785	42,723			-3,938	-9.22%
	Gym Totals	518,769	536,950			-18,181	-3.39%
	Fitness - under 16's	44,699	54,193			-9,494	-17.52%
	Fitness - Adults	430,335	444,466			-14,131	-3.18%
	Fitness - Seniors	43,735	38,350			5,385	14.04%
	Group Exercise	216,155	189,021			27,134	14.36%
	Key Performance Indicator		2025	2024	Quarterly Score (colour coded)	Comparison to Previous Contract Year's Quarter	Contract YTD (colour coded)
Outdoor pitches	Grass pitches	9041	10393			-1352	-13%
	3G Pitches	63409	65253			-1844	-3%
Increase the number of customers using active travel to use the Facilities	See Tab Active Travel Summary	35.10%	37.25%			2.15%	decrease of 2.15%
Number of training courses delivered for sports coaches and instructors (may be in partnership with NGB's)		23	21	G			8
Customer satisfaction scores	How satisfied are you with your overall visit to the centre? From Survey reviewed by 4 months	0.835	81.18%	R		2.32%	
Hours available for Public Health programmes that are utilised	Hours	13.5	12.5	G		1	1



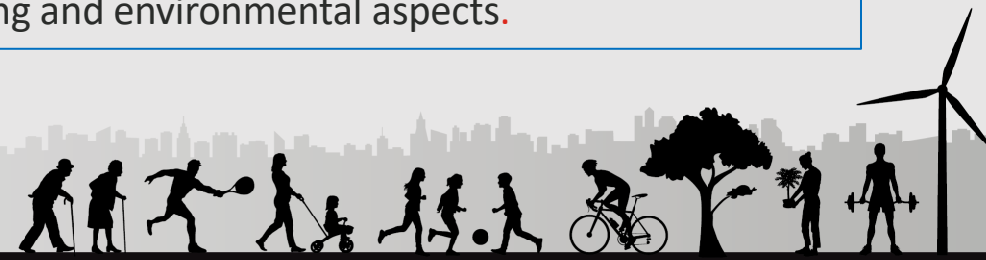
KPI – Operations

Key Performance Indicator	2025	2024	Quarterly Score (colour coded)	Comparison to Previous Contract Year's Quarter	Contract YTD (colour coded)
Accidents and incidents per 1,000 visits	0.790	0.643		0.147	
RIDDOR reportable events	0	0		0	
Feedback per 1,000 visits	9.48	8.20		1.28	
Positive Feedback per 1,000 visits	0.97	0.85		0.12	
Negative Feedback per 1,000 visits	8.52	7.34		1.18	
Number of bookings, payments and memberships made online, compared to totals. As %	In-centre	13.48	14.51	-1.03	
	On-line	9.81	8.89	0.92	
	App	76.73	76.59	0.14	
	Digital - APP and online	86.53	85.48	1.05	
Number of staff attending training on how to deal with customers with mental health issues and learning disabilities	Mental health	235	203	Increase 32	
	An introduction to Hidden disabilities	235	192	Increase of 43	
% of local staff with 20mins drive time	91.90%	90.90%		1.00%	
Number of staff employed with a disability	6.36%	5.37%		0.99%	
Ratio of male/female employees, and number of women in senior roles	Female %	62.90%	57.55%	5.35%	
	Male %	37.10%	42.45%	-5.35%	
	Ratio of Women in Senior Roles	50% 11 woman in 20 management posts	57% 12 woman in 21 management posts	2% increase	
Number of work experience / apprentice	8	4			
Number of apprentices hired on a permanent basis	6	4			

Key Performance Indicator		2025	2024	Quarterly Score (colour coded)	Comparison to Previous Contract Year's Quarter	Contract YTD (colour coded)
% expenditure spent with local providers	In East Herts	10.37%	9.0%			
	In Herts, Beds, Essex and North London	23.54%	21.1%			
Utility consumption - Changed to usage per M3 of building	Gas	456.61	429.00	Kwoh per m2 of building	27.61	
	Electricity	210.98	208.56	Kwoh per m2 of building	2.42	
	Water	3.653	3.525	m3 per m2 of building	0.129	
Improved waste management	% of waste sent to landfill with a view to longer term 'zero waste to landfill'	100.00	100.00		0.00%	
	% of waste recycled	34.9%	29.1%		5.80%	
	increase in the number of staff that are carbon literate	19	16		1	

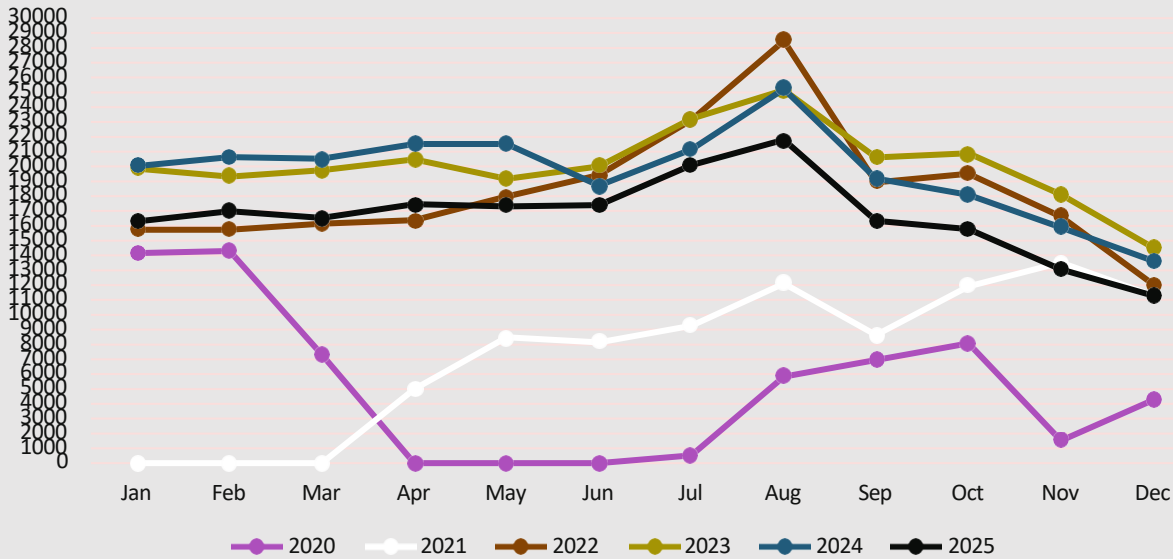
KPI data

The table on the left is the operation and staffing KPI and the table on the right is spending and environmental aspects.

