



# **Bannan Fitness Club**

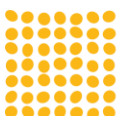
**Business Plan  
2024 to 2028**

[10/04/24]

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# 1 Introduction and Background

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## 1.1 Project Summary

### Background and Context

Bannan Fitness Club (SCIO) SC052959 is located in Coatbridge, North Lanarkshire and has been running since April 2014 as a registered charity. It is a community run, community managed fitness and wellbeing club delivering an array of services to the local community. We offer fitness classes, health and wellbeing classes and nutritional advice to beneficiaries as well as other community focused activities in and around Coatbridge and North Lanarkshire.

In January 2023, further to some 7 years letting the Janet Hamilton Centre in Langloan, Coatbridge, we were ejected from the premises at one hours notice on health and safety grounds. Since January 2023 the club has sought ongoing temporary accommodation in various venues throughout Coatbridge whilst awaiting a return to our facility at Langloan which houses all of our equipment. We currently let the Shawhead Community Centre however, this does not house our equipment such as ring or hung bags. We carry on delivering to our community as best we can until we return to our base at Langloan.

We run classes and activities daily aside from Sundays and these take place during the day as well as most evenings. When we return to Langloan, Sunday classes shall be re-instated.

This Business Plan is based on Bannan Fitness Club returning to our home base at the Janet Hamilton Centre in Langloan, Coatbridge. We intend to pick up from and improve on where we “left-off “ in January 2023, returning to business as usual and improving on what we deliver to the community. Our equipment is based in The Janet Hamilton Centre and we would be in a position to take possession of the premises and carry out any necessary repairs returning to normal running almost immediately. We have entered into dialogue and been assigned a case worker, regarding funding for acquisition of the premises long-term with the Scottish Land Fund should this be a requisite of our CAT transfer.

At this point however our first step as we understand is for a CAT lease. This should prove to be reasonable seamless. We have commences fundraising activities to cover costs when we take possession and return to Langloan on a CAT lease.

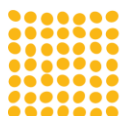
Notably, this Business Plan is based on a successful CAT transfer of The Janet Hamilton Centre, Langloan , Coatbridge, along with access and parking rights. As aforementioned therefore we do not wish to exclude ultimately the prospect of CAT purchase and parking rights. Chronologically this will be CAT transfer lease with parking rights and potentially ownership if applicable, in favour of Bannan Fitness Club. This Business plan will cover costs incurred that we are made aware of by NLC including utilities costs. We will be happy to re-visit a Business Plan to incorporate alternative acquisition costings if so provided by NLC.

The Business plan will refer to the CAT transfer of the building, clearly outlining the plans we have to increase income through a variety of income streams to meet property costs.

### What We Will Do

Having established a loyal base of beneficiaries our research (see community engagement evidence and survey results) demonstrated that local residents of Coatbridge, North Lanarkshire and surrounding areas continue to need our services at Bannan Fitness Club. Bannan Fitness Club will become a central hub for our local community providing a welcoming space for all to access a range of services related to wellbeing and support for local residents. This support will help more people live better for longer and become socially included. Our younger and older residents will be able to come to our Centre to meet, get fit and have friendships together to create a thriving and healthier community in Coatbridge.

We will widen our engagement to both older and younger groups to encourage to attend our classes and facilitate long-term contribution to the economy and drive awareness of important social conversation issues. Encouraging participation from all walks of life and all ages will benefit all



beneficiaries. We strive towards making a positive difference in our community manifesting positivity through exercise and motivation.

Whilst delivering our services to our beneficiaries we will also meet the following local priorities of North Lanarkshire:

- Improve economic opportunities and outcomes.
- Support all children and young people to realise their full potential.
- Improve the health and wellbeing of our communities.
- Enhance participation, capacity, and empowerment across our communities

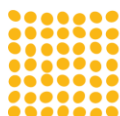
We advance equality of opportunity by running classes for those with physical and mental disabilities and for vulnerable adults where there is a shared protected characteristic in terms of the Equality Act 2010. Bespoke training is offered to coaches who in turn deliver these classes for disability inclusion. We also work alongside Hope for Autism. We widen access and improve community engagement in all of activities.

We also advance opportunity by actively encourage participation from beneficiaries of all religious backgrounds and ethnic origins. We promote interaction between groups of young adults from different mainstream schools whether denominational or non-denominational. We are acutely aware of the issue of bigotry in the Coatbridge area and promote equality and the elimination of social issues such as violence and hatred stemming from pre-judging others as a result of their religious or ethnic background. We currently have beneficiaries from various religious backgrounds and beliefs and we actively encourage participation from Ethnic minority groups and we welcomed and accommodated female beneficiaries of the Muslim faith at our Janet Hamilton Centre in Langloan. We have many beneficiaries whose first language is not English from as far afield as Eastern Europe, to the closer to home Gaelic speakers. We have some multi-lingual qualified trainers covering four different languages. We foster good relations between people who share a protected characteristic and those who do not.

