

READING & GLL PARTNERSHIP UPDATE

HOUSING, NEIGHBOURHOODS & LEISURE COMMITTEE

Tuesday 21 July 2026

Craig Woodward, Steph Smith & Jemma Allen

RIVERMEAD LEISURE CENTRE

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BACKGROUND INFORMATION

- 25-year contract – commenced 1 July 2021
- Operation of 4 leisure centres
 - o Meadway Sports Centre
 - o Palmer Park Leisure Centre
 - o Rivermead Leisure Centre
 - o South Reading Leisure Centre

USAGE STATS

- Throughout 2025 we have seen positive movement on usage stats across all centres particularly when compared to previous years.
- Total usage throughout 2025 now exceeds 1 million visits with the target to see further increases in 2026
- Over 6,000 Free Swims offered to Reading Residents as part of the continuation of the YRP Concession Scheme, a similar figure to previous years.
- Over 9,000 Pre-Paid Memberships, with all centres at the highest position and an increase from 7,000 members the previous year.
- Pay & Play Memberships figures are now over 2,500
- 2,800 on the Learn to Swim Programme attending each week, again an increase from 2,500 the previous year.

PEOPLE

- GLL continues to hold Real Living Wage Accreditation.
- Total Staff Completing National Pool Lifeguard Qualifications is 17 in 2025
- 12 New Swimming Teachers introduced throughout 2025.
- Over 500 e-learning modules completed to cover a wide range of courses which include Equality & Diversity, Disability Awareness, Safeguarding & Health & Safety.
- Continue with Reward & Recognition work to ensure all staff are valued, including Staff Member of the Month and Annual Staff Awards.
- 4 Apprenticeships started throughout 2025, with all due to complete the scheme in 2026.
- Supporting young people in education with 37 work experience placements in the past 12 months.
- The workforce is made up of 203 members of staff, with over 85% being Reading Residents.
- Investors in People Gold Award.

COMMUNITY 2025

- Access and Disability Group Visit & MENCAP Engagement
 - Tours, activity & feedback
- Work Experience Placements
 - New Directions
 - Local schools & colleges
- Reading & Oxfordshire Club Games
 - Senior Competition
- GLL Sport Foundation
 - 84 Athletes
 - £55,400 support
 - 20 Sports
- Local Partnerships
 - Royal Berkshire Hospital Support - Easter Egg Collection & Christmas Gift Appeal
 - N3W Angle
 - Reading Youth Justice Service
 - Sport in Mind
 - School Support
- Dementia Friends Training
 - 82 members of staff completed training
- Breastfeeding Friendly Commitment
 - All four centres, third year running



COMMUNITY 2025

- Outreach & Events
 - Restart a Heart Campaign
 - Older Peoples Day
 - This Girl Can (Lift The Curfew)
 - National Fitness Day
 - Macmillan Coffee Morning
 - GLL National Open Weekends
 - Carers Active April
 - Children's Forbury Fiesta & Children's Festival
- Water Safety Campaigns
 - Summer Water Safety
 - Winter Water Safety
- Give it a Go
 - Compass Recovery College
 - Community Wellness Outreach Project (Reading Voluntary Action)
- QUEST
 - 'Excellent' at Palmer Park Leisure Centre
 - 'Outstanding' at Rivermead Leisure Centre



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COMMUNITY 2026

- Give it a Go Success
 - Community Wellness Outreach
 - Compass Recovery College
 - Carers
- Free Swimming for Foster Families & Free membership for Care Leavers
- GLL Sport Foundation
 - 105 Athletes, £69,680 support
- South Reading Community Initiatives
 - £5 Family Swims
 - Family swim vouchers – food banks
- Palmer Park Triathlon Pilot
- Holiday Activity and Food (HAF) Offer from Summer 2026
- Festival of Inclusivity – Thursday 23rd July 2026!



HEALTHWISE 2025

Healthwise is an exercise referral programme, designed to introduce individuals with/at risk of a long-term health condition to the benefits of physical activity in a safe and encouraging environment, supported by our Healthwise Facilitators.

Common reasons for referral include: Obesity, Anxiety & Depression, Hypertension, Type 2 Diabetes, Asthma, and Circulatory and Respiratory diseases.