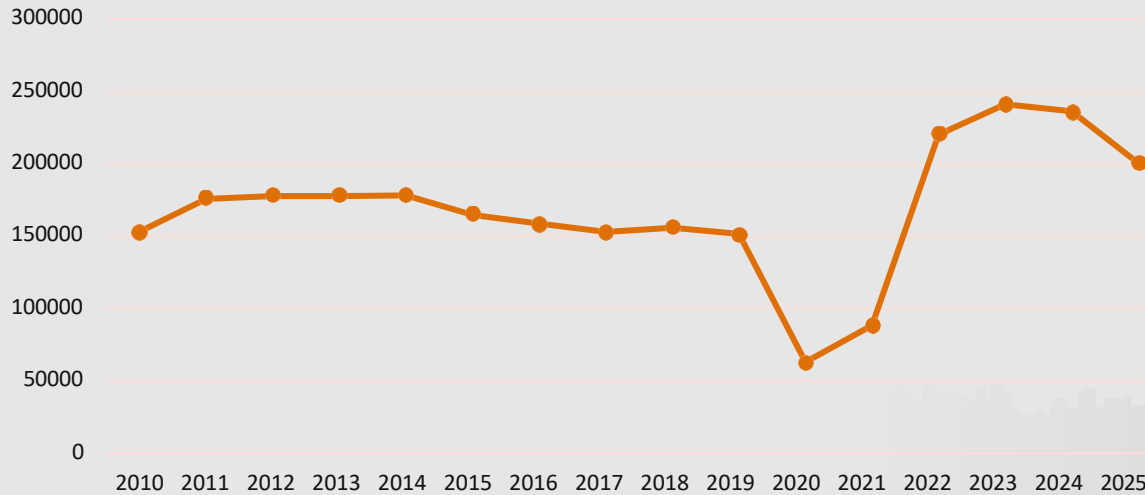


Attendance – Aquatics

Total Swimming attendance- Last 6 years



Total Swimming attendance- Annual profile



Top Left

Total Swim attendance, this includes the dual use sites in 2025 in historical attendances.

2024 was promising in first six month and then struggle to mirror previous trending.

In isolation the Hartham and Grange year on year comparison is down by 1.1% and 2,187 less swims

Bottom Left

Annual contract swim attendance over 15yrs. In 2024 to 2025 there is 33,607 from the dual use sites.

Total Attendances

2025 – 200,337

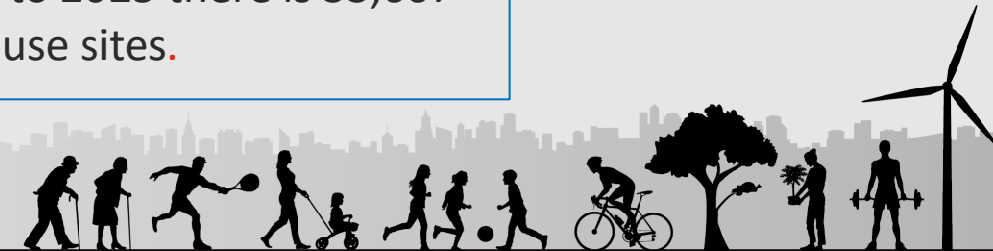
2024 – 236,131

2023 – 241,028

2022 – 220,118

2021 – 88,373

In Yr on Yr comparison 15.2% down and 35,794 less swims



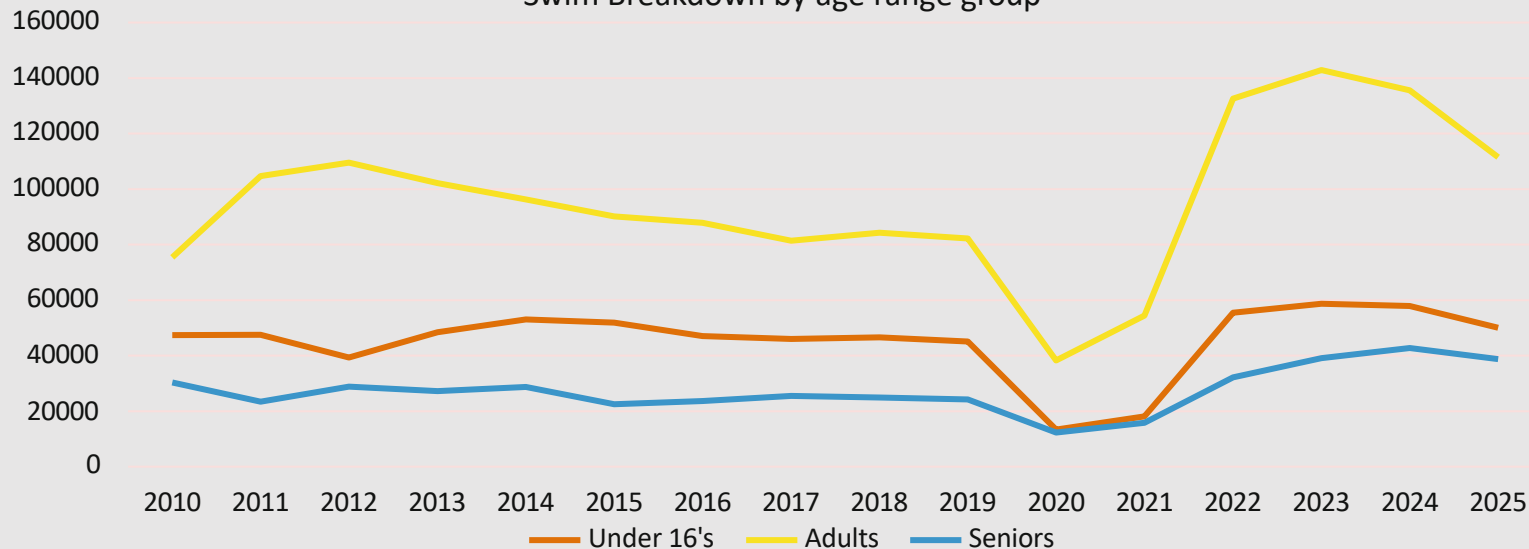
Total

Without

Dual Use Site's 24

Attendance – Aquatics – by age

Swim Breakdown by age range group



Left side column on the far left are the total attendance including the dual use site, whilst the second column is the comparison for like for like sites.

The graph above is total attendances, as total attendances so will include and reflect the loss of water space in Ward Freeman in 2024, Fanshaw and Leventhorpe in 2025 data drops.

The pool timetables at both remaining sites changes notably to accommodate club and swimming lessons from these sites

UNDER 16'S SWIM'S

50,015 SWIMS
Down by 7,865
13.6% Decrease

UNDER 16'S SWIM'S

50,015 SWIMS
Decrease of 3,372
6.3% Decrease

ADULT SWIMMING

111,525 SWIMS
Down by 24,003
17.7% Down

Adult Swimming

111,525 SWIMS
Down by 3,047
2.7% Decrease

60+ SWIMMING

38,785 SWIMS
Down by 3,948
9.2% down

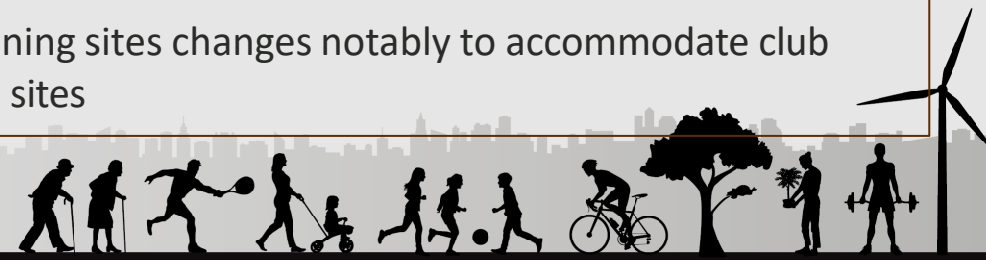
60+ SWIMMING

38,785 SWIMS
Up by 4,208
12.2% Increase

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SWIMMING FOR EVERYONE



Senior Swim Sessions
Monday 09:30am - 10:30am

Quiet Adult Swim Sessions
Friday 13:30pm - 14:30pm

Disability Swim Sessions
Saturday 11:30am - 12:30am

Inclusive Family Swim Sessions
Saturday 2:30pm - 3:30pm

NEW SPACES RELEASED



Adults be a better swimmer

Secure a space today
www.everyoneactive.com

NEW ADULT SWIMMING LESSONS

Monday 6pm	Be a better swimmer
Monday 6:30pm	Be a swimmer
Tuesday 6:45pm	Be a swimmer
Wednesday 6pm	Be a better swimmer
Wednesday 6:30pm	Be a swimmer
Thursday 7pm	Be a swimmer
Thursday 7:30pm	Be a better swimmer
Friday 7:30pm	Be a swimmer