Our beneficiaries come from all walks of life in many ways. These are often associated with different financial circumstances at home and family experiences in upbringing but also from different Ethnic backgrounds. As aforementioned we have many beneficiaries where English is not their first language nor is Christianity their religion. We believe in manifesting positive relationships by demonstrating our own ethos of everyone is equal. By treating all equally regardless of gender identity, race, religion, age, ethnicity, disability or sexual orientation we demonstrate to our beneficiaries how to foster good relations from people of all walks of life. We work together as professionals and demonstrate the importance of fostering diversity and promoting inclusivity.

Stakeholders told us in our research that they will support us to do more of what we do best and beneficiaries have told us they will use a variety of services. This will include:

- **Boxercise, Clubbercise and Boxing Training.** Boxing training often feeds into competitive boxing eg [REDACTED]
- Offer access to advice on fitness, nutrition and making correct life choices.
- Extend our health initiatives and activity classes offering access to Meno pausitivity, Menopause awareness group, Fibromyalgia support group, Bannan brunch, Stretch and Flex, Mobility class followed by warm soup, Basic movement group and stretch and flex.
- Encourage more locals to use our large hall space for community events such as discos, Kids Christmas Parties for the Community. Fundraising events to recoup further funds back into the club but with a social and community benefit for beneficiaries.
- By improving our accessibility we will welcome more disabled people to our activity classes (above).



- We will focus more of our activity on the needs of older people in our community, through a range of interest and physical activity classes. Our eldest beneficiary is aged 79 years, resident in Coatbridge and carries out boxercise at a very basic level. Engaging older beneficiaries alleviates boredom and depression.
- We will offer tailored chair boxercise classes to the elderly where mobility is a barrier to their enjoyment of life. Qualified instructors will work with these groups to improve their experiences of later life. This has been canvassed with Blair Home, Coatbridge and we will be running a pilot project with their patrons. These will be new beneficiaries and much older than our current 79 year old.
- We design our classes to accommodate a mix of social backgrounds allowing more local families and local people access to community activities where finances and childcare are barriers..
- We will maximise every community aspect of the centre for our Coatbridge, North Lanarkshire and wider area beneficiaries.
- We will introduce a real “community feel” to the centre at Langloan.
- We will offer alternative life choices to alcohol and drugs, on the doorsteps of where its’ needed in key areas where it’s needed and per our research

See:

<https://www.alcohol-focus-scotland.org.uk/media/440254/north-lanarkshire-.pdf#:~:text=In%202020%2C%20101%20people%20died%20in%20North%20Lanarkshire,ever%20had%20an%20alcoholic%20drink%20in%20North%20Lanarkshire.>

And

<https://www.gov.scot/binaries/content/documents/govscot/publications/statistics/2019/11/scottish-schools-adolescent-lifestyle-substance-use-survey-salsus-national-overview-2018/documents/summary-findings-north-lanarkshire-council/summary-findings-north-lanarkshire-council/govscot%3Adocument/summary-findings-north-lanarkshire-council.pdf>

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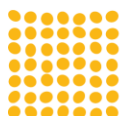
<https://www.scotpho.org.uk/media/2099/2021-09-21-scottishburdenofdisease-north-lanarkshire.pdf#:~:text=The%20figures%20below%20illustrate%20how%20health%20loss%20is,the%20population%2C%20but%20this%20does%20vary%20with%20age.>

And

<https://www.northlanarkshire.gov.uk/your-council/facts-and-figures/life-expectancy>

## 1.2 Organisational Context

Bannan Fitness Club is a SCIO. We let the Janet Hamilton Centre from NLC for over 7 years and ran a very successful club. Our services have grown and the number of people we support has increased. However, the building was shut down at short notice on safety grounds. Since then we have been without our boxing ring and hung boxing bags. We have utilised many halls in the Coatbridge area as and when they became available. It has been an extremely difficult time but we as a team, maintain our solidarity, however with the move back to Langloan at our Janet Hamilton Centre, we see a light at the end of the tunnel as this property is already tailored exactly to our needs to seamlessly move back in



and carry on our community work. As it stands, we offer fitness classes with free standing bags and without our beloved ring.

We are now seeking an asset transfer lease in the first instance with a view to full community management/ownership. In the event of this transfer being successful we aim to successfully secure development funding to commission research to further inform this business plan and build on the work that Bannan Fitness has been doing in North Lanarkshire since 2014.