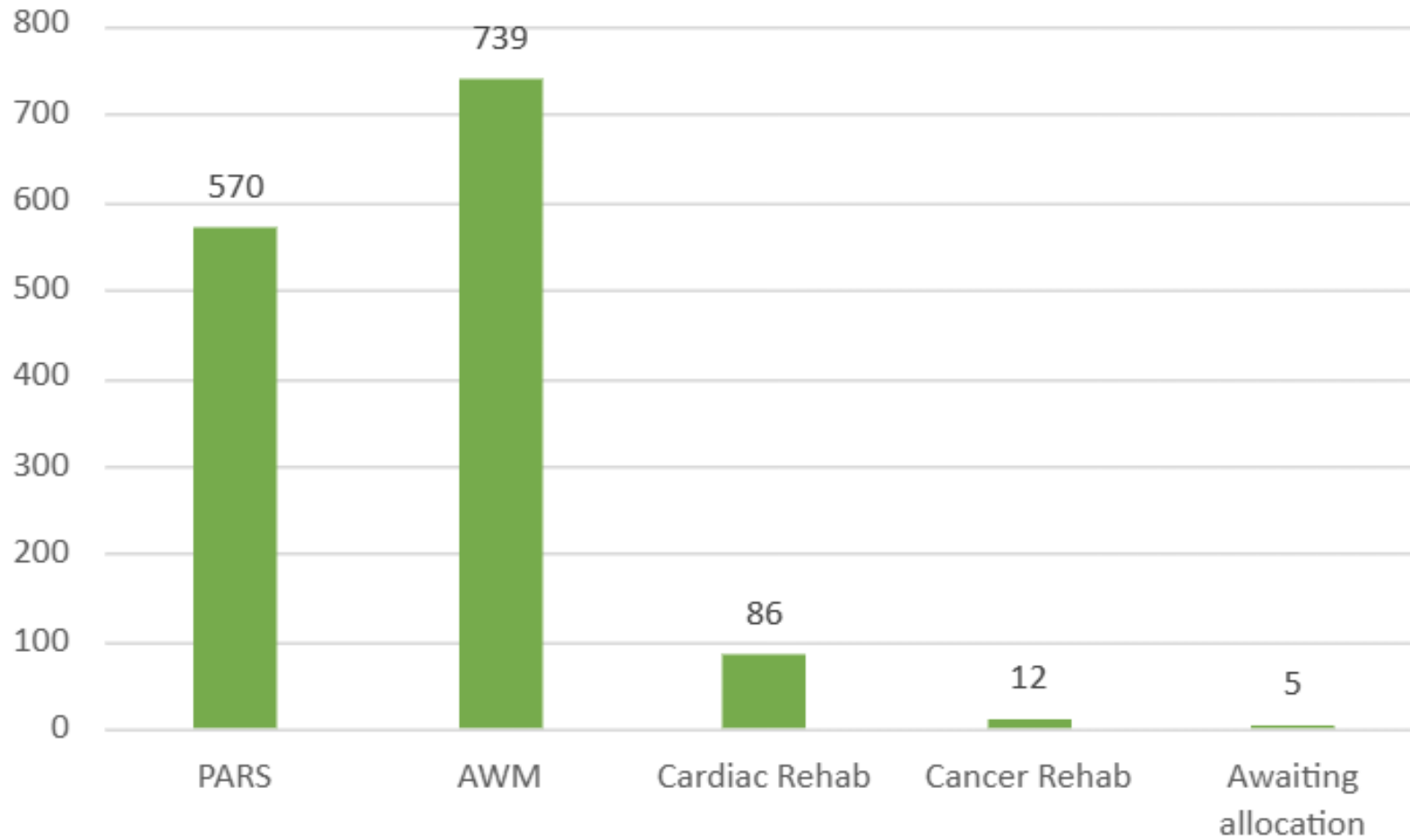
Pathways delivered in 2025:

- Adult Weight Management
- Physical Activity on Referral (PARS)
- Phase 4 Cardiac Rehab
- Cancer Rehabilitation
- Better Balance (Falls Prevention – referred from PARS)



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HEALTHWISE 2025



Total
accepted
referrals
1412

Total
rejected
referrals
80

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HEALTHWISE 2025

- **PARS, Cardiac and Cancer Rehab**

- o 43% of completers participate in +150minutes of PA per week, and a further 54% above their baseline measurement.
- o 56% lost weight, 27% losing >3%
- o 74% self-reported an improvement in overall health
- o 62% had a mental wellbeing score indicating positive mental wellbeing, and a further 25% indicating good mental wellbeing

- **Adult Weight Management**

- o 21 courses delivered in 2025
- o 62% completion rate, with 75% of completers losing body weight
- o 67% of completers increased their time spent physically active per week

- **General successes**

- o Achieved Quest 'Excellent' at both Palmer Park and Rivermead Leisure Centre in Tackling Health Inequalities, achieving the Exercise Referral Standard.



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HEALTHWISE 2026

- Maintain and develop clinical relationships with the GP's, the Royal Berkshire Hospital and other clinical partners.
- Continue to raise awareness of and grow all pathways.
- Relaunch and grow the Cancer Rehab programme.
- Staff upskilling in Aquatics for Health.
- Run a Health and Wellbeing Event at one of the leisure centres, in collaboration with local organisations.
- Continued development of the Healthwise timetable and general offering (classes, social opportunity etc.)
- Support 12 monthly health promotions.



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HEALTHWISE - Testimonials

HEALTHWISE

The programme was very positive and changed how I think about food and lifestyle. I enjoyed learning about nutrition and portion sizes. The instructor explained everything clearly, and the sessions were engaging. I'd recommend the programme to anyone starting their health journey. I've lost 2 stone, feel much fitter, and now understand how nutrition and activity support wellbeing.

Ashley – AWM (Adult Weight Management)

HEALTHWISE

The programme was challenging but rewarding, and I saw results early on. I felt very well supported - the instructor especially made a huge difference to my progress. My confidence and posture improved, and I found it easier to be in a busy gym. I'd tell others to join, set achievable goals, and keep showing up. Gym sessions and the instructor's encouragement have helped turn my life around; I'm now back to badminton, walking football, and aiming to jog again.

Michael – PARS (Post-liver transplant)

HEALTHWISE

The classes were fun, supportive, and left me feeling well and accomplished. I enjoyed connecting with others who had similar heart events. My confidence has grown massively; I now feel able to set bigger fitness goals. I'd tell anyone considering the programme to go for it!

Susanne – Cardiac Phase 4

QUESTIONS



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