

Fitness Club Impact Report 2025

Getting active, building fitness, and making friendships through inclusive weekly sessions

Our Impact At A Glance

100%

Strongly agree they are made to feel welcome and included

100%

Strongly agree staff & volunteers treat them with respect

100%

Strongly agree they feel happy when at club

100%

Of respondents come to Fitness Club every week

"Thank you Keynsham Mencap for providing M with so many wonderful opportunities to try new things and to meet new people."

-Member's family

How Fitness Club Makes a Difference

Physical Health and Fitness

100% agree or strongly agree club helps them get fitter. Members report feeling more active and seeing real improvements in their physical health and stamina.

Confidence & Happiness

100% strongly agree they feel confident at club. Members describe feeling happy, confident and comfortable in a supportive, respectful environment.

Independence

80% agree or strongly agree club helps them be more independent. Coming to club supports members to develop life skills and confidence outside the home.

Friendships & Community

100% agree or strongly agree club helps them make safe friendships. Fitness Club provides a welcoming space where members feel part of the wider local community.

"The range of clubs you run – just brilliant."

"Everyone is welcome and included. Continuity of staff."

"Organising such a variety of activities and always making sure M is included."

- Members & families

Reach & Engagement

- **16 members** are registered for Fitness Club
- **11-14 members** attend each week (average 12 per week)
- **25% of members** attended every single session
- **39 volunteer hours** given over 3 months, supporting inclusive fitness activities
- **100% of survey respondents** come to club every week, showing strong engagement and loyalty

What Members Love & What They Want

What Mencap Does Well

- **Ball games:** Kicking the ball in the net, boccia, basketball
- **Dance & movement:** Line dancing, games to music, parachute games
- **Fitness activities:** Yoga, general fitness sessions
- **Other sports:** Golf (external sessions)

Future Activity Suggestions

- **More ball games** – members love the variety of ball sports and want to do more
- **Bowling** – a popular request for future sessions
- **Games to music** – combining movement, rhythm and fun

Member & Family Feedback

What Mencap Does Well

- The range of clubs – members and families value the variety of opportunities available
- Welcoming and inclusive environment where everyone feels they belong
- Continuity of staff – trusted, familiar volunteers and staff make members feel safe and valued
- Always making sure every member is included in activities

Areas to Improve

- Clearer signposting when arriving at the venue – some members find it hard to know where to go and who to report to in the big hall
- Social opportunities for families – suggestion for fundraising evenings or chances for parents to meet each other and build community

With sustained funding, Fitness Club can continue to provide a welcoming, active space where adults with learning disabilities build physical fitness, confidence, friendships & independence – all while having fun and feeling truly valued.