Bannan Fitness Club currently offer a range of activities from the Centre including:

- Boxercise
- Clubbercise
- Glowbox
- Bannan Fitness Running Club
- Bannan Fitness Walking Club
- Special Needs classes for improved upper body strength, confidence and dexterity
- Specialised classes for those on the autism spectrum
- Sparring
- Bannan Fitness McTuff Team
- Bannan Fitness Tough Mudder Team

### **1.3 Vision and Mission**

Bannan Fitness is for the benefit of the local community.

Our vision is of a fitness club where people will have access to a whole range of healthy life choices in areas where poverty and deprivation is extremely high and life choices often include alcohol abuse, poor nutrition and drugs.

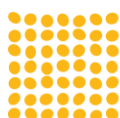
The aims of the club will be the provision of various recreational fitness and leisure activities with the object of improving the conditions of the lives of those in the community. Bannan Fitness focuses particularly on overall health and well-being; both mental and physical, through the promotion of a wide range of community participation in healthy recreation and sport.

Bannan Fitness offers and promotes fitness training at all levels and capabilities as well as promoting ongoing workout with a healthy diet.

#### **Mission Statement**

Bannan Fitness Club will become a central hub for our local community (pan North Lanarkshire) providing a welcoming space for all to access a range of services and support for local residents. This support will help more people live better for longer and become socially included. Our younger and older residents will be able to come to our Centre to meet, get fit and have friendships together to create a thriving and healthier community in Coatbridge.

#### **Our Culture**



We will work hard over the coming years, to adapt to a change in culture brought about by the reduction in funding and maximise the potential of Bannan Fitness Club at the Janet Hamilton Centre. This brings with it a need for us to focus on being able to promote our space in the building, charging competitive but market rates for hall hire and introducing more revenue streams. We will embrace these changes as a Board, and understand that without income, we cannot achieve our social outcomes to benefit the local community. However, we also understand that much of what we offer does depend on project funding and we will ensure we have a robust funding strategy in place. We will be working with SCVO, NLC and VANL to access funding opportunities such as the Scottish Land Fund, Lottery Funding and various other appropriate funders. We are engaged in dialogue with the Scottish Land Fund regarding repairs and acquisition funding if applicable.

## **Strategic Aims**

Our strategic aims (taken from our Constitution) are:

1. The advancement of health; both mental and physical well-being.
2. The advancement of public participation in sport.
3. The provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended.
4. The long-term advancement of community development in North Lanarkshire and surrounding areas.

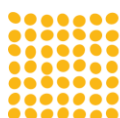
## **Strategic Objectives**

To achieve our aims, we will do the following:

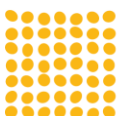
- We will increase the number of people coming into Bannan Fitness at the Langloan Community centre.
- We will increase the number of groups using the hall space.
- We will increase the turnover of our classes.
- We will introduce new services to new groups.
- We will provide opportunities for people to get together, interact and socialise together eg Older groups, Menopause awareness groups.
- Provide information and links to other community groups and council services, bringing other services into the centre where appropriate.
- Provide opportunities for young people to learn, train and develop their work skills and experience, enabling them to move on into better jobs locally by training more young trainers to improve their confidence and mental health.

### **1.4 Methodology**

A range of research work has contributed to this business plan, largely pulled together during very recently often informally, however we have also undertaken the following :



- **Stage 1 – Research** – Word of mouth canvassing, letters of support, consultations with stakeholders such as local schools and residents.
- We will schedule ongoing Stakeholder meetings to gain different perspectives on the needs of the community.
- Specific stakeholder interviews (above) took place to back this up and will continue. (See supporting documentation in appendices)
- Commercial research into viability
- An analysis of the competition and partnership with other facilities and services locally.(eg local private gyms/sport Scotland)
- Consideration of case studies
- Informal word of mouth discussions with beneficiaries on an ongoing basis.
- **Stage 2 – Technical stage** – We will engage any relevant qualified support services to implement our plan such as NLC and D M Hall Surveyors (who have already been instructed and provided a valuation only survey of the building).
- **Stage 3 – Business Plan** – We will inform and update our Business Plan in the event of successful CAT transfer and/or amend if appropriate per consultation with CAT team at NLC.





## 2 The Need and The Evidence of Need

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### 2.1 The Need

During the recent research we engaged with the local community, residents and stakeholders on the matter of this CAT transfer of Janet Hamilton Centre in Langloan to Bannan Fitness Club (SCIO). The response has been overwhelmingly positive.

The responses from user groups (some using the services presently, represented the views of hundreds of individuals gathered at reasonably short notice in print format for those without access to an online social media platform to complete the online survey, as well as a high level of feedback from the online survey which was tailored in conjunction with NLC. This pointed at the need for our service in the community and more importantly for the CAT transfer of our previous “home” at Langloan; the Janet Hamilton Centre being returned to us in order that we carry on where we left off in our community hive of activity as it was when new were ejected from the building. We have received, ongoing supportive responses from social media (see attached), local media turnouts (see appendices), positive meetings with local stakeholders such as local schools, hospitals, care homes and third sector organisations. With further canvassing we anticipate around 100 positive responses weekly if required for evidential purposes.