Secure a space today
www.everyoneactive.com

Aquatics 2025



GRANGE PADDOCKS SWIMMING CRASH COURSES

TUESDAY 27TH MAY - FRIDAY 30TH MAY

8am	BREASTSTROKE CLINIC
8.30am	STAGE 4
9am	STAGE 3
9.30am	STAGE 2

£38 PER CHILD FOR FOUR DAYS

East Herts | everyone ACTIVE



AT GRANGE PADDOCKS LEISURE CENTRE

SUNDAY 16TH FEBRUARY	10am/11am/12pm/1pm/2pm/3pm
TUESDAY 18TH FEBRUARY	9am/10am/11am/12pm/1pm/2pm
THURSDAY 20TH FEBRUARY	9am/10am/11am/12pm/1pm/2pm
SUNDAY 23RD FEBRUARY	10am/11am/12pm/1pm/2pm/3pm

Book now at reception or call us on 0127 965 2332

GRANGE PADDOCKS LEISURE CENTRE
Rye Street, Bishop's Stortford CM23 2JH



2025 saw the new hydrohex virtual aqua classes installed at both centres, drowning prevention talks, new adult swimming lessons, swimathon, inflatable sessions and disability sessions.



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GYM USAGE

518,769 visits in 2025



Decrease of 18,181 visits down by 3.4%* removing Dual use dat. This would be 18,550 visits and 3.7%.

Group Exercise

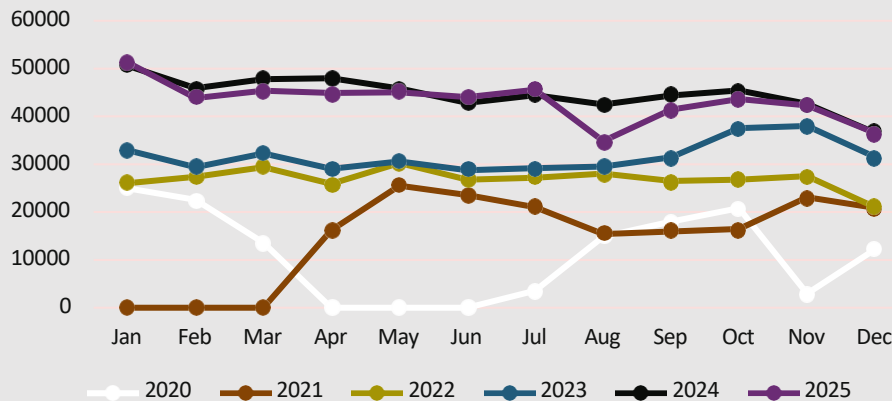
216,155 visits in 2025



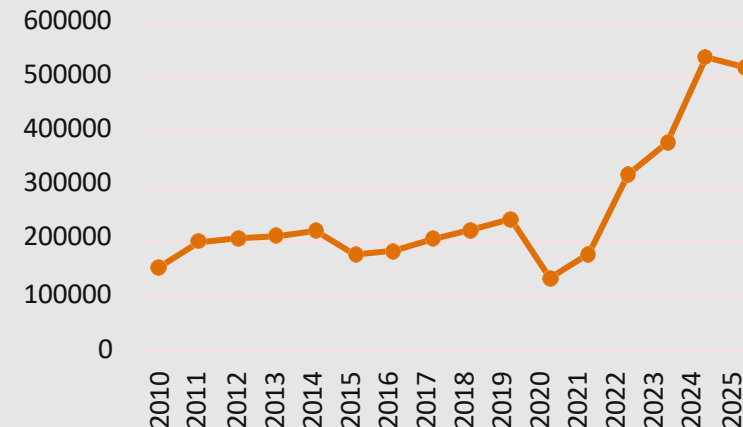
Increase of 29,547 visits Up by 15.8%

Attendance – Fitness Activities

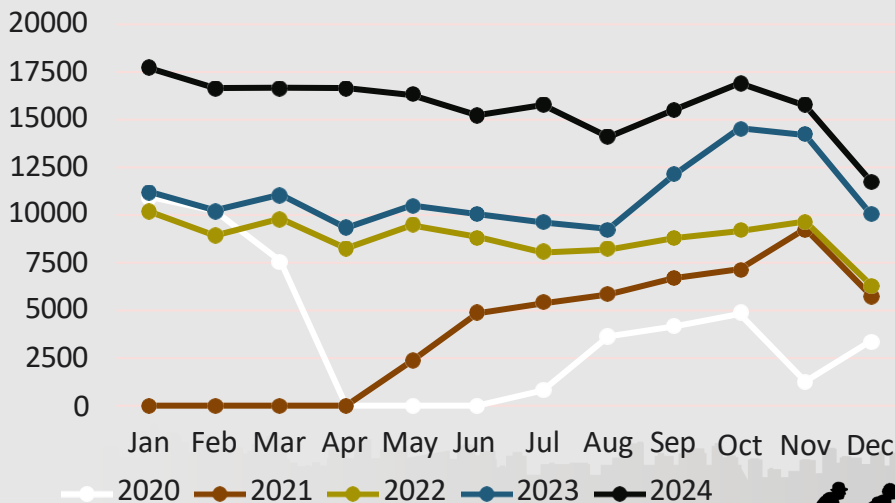
All Site's - Total Gym Usage -Last few years



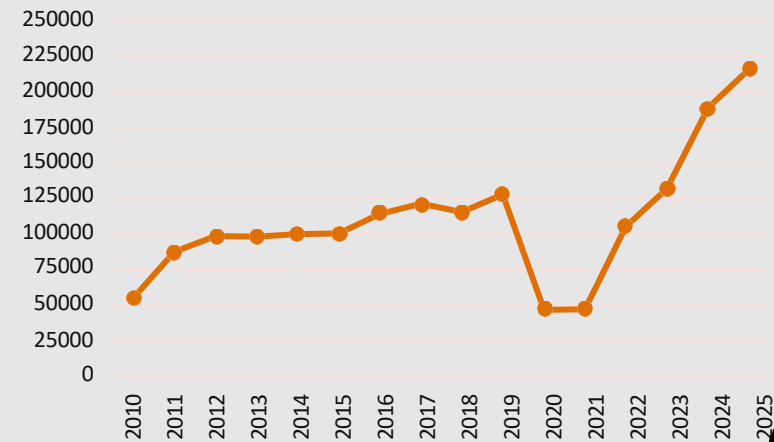
All Site's - Total Gym - Annual profile



All sites - Last 5 years GEX



All sites - GEX - Annual profile



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Membership Schemes

Fitness Membership



2.99% Decrease from 2024
Decrease of 312*

Learn to swim scheme



Total – 3,952 swimmers
Drop of 128 and 3.1%*

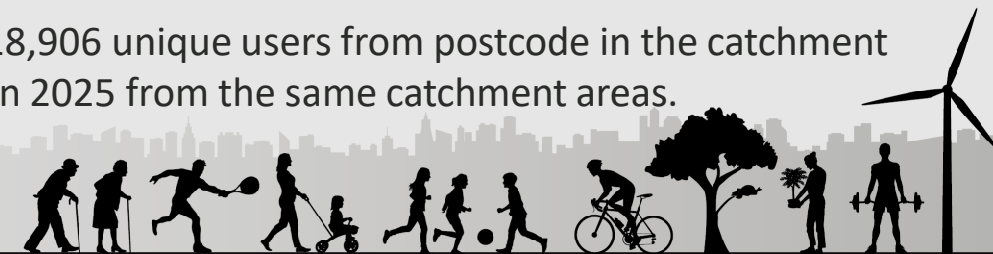
Swim only Membership



Total – 464 swimmers
0.4% Year on year increase growth of 2 swimmers.

