



Hello Estuary Housing

Q1 Report

OOMP!

On the agenda.

**Delivery
Stats**

**Highlights
and
Challenges**

**Call
Summaries**

**Flags and
Next Steps**



The story so far.

- 4 Venues trained in Feb 2018
- 12 people attended the training course
- Training feedback report and stats have been shared

Delivery Stats Q1.

Based on all 4 venues trained and standard licence price.

4

Avg sessions
per week

12.5

Avg participants
per class

50

Participant
sessions per
week

£1.50

£ per participant
session delivered

600

Participant
Sessions Q1

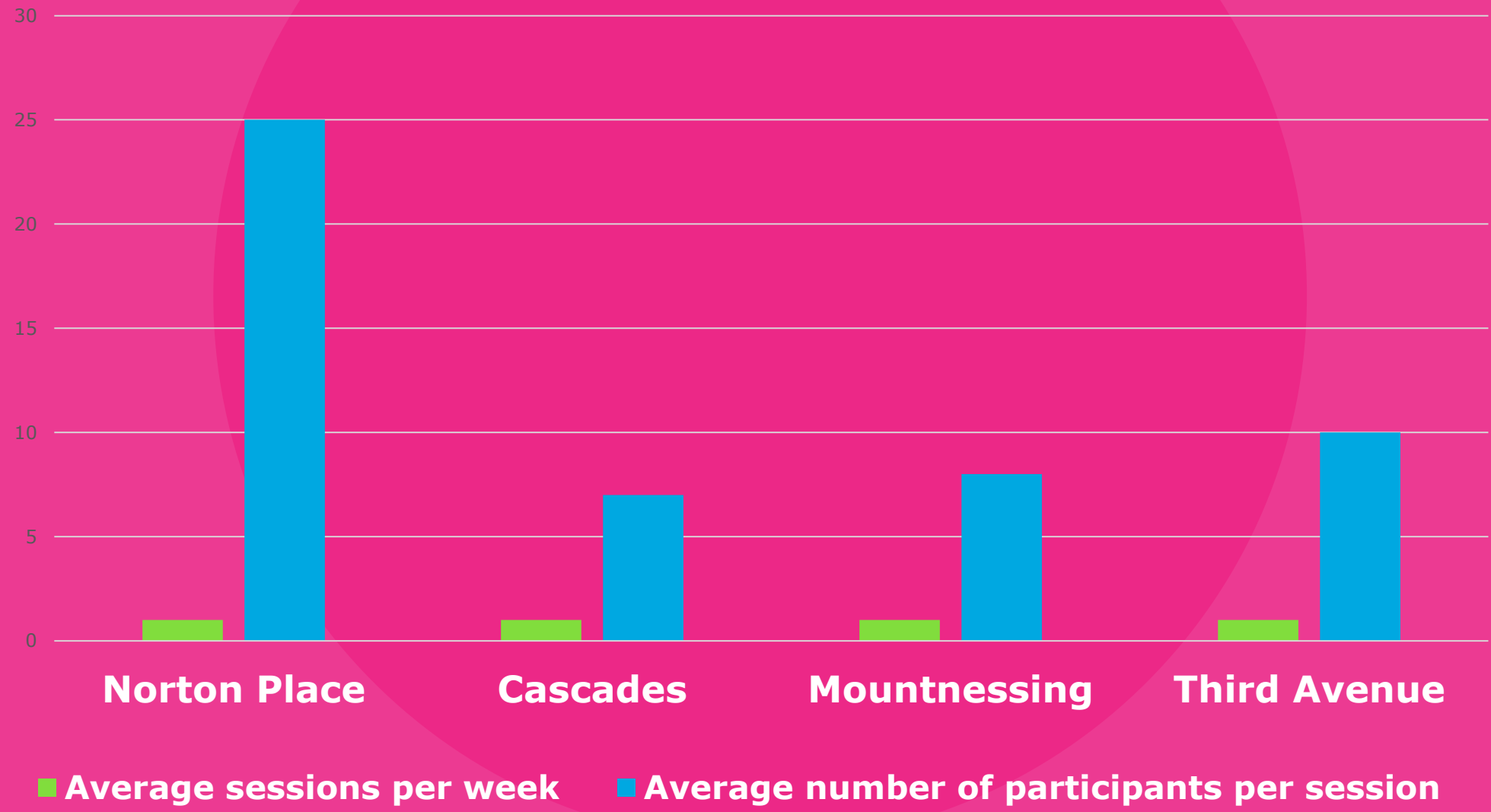
4

Active Venues
Trained

£900

Licence cost for
Q1

Average Session & Participant Graph Q1.



Highlights.

- All venues are delivering one Oomph! session a week
- Participant numbers are good, especially at Norton Place
- Instructors have commented that participants are “smiling more” and “having a laugh”
- Games are a focus in the sessions- popular games are Clock Cricket and Volleyball
- Some comments on training were that instructors were unsure how to deliver due to venues and participant ability levels so it’s fantastic to see regular sessions are up and running

Challenges.

- App usage is low however the new app will be rolled out to current trained instructors throughout June and therefore we should see better usage
- Aim for each venue to increase Oomph! sessions to 2 per week

Norton Place.

- Sessions are going “brilliantly” and are enjoyed by all who attend
- The sessions are well attended with 25 participants
- Everyone has fun in the sessions, “smiling and having a laugh”
- Games are a focus in the sessions e.g throwing and passing and Clock Cricket
- Positive feedback after the sessions from those who take part

1

Sessions per
week

25

Participants
per session

Cascades.

- The sessions are fantastic and going really well
- Sessions have been running well since training
- Sessions are held for an hour and everyone has a “good laugh”
- Participants have noticed improvements in themselves physically and mentally e.g at the start some struggled to hit the ball with the noodle however participants are reaching higher
- Cool downs and meditation is done after the session

1

Sessions per
week

7

Participants
per session

Mountnessing.

- Sessions are held once a week
- Participants are coming from different hubs to the sessions
- The sessions are a good way to get everyone together to socialise
- Games using the beanbags, balls and noodles are popular
- Sessions are sometimes themed e.g National hole in bucket day and a game ran was placing the bucket in the middle and everyone having a go at throwing their beanbags in it.
- Seated volleyball and hockey has been played in the garden

1

Sessions per
week

8

Participants
per session

Third Avenue.

- Participants have been attending from the local community
- Instructors have been running some sessions in groups e.g three people leading the sessions
- Sessions start with a warm up and a game of bowling
- Clock Cricket and Volleyball are popular games
- Sessions finish off with refreshments
- Participants have expressed thanks and stated that they really enjoy themselves during the sessions
- Lots of laughter in the sessions!
- The sessions are promoted by posters on notice boards

1

Sessions per
week

10

Participants
per session

Flags.

- Encourage and motivate instructors to use the app to record their Oomph! sessions on a regular basis (once a week or every two weeks)
- Promote the new app together
- Work towards 2 sessions delivered per week at each venue

Next Steps.

- Site Visits- Q&A's with trainers, face to face support, challenges, case studies, events
- The new app will be going live in June and throughout the month we will be training up current instructors to use this. We will be sending out documents and step by step guides on how the app works and also providing telephone and face to face support
- Continue to support the trained instructors with Marketing to help promote sessions to new participants
- Continue to support the trained instructors with regular content through the monthly energisers and calls
- The next set of support calls will be made in September

Thanks.

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