Prior to the closure of the Janet Hamilton Centre we had 400-500 beneficiaries per week. We anticipate the return of this type of following as well as additional beneficiaries due to the additional activities we will be running. Despite currently being unable to maximise our potential given the limitations on our let such as no hung bags, proper storage or ability to erect our boxing ring at present, we anticipate our loyal beneficiaries returning to use the services and have maintained our usual professional standards.

We know our local community well, having worked in this area for over 10 years as a registered charity and further five years prior as a community organisation. We are predominantly local people and we understand that local people are struggling with poverty premature deaths due to illnesses such as cancer in areas such as Langloan, Kirkwood, Kirkshaws and Whifflet (see links above at 1.1), concerning these local areas have much higher prevalence than national figures. This leads to depression, poverty and the cycle continues with poor life choices. Gyms and fitness clubs are generally by membership and can therefore be exclusive to those with higher disposable income.

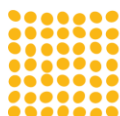
One aspect of Bannan Fitness we pride ourselves on is inclusivity. We do not require membership fees with classes costing £2 and £3 per adult depending on the type of class. We offer the same classes providing fitness and wellbeing for free to unemployed persons and those under 16 pay 50 pence to encourage teenagers into better life choices as well as ensuring inclusivity. We work with stakeholders of all denominations and have recently provided classes to groups such as football groups; Larkhall Thistle and Andy’s Football from Chapelhall and work with schools of any denomination as well as those providing ASN.

From stakeholder meetings we learned that availability of extra-curricular School sports has diminished in the last few decades and we will be continuing to work with our local schools to provide tailored training such as recently provided to St Ambrose High School Seniors. The board recently appointed two members with a community/Business development remit to take this forward and ensure all those in the community have access to fitness training as a prominent and available life choice as well as positive lifestyle options.

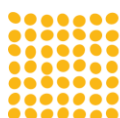
### 2.2 Evidence of Need Context

Establishing the needs of this community and analysing the market opportunities that will ensure sustainability has been a long and careful process. Where there is new research not contained in associated documents they appear in separate appendices.

The elements of research are summarised below;



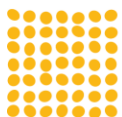
- Feedback/response letters: 1 ad-hoc survey was completed at very short notice and was met with an overwhelmingly positive response (see attached), this was for users attending the group over two evenings. The responses often mention Mental Health and Isolation as a reason for attending Bannan Fitness Club.
- Community consultation meetings took place previously whilst resident at Janet Hamilton Centre with Langloan Residents Association, [REDACTED] facilitated and minuted.
- “Focus group” attended by interested individuals offering a range of perspectives
- Additional stakeholder interviews
- Strategic Review of our performance in the last few years identifying gaps in expertise which resulted in board recruitment.
- Market analysis of our local economic indicators
- Demographic and statistical analysis using SIMD figures and reports such as those referred to in links at 1.1 above.
- Case Studies
- Competitive analysis eg local private sector gyms



## 2.3 Evidence of Need Summary

From reviewing the research, we can evidence the need in our community as below:

Theme	Evidence of Need	Services or Activities
Older People	Stakeholder conversations and comments from Langloan Locals; with a successful CAT transfer we will commence the new classes referred to 1.1. This will encourage socially isolated people to be more included and go to Bannan Fitness Club. In addition we offer a pilot on chair boxercise at Blair House in Coatbridge for elderly residents age 70-100 approx.	Targeted interventions for older people being active and included.
Menopause physical and mental wellbeing	User groups, predominantly members of Clubbercise classes clearly stated that Menopause Specific classes would be of great benefit. Most recent conversation suggests a following of at least 25 females for each class.	Clubs or Groups
Social :Physical and mental wellbeing for all ages	Comments from locals suggest that more activities such as discos and activities in the hall at the weekend would greatly benefit the community, bringing in more of a feeling of togetherness in the community. Families could attend with multiple children.	Kids Christmas Disco/Bannan Christmas Disco for the community. Summer parties for the community within the club and potential use of the grounds.
Children and Young People	We will work with younger beneficiaries, both mainstream and ASN. There has been a massive uptake in our classes for children and young people with additional support needs. This includes those with Autism. WE have Autism trained specialist trainers who work in conjunction with Hope for Autsim, Scotland. We offer these free of charge and the need is	Free of charge classes.

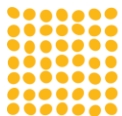


evidence in terms of supporting evidence attached from relevant stakeholders.

Poverty – Impact of Welfare Reforms

Local community comments suggest more uptake possible for those who are unemployed. “It’s too easy just to pick up a drink”. Ensure the community are aware of better life choices for those in difficult situations in life. Bannan Fitness offers positive life choices and friendship.