*From a fitness perspective in December 2024 the remaining members from the dual use sites were offered a 15 month fixed price transfer to the remaining sites, which around 580 fitness members and 658 learn to swim users. We have seen over the last 15 months the number of members from the dual use site has reduced over time.

** From other research following the closure of the dual use sites, we have seen approx. 18,906 unique users from postcode in the catchment areas for the dual use sites including Ward Freman in 2024, this was 10,324 unique users in 2025 from the same catchment areas.



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Operations & Colleagues

Accident total



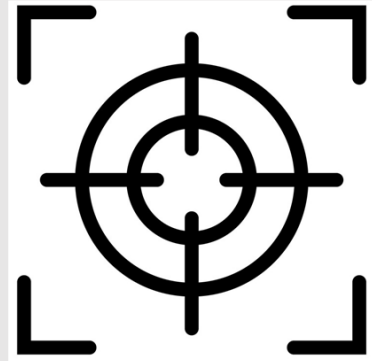
128 reported Accident
Zero RIDDOR

Accidents per 10,000
visits



0.79 accident per 10,000
visits.
Increase by 0.12

Digital Drive – Digital transactions



86.53 % via App or online
Increase of 1.6% in digital
transactions

Value of funding
application



4 Application and **no**
funding successes in
2025

Feedback per 10,000 visit Benchmark



8.52 feedback per 10,000
visits
Increase of 1.18 Yr on Yr

Usage by East Herts
residents



76.9%
Increase of 1.5 from last
year

Apprenticeships



APPRENTICE

2025 has
seen 3
colleagues
start their
modern
apprentice
course in
combination
of service
and activity
coach

Leadership Profile



There are 1 female managers
across the 20 posts in East Herts
that are in leadership roles.

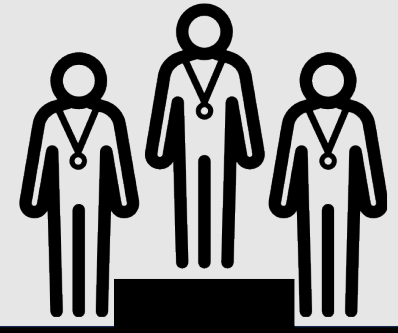
Staffing



91.9% of
Our colleagues
Live within a 20 min
Drive of the site

62.9% of
colleagues are Female

Internal Promotions

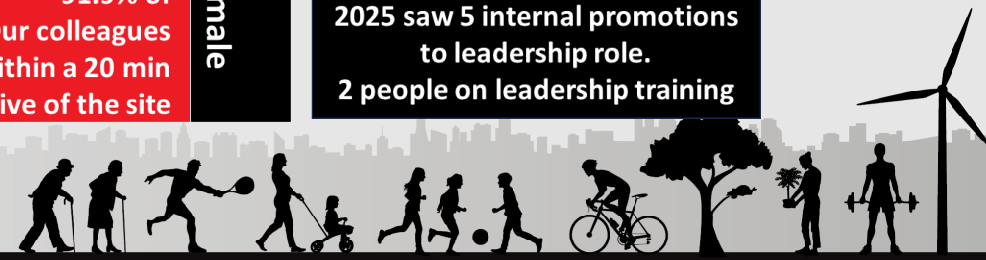


2025 saw 5 internal promotions
to leadership role.
2 people on leadership training

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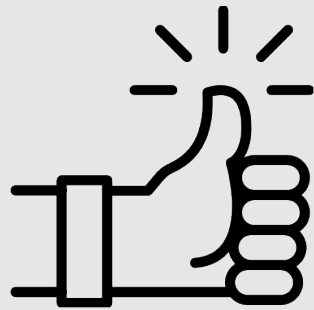


Fitness Experience

Customer VRM score

Visit Satisfaction

Net Promoter Score



83.2%

Decrease of 3% from last year

72.26%

Decrease of 2.3% from last year

73.2%

Decrease of 0.7% from last year

NPS score 10.59

Down by 4.3 from last year

Visiting the Centre has benefited my wellbeing

Active Travel

Swimming Experience Satisfaction

Cleanliness satisfaction



86.7%

Decrease 7.7% from last year

37.2% use active travel

Increase of 2.1% from last year

76.1%

Decrease of 6.3% from last year

73.2%

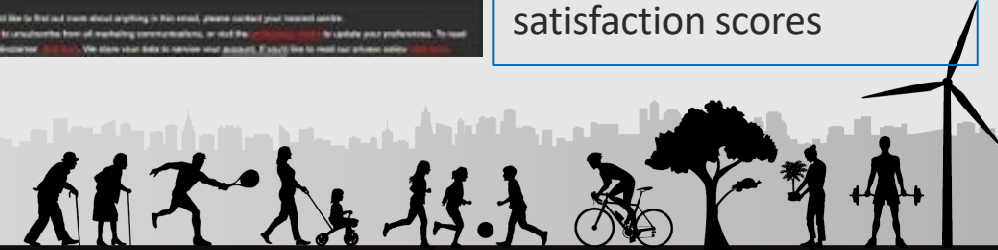
Increase of 0.6% from last year

Automatically our users are sent a survey via email after their first and then next visit in 6 months time.

This information is used monthly to help shape our services and provides a quarterly overview of customer feedback



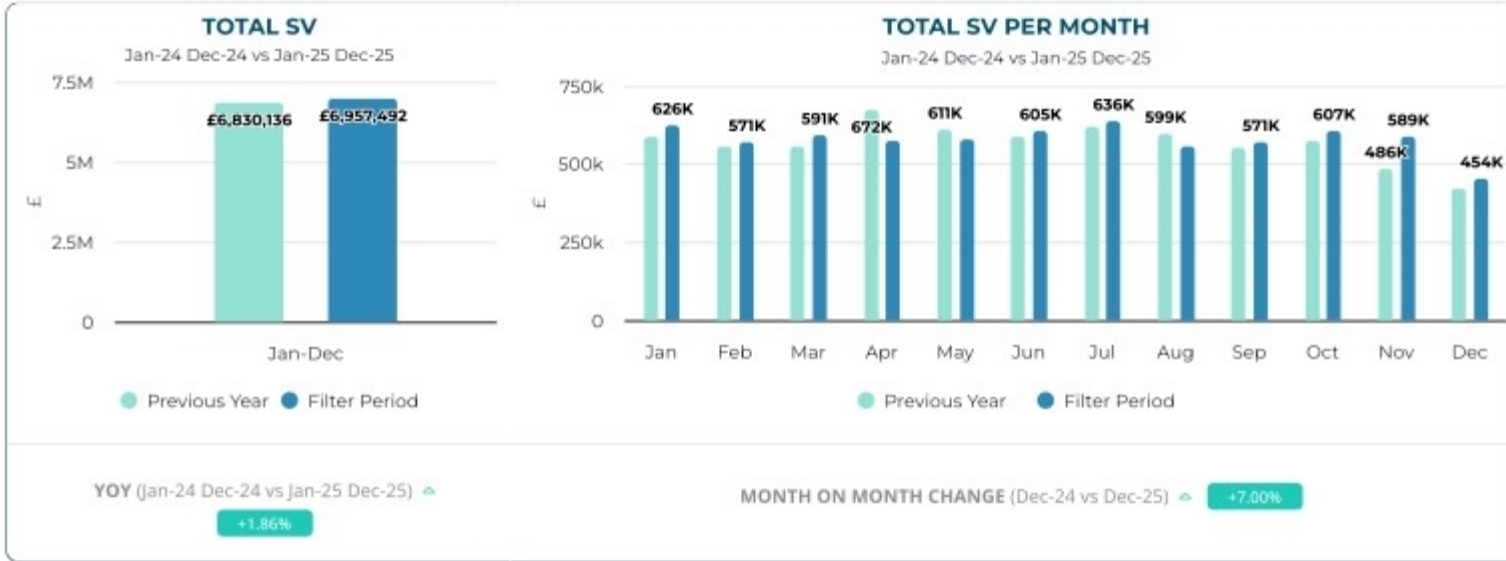
From the 2025 data there were 423 less response from 2024. 60% of the responses occurred in the period from June to September where we closed the Grange Paddocks Gym for refurbishment and had earlier in the summer heating issues at Hartham. Which we account for proportion of the decreased satisfaction scores



