

The Community Gym at  
Loddon is a not-for-profit  
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*Dear Gym Members and Friends*

## **COMMUNITY GYM NEWSLETTER: AUTUMN 2022**

This is our first newsletter of 2022, and will necessarily cover a lot of ground. There have been a lot of things going on around the Gym, and we will try to cover all the ground here.

### **NEW PREMISES**

This is our biggest news in the past few years - let alone 2022. The Committee has long been seeking a permanent home, ideally somewhere Louise does not have to drag equipment out before every session and pack it away afterwards. We finally have one. Thanks to the excellent co-operation of Loddon Parish Council and a great deal of goodwill all round, we moved in early August to the Library Annexe behind the Library and Parish Council offices. This space is ours alone, meaning no more lugging round equipment, which will reduce the wear-and-tear on both the equipment and our instructor!

Those of you who have used the Gym in its new home will no doubt have your views. The space is quite a bit smaller. But this has meant an increase in the social interaction between users, something not really possible in the more spacious Jubilee Hall. We hope you are happy with the new arrangements. We have retained some of our procedures from the immediate post-lockdown period, including encouraging users to wear masks when moving between equipment, and rigorous cleaning of machines before and after use. We sense this is appreciated and plan to continue for the foreseeable future.

Users who come by car can of course take advantage of the 2 hours free parking in the Church Plain car park.

### **SESSIONS**

We decided to reinvest the savings from Louise's equipment moving and are now open every weekday. We have added an earlier opening on Wednesday with two sessions starting at 9am, and added two further evening sessions on Thursdays starting at 6pm. Otherwise the session times remain the same.

Booking on PickTime seems to be working well. Please let us know if you have views on how this is working for you, and even better if you have ideas on how it can be improved.

### **PRICING**

The price per session, programme, review etc remains unchanged. But what we have also done is introduce a monthly fee for those who come more often. If you use the Gym twice a week or

more, you can take advantage of the new monthly payment option, whereby a single payment of £30 will give you access to every session for the following month, eg from 16 September to 15 October. You will still need to book each session through PickTime as before. The £30 can be paid at the desk or you can raise a BACS payment or Standing Order if you prefer. Just ask for details.

### **MEMBERSHIPS**

Thanks to those who have renewed their Memberships. Don't forget you can do this online as well as in person at the Gym. It remains £20 for the year, and you will get an e-mail reminder 28 days before it is due. Please don't be offended if Louise reminds you that your Membership is overdue. This doesn't happen a lot and mostly where a Member has not provided us with a e-mail address, to which automatic reminders can be sent.

### **FUNDING AND FUND-RAISING**

Having new premises has helped a little financially, but we are still faced with the same challenge we have "enjoyed" since we began. Simply put we spend more money than we receive from user sessions. It will help if/as numbers for each session pick up, but we will still need to identify and obtain grants to keep us afloat.

Mike Balmer has once again been running the **200 Club** and to date this year 5 lucky winners have banked £50 against a £1 monthly stake. Anyone wishing to get on board for the remaining months to March needs simply to e-mail Mike on [mbalmer@btinternet.com](mailto:mbalmer@btinternet.com) and he will do the rest. It costs £1 a month for the remaining months of the year so £7 will currently get you into the draws for September to March. The odds are currently 85-1, which are pretty good for any raffle. The results are announced on the website straight after each draw.

### **THE ANNUAL GENERAL MEETING**

This year's AGM will be on Tuesday 1 November after the second session that day, and will take place in the Gym, starting at 7.15pm. Your Committee will be there, but a couple of us are planning to either step down or relinquish our current roles. We need more Members to come forward to ensure the Gym can carry on. Please speak to any of us if you think you can help us at all.

*Thank You!*

*Your Committee -*

*Angela Capper (Chair), Clive Rowland (Treasurer), Ted Shread  
(Secretary), Mike Balmer (Membership Secretary), Siân Thomas  
and Louise Proctor (Instructor)*