The new additional classes/services as stated in 1.1 to be made available FOC to those who are unemployed to improve overall mental health.



### 3. Delivery Method – Services and Projects

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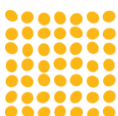
#### 3.1 What we will deliver from Langloan Community Centre– community benefit projects

The priority of Bannan Fitness Club is to continue doing what we do best and build on that for the benefit of the community. As aforementioned , we are tenants at Shawhead Community Centre. We will return to our home base and carry on with the good work we

Our development work over the next five years will focus on developing strong partnerships with our existing partners such as local schools, as well as finding and developing links with new community organisations or those we have not worked with in the past to make the most of “community”. Bannan Fitness is all about “community”.

We will also focus on returning Bannan Fitness to the position it was in January 2023 with floods of beneficiaries attending classes every day of the week. We will then improve and offer additional groups that will be equally as life changing as the current classes we have. This will improve our income generation potential as well a serving the community.

- We will develop stronger links with school groups, helping improve fitness and life choices for the young. We will offer these services to all regardless of denomination to ensure integration and inclusivity. Bannan Fitness has beneficiaries from all religions and creeds and we will continue to build on this. Boxing training builds stamina, confidence and respect.
- We will attend networking sessions to ensure that more people in the community are aware of what we do and who we support. We have recently recruited a board member with a community/business development remit to this end.



## Balancing Social Outcomes

Considering the research findings, our work aligns with the following themes:

Poverty and associated deprivation, Mental Health and Addictions, Social Isolation, Health and Well-being, Improved life-choices.

### 3.2 Developing Services and doing more of what we're already doing.

Generating an income will be balanced with offering services that will be of community and social benefit; these projects may be funded from a range of funders. Notably we anticipate that the social benefit to the community will be a factor when determining the financial consideration for the centre (applying appropriate discount).

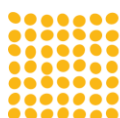
Under the above themes, research suggests Bannan Fitness Club should continue doing and develop our existing offering to include:

- Boxcercise, Clubbercise and Boxing Training. Boxing training often feeds into competitive boxing eg Ricky Burns.
- Offer access to advice on fitness, nutrition and making correct life choices.
- Extend our health initiatives and activity classes offering access to Meno pausitivity, Menopause awareness group, Fibromyalgia support group, Bannan brunch, Stretch and Flex, Mobility class followed by warm soup, Basic movement group and stretch and flex.
- Encourage more locals to use our large hall space for community events such as discos, Kids Christmas Parties for the Community. Fundraising events to recoup further funds back into the club but with a social and community benefit for beneficiaries.
- By improving our accessibility, we will welcome more disabled people to our activity classes (above).
- We will focus more of our activity on the needs of older people in our community, through a range of interest and physical activity classes. Our eldest beneficiary is aged 79 years and carries out boxercise at a very basic level. Engaging older beneficiaries alleviates boredom and depression.
- We will maximise every community aspect of the centre for our Coatbridge, North Lanarkshire and wider area beneficiaries.
- We will introduce a real community feel to the centre at Langloan.
- We will offer alternative life choices to alcohol and drugs, on the doorsteps of where its' needed in key areas where it's needed per our research (SIMD Kirkshaws, Langloan, Whifflet, Dundyvan) <https://simd.scot/#/simd2020/BTTFTT/9/-4.0000/55.9000/>

## Beneficiary Groups

To deliver projects under the thematic areas described in our business plan, we will work with the following beneficiary groups:

- Children and young people



- Older people
- Working age adults
- Long-term unemployed
- People from Ethnic minorities
- People with mental health issues
- People who are isolated or excluded
- People with barriers to positive life choices
- People from more deprived households
- Families
- People battling addiction
- People with specific health considerations eg ASD. Menopause, Fibromyalgia

### **3.3 Generating an Income**

The above projects are community benefit projects reflecting what we already offer and what we start to offer in the event of successful CAT. We will balance this and ultimately subsidise much of this activity by increasing our income generated through alternative funding streams.

Full details of how income can be generated are included below. In summary, from the research income could be generated by doing the following:

- Classes – fitness and other groups
- Bid writing, fund and trust applications
- Fundraising activities involving the community (see Bannan Fitness social media for ongoing fundraising activities).

### **3.4 Asset Transfer Process**

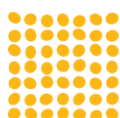
In order to deliver these projects and to generate an income, we have concluded that our base at the Janet Hamilton Centre is the best building to use as a base. With this in mind, we will work closely with North Lanarkshire Council for this asset transfer under the Community Empowerment (Scotland) Act 2015. Any previous conversations regarding alternative sites such as Shawhead Community Centre should be superseded by this application.