The dashboard displays the main Social Value KPIs based on selected filters: 1-Total social value generated, 2-Total number of participants generating social value 3-Average social value per person, 4-Average social value per site. The total social value is then broken down by month within the selected time period and benchmarked against the same time period from the previous year.

Social Value Dashboard

TOTAL SOCIAL VALUE	TOTAL SV PARTICIPANTS	SOCIAL VALUE PER PERSON	SOCIAL VALUE PER SITE
£6,957,492	36,433	£191	£2,319,164



Total SV Participant	Jan to Dec 2021	Jan to Dec 2022	Jan to Dec 2023	Jan to Dec 2024	Jan to Dec 2025
Total	21339	29891	35160	37895	36433
FAN	3188	3288	2773	2584	0
GPP	12144	16436	17844	18308	20036
HAR	3579	7577	12266	15565	16313
LEV	1428	1690	1485	1438	0
EH Community					84
WFR	1000	900	792	0	0

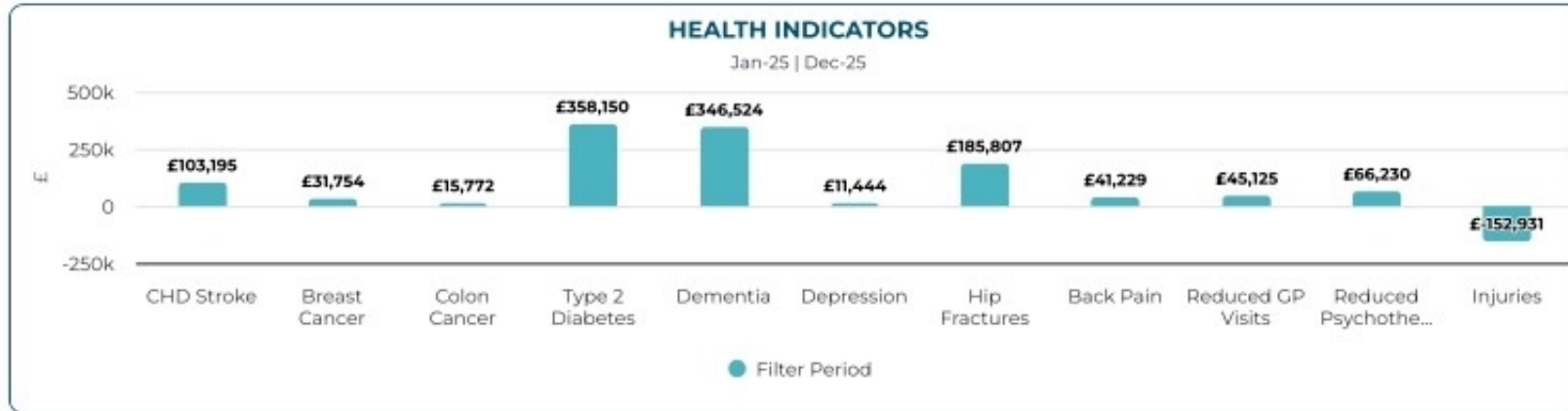
Total SV Participant	Yr on Yr va	% Variance
Total	-1462	-3.9%
FAN	-2584	-100.0%
GPP	1728	9.4%
HAR	748	4.8%
LEV	-1438	-100.0%
EH Community	84	#DIV/0!
WFR	0	#DIV/0!

Total SV	Jan to Dec 2021	Jan to Dec 2022	Jan to Dec 2023	Jan to Dec 2024	Jan to Dec 2025
Total	£ 2,211,995	£ 4,622,065	£ 5,245,884	£ 6,776,929	£ 6,957,492
FAN	£ 271,089	£ 353,212	£ 317,386	£ 376,794	£ -
GPP	£ 1,174,055	£ 2,922,146	£ 2,959,189	£ 3,366,298	£ 3,708,625
HAR	£ 614,774	£ 1,140,492	£ 1,745,290	£ 2,870,220	£ 3,247,834
LEV	£ 117,504	£ 159,958	£ 167,210	£ 163,617	£ -
EH Community					£ 1,033
WFR	£ 34,574	£ 46,257	£ 51,377	£ -	£ -

Yr on Yr varianc	% Variance
£ 180,563	3%
-£ 376,794	-100%
£ 342,327	10%
£ 377,614	13%
-£ 163,617	-100%
£ 1,033	#DIV/0!
£ -	#DIV/0!



INDICATORS



HEALTH INDICATORS

The Social Value for **Physical and Mental Health** is calculated based on the health care cost savings for eight health outcomes based on the reduced risk and prevented cases combined with the reduced GP visits & psychotherapy usage for physically active people.

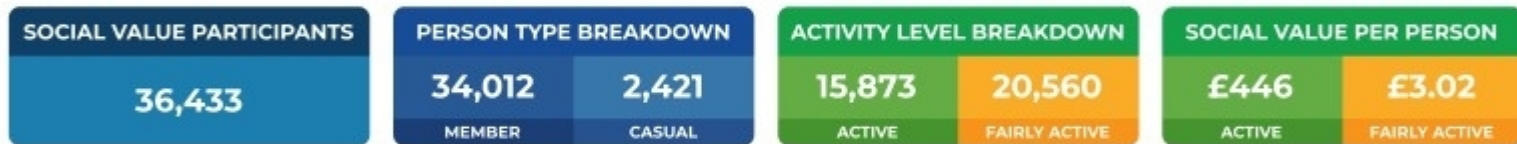
The Subjective Wellbeing outcome refers to the increase in life satisfaction. It is calculated by multiplying the value of increased wellbeing derived from a participant's engagement in sport by the number of unique people taking part.

Individual Development refers to the improvement in educational attainment and higher starting salaries gained through participating in sport at university.

Social and Community Development outcome represents the reduction in crime rates for young males and the social capital based on improved networks, trust and reciprocity.



This section focuses on the activity levels of individuals required to generate social value following the WHO guidelines for physical activity. Social value is generated for 'active' participants at the physical activity threshold of 150+ minutes per week of moderate activity. In addition, for health outcomes, social value is also generated for 'fairly active' participants (30-149 minutes) based on the reduced risk of developing various health conditions.



