



Hello Estuary Housing.

6 Month Review

let's give it some

OOMP!

On the agenda.

Delivery Stats

**Highlights and
Challenges**

Next Steps

Appendices



The story so far.

- 4 Venues Trained
- 12 Trained Instructors
- Training feedback report shared and marketing pack distributed
- 3 Month Review Meeting in July 2018
- New app has launched and all app logins have been sent out

Delivery Stats Q2-Q3.

Based on 3 venues we have information for and standard licence price.

The cost per participant session delivered is slightly higher than expected due to having information for three out of four venues.

3

Avg sessions
per week

14

Avg participants
per class

42

Participant
sessions per
week

£1.30

£ per participant
session delivered

504

Participant
Sessions Q2-Q3

3

Venues we
have
information
for

£675

Licence cost for
Q2-Q3

Highlights.

- Oomph! sessions are running **regularly** at Cascades and Norton Place
- There is **good attendance** in the Oomph! sessions
- Cascades have now introduced a **£1 charge** for Oomph! sessions
- Participants have commented the Oomph! is **fun** and encourages **lots of laughter**
- Sessions are having a good impact on participants **physical health** and **social wellbeing**
- Games continue to be a key focus in the sessions with some instructors running competitions!
- Sessions are open to the **wider community!**

Next steps.

- **Estuary Housing to send out a communication highlighting the importance of all instructors using the app to register participants and record sessions on a regular basis**
- **Oomph! to resend out all marketing materials for another marketing push to encourage weekly sessions or two sessions per week for those who are already up and running**
- **Oomph! to share app dashboards with Estuary Housing for monitoring purposes**
- **Finalise sign up and training for the remaining one venue in Southend**
- **Confirm and schedule in refresher training for the current four venues for Year 2 of Oomph!- January 2019**
- **Agree date of next catch up meeting**

Appendices.

Cascades.

- Oomph! sessions are run **once a week** at Cascades
- Sessions take place on a Thursday
- Sessions have been free of charge however a **£1 charge** has been introduced
- The sessions are seeing a good **impact on physical health**
- The instructors have noticed **changes in the social wellbeing** of those who take part
- The app isn't being used to register participants and record sessions

1

Sessions per week

12

Participants per session

Norton Place.

- Sessions are going **fantastic** at Norton Place
- Sessions are run once a week with a good group of participants
- Games are a key focus in the sessions with some **competitions** running
- Those who take part have commented that Oomph! sessions are **“fun”** and **“make them laugh”**

1

Sessions per
week

8

Participants
per session

Third Avenue.

- Sessions run once every 3 weeks at Third Avenue on a rolling system
- Two of the instructors take the lead and run the sessions
- There is **high attendance** in the sessions!
- When the sessions go ahead, those who attend are **really engaged**
- Sessions are open to the **wider community**
- Lots of **fun** and **laughter** in the sessions

1

Session per
Month

16

Participants
per session



**Thanks!
Let's talk
more.**

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Oomph!

A full life for life