### **3.5 Building Options – Why The Janet Hamilton Centre?**

We have reviewed all of our options and find this building to be the best fit.

This is our home.

We will secure funding to repair the building if necessary per NLC consultations and return to business as usual. We will review this in the future to identify other potential sources for capital funding to develop the building.



We understand that securing funding will be difficult even for our organisation which has a strong track record in delivering strong social outcomes whilst being an organisation that so many local people rely upon for access to healthy life choices, friendship and support.

We will embark on a strong development and marketing campaign upon transfer of the centre, this will help us to raise awareness and to secure bookings for additional support groups and further beneficiaries attending classes and our groups, thus helping us to achieve our long-term sustainability.

The building is centrally located and well known and people will continue to come here. Moving the building into the control of the community allows the Bannan community to direct its future projects around the needs of the community and this is a priority to secure our future.

We have board members with expertise in capacity building and sustainability.

### 3.6 Accommodation Schedule

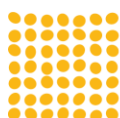
The Centre itself is as outlined in map on CAT application form. Unique reference is on CAT form. The building is known as the Janet Hamilton Centre, Langloan, Coatbridge.

Element	Space and Facility Needed
<b>GROUND FLOOR</b>	
Outside	Parking
Entrance and main corridor (inc. lift)	<p>Open area into reception, walking into a long corridor with rooms off both sides:</p> <p>Small office to the immediate right, accommodation for 1 person to monitor door.</p> <p>Ahead and right: Information boards – advertising the clubs classes and events</p> <p>Ahead and left and right the second right :Male and female toilets including disabled and baby changing facilities respectively.</p> <p>Left: Storage cupboard at entrance to kitchen and main hall access.</p>
Main Hall	Large space: storage. Boxing ring, hung bags and fully functioning floored/mirrored boxing and fitness gym
Kitchen	At front left of hall, understood to be fully functioning
Toilets	Ladies and Gents toilets plus a unisex disabled toilet; baby changing facility.
Outdoor area	Small areas accessible from the rear Hall; large enough for fitness groups working outdoors.

### 3.7 Usage Schedule

The usage schedule shows when we expect the building will be open to beneficiaries

Facility	Opening Hours	Opening Hours
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	Monday to Friday	Saturday and Sunday
Kitchen	As required for catering for Christmas Parties, shows etc	As required for catering
Main Hall	10am-9,30pm	9am-12noon
Outdoor Space	Ad-hoc basis weather dependent	Ad-hoc basis weather dependent
Parking	Daily all day parking	Daily all day parking

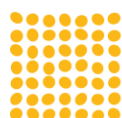
### Estimate of Numbers

The basis for our estimation of numbers is set out below.

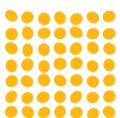
1. Main Hall - space for social events for up to 50 (TBC) people at any one time; hire of hall for individual groups running classes or activities for up to 30 people.
2. Weekdays - allocations
3. Weekends – allowing bookable slots for Saturday evenings for social/community events with applicable prior notice.

We want this project to contribute to this neighbourhood as well as re-instating the work Bannan's already does and improving on that and will base our monitoring of the project on the following outcomes and milestones.

Outcome and Milestones (Year 1 – revised annually thereafter)	Timescale
<b>More local people will access fitness, training and health initiatives gaining better mental and physical wellbeing</b>	
More local people will take part in a variety of physical activities and opportunities to learn new interests	ongoing
More local parents will be able to attend fitness classes. Children are welcome. This should not be a barrier to exercising.	ongoing
More local residents will be able to access reasonably priced activities improving their health and wellbeing	ongoing
More local unemployed residents can access healthy life choices FOC	ongoing
More older, isolated people will meet socially at our specific classes (eg Older groups/Menopause/Fibro)	ongoing



Improve the overall health and wellbeing of the community by offering alternative life choices (see SIMD stats and mortality rates at supra)	



### 3.8 Empowering and Improving the Lives of Individuals

We will seek funding from a range of funders where priorities align with the projects we will deliver and therefore the need there is in our community. These priorities will not be limited to these listed below but may include:

- Sustainable, economic and social development – more people in Coatbridge and from other parts of North Lanarkshire will be able to access fitness and wellbeing classes improving their life chances.
- Stronger role in the community – The Bannan Fitness Club continues to be representative of the local community and through Bannan Fitness having this CAT transfer the centre will be managed by the community, we will ensure that Bannan Fitness Club shapes the services that are designed and developed according to need in our community.
- Whilst balancing strong social outcomes we will build our business plan over the next five years to generate income that will cover our running costs and allow us to generate a surplus which will be reinvested into Bannan Fitness Club developing and welcoming more people into the club to improve their lives.
- Community led and community driven – through our consultation and ongoing community engagement we will ensure the classes and services offered and the partners we work with as directed by the people using Bannan Fitness as well as aligning with local and national policy and strategy
- Well connected – we will continue to develop strong partnerships with a range of stakeholders, such as other community groups, NLC and schools to widen the range of services that can be delivered by Bannan Fitness Club

As a community club we don't have a monthly or annual membership as classes are based on "pay as you go" to make it cost effective for all people to participate and the unemployed/special needs are free. Deprivation in Langloan and Shawhead is some of the highest in Coatbridge therefore this is why Bannan is different. Its not a gym it's a lifestyle choice not just to come and get fit, it's a NEW family that you never knew you had.