NOTES In addition to the activity level classification based on the activity duration within the month, each member is assigned to a demographic segment based on their age and gender and to a Mosaic segment based on their postcode information. These three indicators (activity level, demographic and Mosaic segmentation) combined are used to determine the risk reduction rates for health outcomes and impact the social value generated.



TOTAL ACTIVE PEOPLE In the above graph, the percentage of active people (150+ minutes per week) over total number of leisure centre users for each month within the selected time period is compared with the same time period in the benchmark year.



Social Value People Outcomes

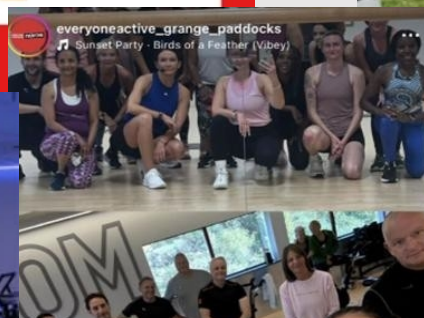
Social Value per person		Jan to Dec 2021	Jan to Dec 2022	Jan to Dec 2023	Jan to Dec 2024	Jan to Dec 2025	Yr on Yr variance	% Variance
Active	Total	£ 200	£ 349	£ 376	£ 419	£ 446	£ 27	6%
Active	FAN	£ 239	£ 283	£ 289	£ 342	£ -	-£ 342	-100%
Active	GPP	£ 158	£ 374	£ 420	£ 427	£ 435	£ 8	2%
Active	HAR	£ 291	£ 341	£ 344	£ 431	£ 458	£ 27	6%
Active	LEV	£ 230	£ 265	£ 301	£ 315	£ -	-£ 315	-100%
Active	EH Community					£ -	£ -	#DIV/0!
Active	WFR	£ 189	£ 208	£ 273	£ -	£ -	£ -	#DIV/0!
Fairly Active	Total	£ 2.32	£ 2.58	£ 3.00	£ 3.03	£ 3.02	-£ 0.01	0%
Fairly Active	FAN	£ 2.38	£ 2.49	£ 2.92	£ 2.81	£ -	-£ 2.81	-100%
Fairly Active	GPP	£ 1.94	£ 2.60	£ 3.21	£ 3.12	£ 3.12	£ -	0%
Fairly Active	HAR	£ 2.82	£ 2.41	£ 2.70	£ 2.89	£ 2.83	-£ 0.06	-2%
Fairly Active	LEV	£ 3.18	£ 3.04	£ 3.68	£ 3.82	£ -	-£ 3.82	-100%
Fairly Active	EH Community					£ 12.30	£ 12.30	#DIV/0!
Fairly Active	WFR	£ 3.48	£ 3.18	£ 3.76	£ -	£ -	£ -	#DIV/0!

Active level breakdown		Jan to Dec 2021	Jan to Dec 2022	Jan to Dec 2023	Jan to Dec 2024	Jan to Dec 2025	Yr on Yr variance	% Variance
Active	Total	8894	13444	14695	16064	15873	-191	-1%
Active	FAN	1011	1244	1092	1083	0	-1083	-100%
Active	GPP	5318	7938	7659	7865	8695	830	11%
Active	HAR	1972	3415	5287	6616	7179	563	9%
Active	LEV	430	616	531	503	0	-503	-100%
Active	EH Community					0	0	#DIV/0!
Active	WFR	163	230	177	0	0	0	#DIV/0!
Fairly Active	Total	12445	16447	20465	21831	20560	-1271	-6%
Fairly Active	FAN	2177	2044	1681	1500	0	-1500	-100%
Fairly Active	GPP	6827	8497	10185	10443	11341	898	9%
Fairly Active	HAR	1606	4162	7144	8949	9134	185	2%
Fairly Active	LEV	991	1074	953	936	0	-936	-100%
Fairly Active	EH Community					84	84	#DIV/0!
Fairly Active	WFR	837	670	616	0	0	0	#DIV/0!

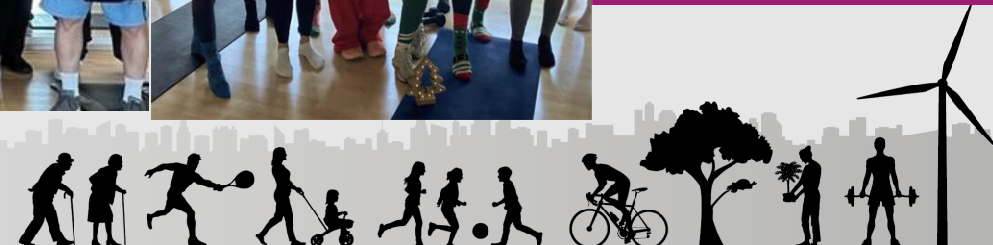




Fitness Activities



2025 saw the launch of our reformer studio, developing fitness within the community and ensuring that all aspects of fitness were focused on such as the mind and recovery.



Community Health & Wellbeing 2025 – Young People



**EVERYONE
EASTER
INFLATABLE SESSIONS**

AT HARTHAM LEISURE CENTRE

TUESDAY 8TH APRIL	10:30am/12pm/1:30pm
SUNDAY 13TH APRIL	10:30am/12pm
THURSDAY 17TH APRIL	11:30am/12pm/1:30pm



SOFT PLAY TIMETABLE

MONDAY	THIRSTY MONDAY'S Free squash at all sessions on a Monday.
TUESDAY	ARTS AND CRAFTS SESSIONS 10am-11am, 11am-12pm
WEDNESDAY	SEN SESSION 4pm-5pm, 5pm-6pm
THURSDAY	TODDLER THURSDAYS Preschool age 10am-12pm - Soft play and swim
FRIDAY	TAG ACTIVE SESSIONS 5pm-6pm

HARTHAM LEISURE CENTRE
Hartham Common, Hertford SG14 1QR Tel: 0199 258 4000

ARTS & CRAFTS SESSIONS
Art and crafts sessions are being held at Grange Paddocks Leisure Centre during February half term.

MONDAY 17TH FEBRUARY
9:30am-10:15am 10:30m-11:30am

£4 A SESSION
The sessions will include salt dough, painting, Lego and various other activities.

everyone ACTIVE



**EVERYONE
EASTER
HOLIDAY
SOFT PLAY
SESSIONS**

**AT HARTHAM
LEISURE CENTRE**

Join us for Easter fun with an Easter egg hunt in our soft play to win prizes, along with easter themed arts and crafts & games.

£10 a session

On Tuesday 8th April 10am-12pm and Tuesday 15th April 10am-12pm

Book now at reception or call 0199 258 4000

HARTHAM LEISURE CENTRE, Hartham Common, Hertford, SG14 1QR Tel: 0199 258 4000



SWIM LESSONS

CUSTOMER TESTIMONIAL

"I was thrilled to hear that Hugh had won swimmer of the month.

He has improved so much over the last few weeks and I am so grateful to the team at Grange Paddocks for enabling him to achieve this.

His teacher has been brilliant with managing his disability and teaching him to swim.

He can now swim 5m unaided and we are very proud of him.