Tariff per class:

Adult, £2, Children 50p, Unemployed/Special Needs FREE

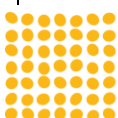
Bannan Fitness provides a safe haven, family environment which is much needed with hope and direction, for not only these groups of men, woman and children who attend but for those who have disabilities. Hundreds attend our club which positively impacts thousands in Coatbridge, Airdrie, Bellshill and further afield as you will see on our Facebook Page.

We provide a range of different classes for all ages and abilities. Such as our confidence classes that are free for young to older adults who are autistic, disabled or have special needs and require more one to one time with our trainers, in a quieter environment. These boxing classes are not available in mainstream gyms.

We aim to help empower the community improving their opportunity to make the correct life choices.

This also may be linked to lack of opportunity, poverty, issues with mental health, role models, poor diet and lifestyle choices. Coatbridge has one of the highest rates of deprivation in Scotland. (see appendix) and NLC has ongoing issues with alcohol addiction.

<https://www.alcohol-focus-scotland.org.uk/media/440254/north-lanarkshire-.pdf#:~:text=In%202020%2C%20101%20people%20died%20in%20North%20Lanarkshire,ever%20had%20an%20alcoholic%20drink%20in%20North%20Lanarkshire.>



And drug addiction:

<https://www.gov.scot/binaries/content/documents/govscot/publications/statistics/2019/11/scottish-schools-adolescent-lifestyle-substance-use-salsus-national-overview-2018/documents/summary-findings-north-lanarkshire-council/summary-findings-north-lanarkshire-council/govscot%3Adocument/summary-findings-north-lanarkshire-council.pdf>

And cancer, and deaths associated with poverty and poor life choices. In addition NLC area is 15% Higher than the Scottish average for health loss: <https://www.scotpho.org.uk/media/2099/2021-09-21-scottishburdenofdisease-north-lanarkshire.pdf#:~:text=The%20figures%20below%20illustrate%20how%20health%20loss%20is,the%20population%2C%20but%20this%20does%20vary%20with%20age.>

And lower life expectancy:

<https://www.northlanarkshire.gov.uk/your-council/facts-and-figures/life-expectancy>

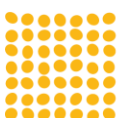
We shall also empower through digital inclusion: Whilst we are not predominantly a digital focused organisation (being a practical, hands-on fitness club) we do offer online classes where appropriate via the Zoom platform. This is a very successful of delivery method and was one of our main modes of delivery during the pandemic. We appreciate the barriers caused by digital exclusion and address these barriers at their roots. For example we offer support on how to access such classes, encourage older beneficiaries to engage with our online social media such as Instagram and Facebook and we now offer classes within care homes commencing with Blair House pilot project care Home in the Townhead area of Coatbridge. These will be to elderly individuals unable to leave their care home due to mental and physical issues. We also offer Zoom classes to these beneficiaries with an overview of how this operates. This addresses specific issues with digital inclusion, improving beneficiaries involvement in Digital Inclusion thus empowering and educating.

Our classes are aimed at removing barriers to inclusion associated with poverty. We offer an alternative lifestyle to those associated with poverty such as substance misuse and addiction (DRUG deaths etc). We have been nestled within a high SIMD area for almost ten years seeking to offer routes out of poverty and deprivation by improving confidence and wellbeing for those where finances are very limited. Our classes are free to those out of employment and 50p to under 16's. Our main classes are £2 per session for standard (employed, adult) beneficiaries. We understand the complexities of people's lifestyle choices especially where poverty is an issue and our pricing structure reflects this.

### **3.9 Why Our Project is the Best Way to Meet the Need**

We Have a Strong Local Presence and track record

Over the last 15 years we have become a key contributor to unique, inclusive and affordable fitness training to the local community and have supported a large number of people through a range of projects fundraising events and initiatives, such as awarding an average of £7,000 per year to charitable causes such as the St Andrews Hospice.



Over the last 10 years we have been successful in training scores of Boxercise and Clubbercise accredited instructors as well as specialist training such as for those on the autism awareness, fire marshall training and first aid training. These have all contributed to the success of the club as well as the confidence of the trainers themselves, all of whom are volunteers.

### Partnership

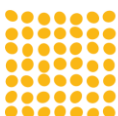
We work hard to develop links with other organisations and teams working in North Lanarkshire and now work with local primary and secondary schools, special needs facilities, the Men's Shed, local football clubs and residents associations as well as other charities such as Hope for Autism.

### Stakeholder conversations – evidence of need (see appendices)

During our consultations, we have spoken with hundreds of local people local people and various stakeholders, representing the interests of a large number of people who both do and don't currently use Bannan Fitness Club. These conversations have shown a respect for the work we do ; " This club means so much to so many people for fitness, mental health, friendship and so much more", "It has helped my physical and mental health tremendously . I love the support and friends ", " This is a great club that gives back to the community and deserves to have a place to call their own ", "Personally I would be lost without this club, they are very supportive to each and every person ", "It's amazing for mental health and brings a community together", " Would be detrimental to so many people not to have this valuable resource". We have undergone various community supported rallies in support of our return to our Janet Hamilton Centre and Langloan. We have attached evidence to this effect. We have undertaken a community feedback survey. Evidence is also attached to this effect. We attach evidence of community support in terms of various stakeholders letters of support. We engage with other community organisations both sport focused and non-sport focused. We consult with the community on an ongoing basis. We are acutely aware of the issues of poverty, deprivation and addiction in this area (see SIMD stats)

### Board and Management Team Capacity

Our members and trustees together have years' experience of this community and involvement in this organisation. We are local people with a strong commitment and passion to turn our community into a more vibrant place to live and work but we understand that to lead this organisation over the coming years, we will need to become more commercially active, focused and will need to continue to develop our capacity and skills as a board and trainers team. We will do this through a strong board focussed on good governance and we will build up our committee and staff team through training and recruitment of key skills where required. We will constantly aim to bridge any board skills gaps where apparent. To this end we recently recruited a business development member and a legal member.



## 4 Governance and Operational Management

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### 4.1 Legal Structure

We have SCIO status to ensure we can work flexibly generating an income whilst delivering social and community benefit.

The club's charitable purposes are wide ranging:

1. The advancement of health; both mental and physical well-being.
2. The advancement of public participation in sport.
3. The provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended.
4. The long-term advancement of community development in North Lanarkshire and surrounding areas.

The club's charitable objectives are:

The aims of the club will be the provision of various recreational fitness and leisure activities with the object of improving the conditions of the lives of those in the community. Bannan Fitness focuses particularly on overall health and well-being; both mental and physical, through the promotion of a wide range of community participation in healthy recreation and sport.

Bannan Fitness offers and promotes fitness training at all levels and capabilities as well as promoting ongoing workout with a healthy diet.

These objectives and charitable purposes are clear and wide enough to cover the activities envisaged for the organisation and the facility. This includes generating income from running classes, charity fundraising events, trusts, funds and other funding sources.

### Board Structure

The board has 14 Trustees including Secretary, Chairman and Treasurer. We have recently recruited two new members onto the board, and as a result of this will embark on a training programme to ensure that all board members fully understand their roles and responsibilities and to ensure that these are clearly defined.

The Board is made up of committed people who are determined and passionate about fitness and the Bannan Fitness Club improving life for those in the community. They bring with them a diverse range of work and life experience.

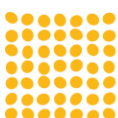
### Constitution

- We attach our constitution.

### Governance and Strategic Management

The Board is aware of the amount of time, commitment and hard work that will be required to develop and manage this project. Board members meet regularly (every four weeks) to discuss progress and plan ahead and all decisions are fully discussed and approved before implementation.

Robust processes and procedures are present and will be further implemented to ensure compliance and monitor performance (financial and outcomes) as the project develops. These will then be reviewed to ensure that they are robust enough to cope with the increased levels of activity and responsibility that will come with managing the facility and volunteers as Bannan Fitness continues to grow.



## **Staffing**

The board will have a strategic overview of the running of the club. Day to day operations remains the responsibility of the board, however we would anticipate seeking a staff member to deal with caretaking services when that is an option in terms of funding in the longer term.

## **4.2 Project Management**

Our Board will be responsible for the management and implementation of the successful CAT transfer.

## **4.3 Financial Management**

Managing our funding will ensure we manage cashflow – ensuring that funding applications are submitted well before funding runs out (not working “hand to mouth”).

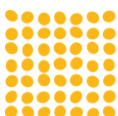
## **4.4 Managing the Project**

We plan to secure funding to further develop from a range of funders such as the Land Fund, Aldi Scottish Sports Fund, Sport Scotland,

## **4.5 Policies and Procedures**

We will review our range of policies and procedures on a regular basis at our board meetings, one of our committee being responsible for reviewing policies and bringing them to the board for amendment where appropriate:

- Safeguarding Policy
- Child Protection (parental consent)



PROJECT RUNNING COSTS: SEE ATTACHED APPENDICES