Thank you Grange Paddocks for meeting his needs and recognising his achievements."

everyone ACTIVE



EVERYONE



everyone ACTIVE

Community Health & Wellbeing 2025 – Older Adults



MENTAL HEALTH AWARENESS WEEK

EVERYONE ACTIVE GRANGE PADDOCKS

- Monday 12th May at 1:30pm Seated Pilates with Milly
- Tuesday 13th May at 12:45pm Barre with Nicola
- Wednesday 14th May at 1:15pm Pilates with Rebecca
- Thursday 15th May at 2:30pm Meditation with Sound Bowls with Carlye
- Friday 16th May at 2:15pm Strength & Mobility with Andrew

EVERYONE EXERCISE REFERRAL MEMBER OF THE MONTH

everyone

INTERNATIONAL MEN'S MENTAL HEALTH DAY

FREE MENT'S CLASS

WEDNESDAY 19TH NOVEMBER 2025

GRANGE PADDOCKS LEISURE CENTRE
Hatha Yoga 5.30PM

everyone



EVERYONE MENOPAUSE SUPPORT

Peri/Menopause Emotional Wellbeing Workshop

The menopause can be difficult, confusing, and sometimes frightening. Whatever you are going through, you are not alone!

This workshop introduces the physical and emotional difficulties that women may experience when going through the Peri/Menopause. The workshop will present different tools you can use to look after your emotional wellbeing whilst going through this stage of life.

Hartham Leisure Centre,
Thursday 26th June,
1:30pm-2:30pm

To book your FREE place please email siansellen@everyoneactive.com or book in centre with our friendly team.

East Herts | everyone ACTIVE



MENTAL HEALTH AWARENESS WEEK

EVERYONE ACTIVE HARTHAM

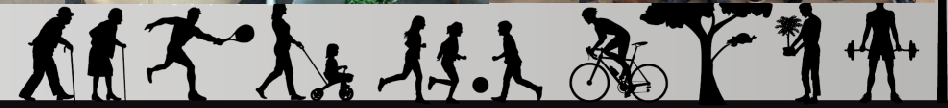
- Monday 12th May at 2:20pm Meditation with Carlye
- Tuesday 13th May at 2pm Seated Pilates with Andrew
- Wednesday - 14th May at 11:00am Meditation with Lauren
- Thursday 15th May at 12:30pm Tai Chi Qi Gong with Louisa
- Friday 16th May at 1:15pm Seated Exercise with Lee

WELLNESS DAY ON FRIDAY THE 16TH OF MAY

JOIN US AND BRING A FRIEND IN FOR A WELLNESS DAY, A TREAT FOR TWO!

Make sure you register your interest with the membership team so that they can book your friend in as well.

everyone



EVERYONE



everyone ACTIVE

EVERYONE EXERCISE REFERRAL MEMBER OF THE MONTH



Well Done Tracey Jackson

21 1 1

Liked by ryanhicksfit and others everyoneactive_hartham Well Done Tracey on being awarded our Exercise Referral Member of the Month 🏆

Our Exercise Referral Instructor Gill met Tracey in September at an event at Lea Wharf Medical and Tracey joined our scheme after a referral.

Tracey is type 2 diabetic, increased BMI and mobility issues.

At first Tracey was nervous about being in a gym environment. She started with good boosts pool sessions and then added in a gym session.

She does a weekly group gym session, where she follows a tailored programme. At the end of each session a new area of the gym or exercise is introduced.

Tracey currently comes to the gym twice a week and good boosts once a week.

She has lost an incredible amount of weight, and keeps needing to buy new clothes, but also is able to walk more comfortably and confidently.

Tracey now uses the stairs to the gym instead of the lift!!

Exercise Referral CUSTOMER TESTIMONIAL

"Having started the GP referral scheme, at Everyone Active Grange Paddocks, Bishops Stortford, back in January.

The process of joining was very quick and easy. I first had a gym induction with Richard, a personal trainer, he was very welcoming and explained how to use all the gym equipment. As I have never been in a gym in my life !!!! And he also suggested that I attended the forever fit class and the Aqua class in the swimming pool.

I have been going 3 times a week and doing the gym, forever fit class and the aqua. There is a great variety of classes to attend on many days at various times. Which I found a great choice.

The benefit I have seen in myself in this short time is huge, and I also have more energy every day and able to get on with life so much better, in a short space of time (only 2/3 months)

I am continuing to improve...

WORLD Parkinson's DAY (APRIL 11)

JOIN US

FOR A COFFEE MORNING ON WORLD PARKINSON'S DAY AT HARTHAM LEISURE CENTRE FRIDAY 11th APRIL

Everyone affected by Parkinson's, including carers are welcome. Let's come together for conversation, support, and a good cup of coffee!

HARTHAM LEISURE CENTRE Hartham Common, Hertford SG14 1QR

everyone ACTIVE LWM LEA WHARF MEDICAL

HEALTH WALKS FOR NEW OR EXPECTANT PARENTS

A WALK AROUND HARTHAM CLINICAL PROFESSIONALS ATTENDING AND SUPPORTING 10:30-11:15AM

For patients at Lea Wharf Medical, if you aren't already registered and want to register please contact surgery on 01992 550541.

Healthy Lives & Health Promotion

Jean started our pulmonary rehab follow on classes in June after being referred to them by her respiratory physios. In August she had a review with her consultant and her peak flow test came back improved since she has been doing more exercise and joined the follow-on group. This shows that her lungs are working more efficiently since attending the classes. So, we thought it only right for her to be our exercise referral member of the month to celebrate her success!

EVERYONE EXERCISE REFERRAL MEMBER OF THE MONTH

EVERYONE NEW BUGGIES AND BANDS CLASSES

At Hartham Leisure Centre

Tuesdays at 12:15pm-1pm
Thursdays at 11:15am-12pm

These classes are designed for parents and caregivers to stay active while the child is in a pushchair.

The class focuses on safe and effective exercises, postnatal support, core conditioning, and is inclusive for all levels of fitness. A convenient and fun way to get active, while also offering a supportive community.

These classes are starting in June.

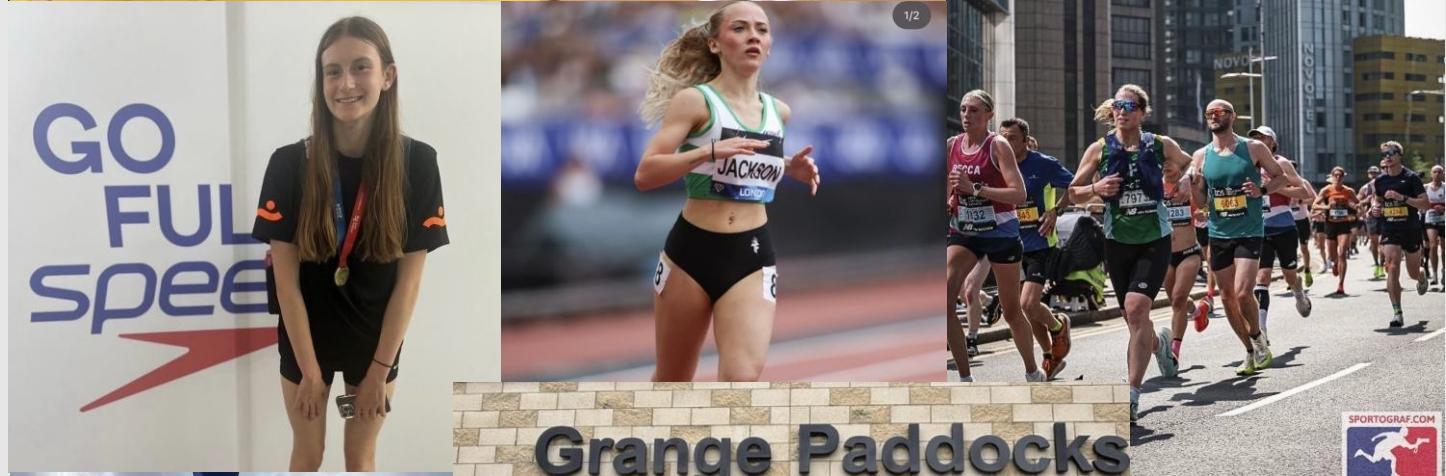
Community Health & Wellbeing - 2025

2025 was a big year for East Herts in helping those with health inequalities to exercise within our buildings but also out in the community. Our exercise referral scheme for those with long term health conditions saw over 100 people referred by local health care professionals. We also launched new classes and health walks for new parents in the community to help support social isolation and mental health post-partum. We worked closely with our local ICBs and physio teams to deliver follow on groups such as pulmonary rehab follow on class, so that patients had a way to continue exercising post NHS intervention.

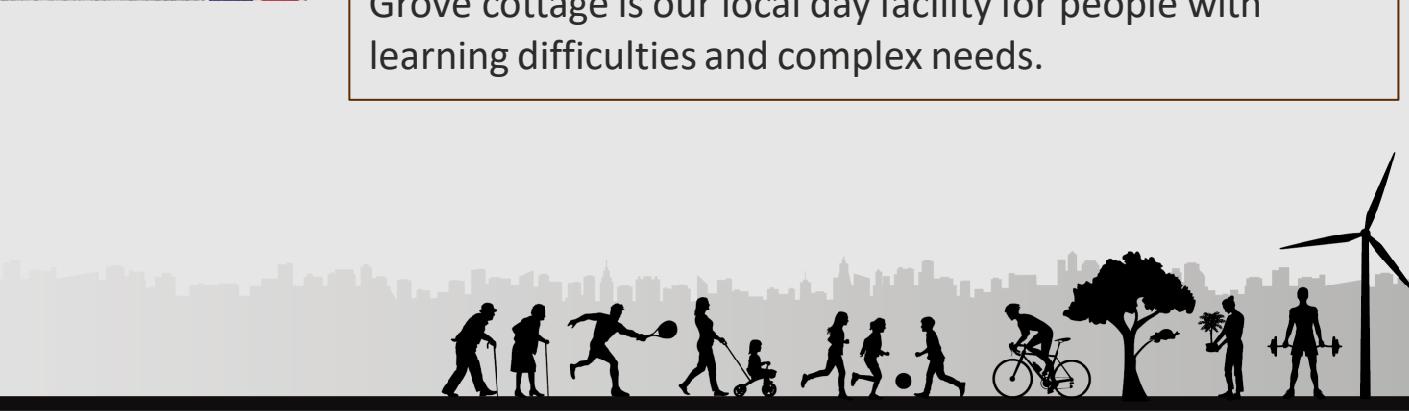




East Herts sponsored our local sporting champions that have competed in various competitions for different sports such as judo, triathlons, athletics, karate and swimming nationally or internationally. We sponsored 10 residents at each centre who received free access to our centres to help with their training.



We also sponsored our local charity grove cottage for the year to be our community champions. We provided them with free toddler swim sessions for their nursery children, and bi yearly fun swims where they invite all the carers, parents and users of the facility to have a family fun day. Grove cottage is our local day facility for people with learning difficulties and complex needs.



EVERYONE



everyone ACTIVE

Investment in East Herts Facilities

Total Investment



£962,686

Grange Paddocks

£650,776

£33,116

Hartham

£152,354

£59,169

£67,271

£683,892

- Fitness Refurbishment
- Changing Village cubicle replacement

£278,794

- Reformer Studio
- Boiler replacement for Showers
- Changing villages refurbishment



Investment in East Herts Facilities

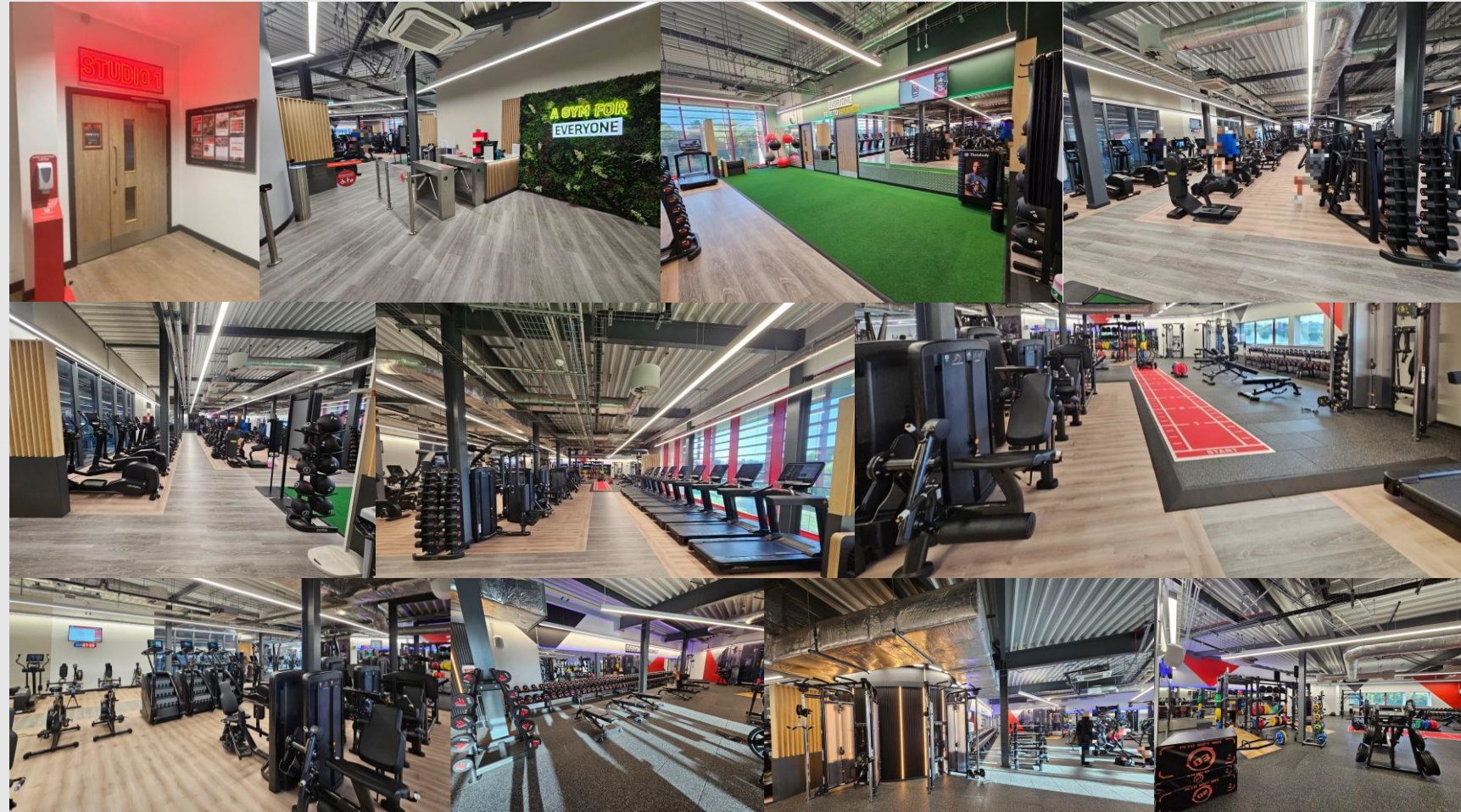
Grange Paddocks

£683,892

Hydro hex – Virtual Aqua



Gym and Studio Developments



EVERYONE



everyone ACTIVE

Investment in East Herts Facilities

Hartham

£278,794



EVERYONE



everyone ACTIVE