

DOWNHAM

HEALTH AND LEISURE CENTRE

Healthy Communities Downham

Spring 2025

Health & Wellness Days

We have been hosting health & wellness events at the centre, inviting local partners and stakeholders in to support the event and promote their services. On event days we have seen over 2000 people visit the centre.



Girls Football

We launched our girls football programme for ages 8 - 14 years, allowing girls a space to learn and play football in a safe environment, led by female coaches. All girls are offered their session free of charge and we have subsidised the cost of sessions to ensure it is accessible to all.



Free swim school programme

We have funded 15 children from IMD 1-3 areas to have 4 months swimming lessons, to ensure that we are helping local children learn to swim, that would have otherwise been unable to take part in swimming lessons.



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Caught short by your period?

We've got you covered.
Ask a member of staff
for a 'White Envelope'

No questions asked, you will
receive an envelope containing

- 1 tampon
- 1 sanitary towel



Free Period Products across our sites

We have introduced free period products through 'Caught Short Kits' at our centre, supporting girls and women to remain active throughout their period. Thanks to our supplier Citron Hygiene, 1 in 10 sanitary products we purchase are donated to the Youth Sports Trust for Girls in the UK.

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Girls & Womens Boxing

We launched our girls and womens boxing skills class on monday evenings and they have proved to be very popular, which is resulting in investment in additional equipment and putting an additional session on in the week.



Our swim lessons are expanding!

Following increased demand, we are pleased to introduce additional Swimming lessons for stages 1- 5 throughout the week. We're proud to partner with Swim England to teach their Learn To Swim programme for all ages and abilities, growing confidence in the water.

SEN Football

As part of our inclusion offering we launched our SEN football programme on Thursdays, providing a fully inclusive space, offering skill sessions and non-competitive games. All Children are offered the first 3 sessions for free.



Visual Awareness Training

The Thomas Pocklington Trust came in and delivered visual awareness training, to the centre staff including our partners in Elevate 100 and the library. Ensuring that our centre is accessible to everyone.



Musculoskeletal (MSK) Hub

Our MSK Hub at serves as a vital resource in supporting individuals managing MSK conditions, which affect one in five adults every year. Our weekly Goodboost aqua programme provides flexible and personalised rehabilitation sessions to support individuals living with muscle or joint pain.



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**Nutrition
courses
to improve
your wellbeing**



My Healthy Way online nutrition courses

Working with registered nutritionist, Jen McDiarmid, we offer 6-week online nutrition courses, providing simple, effective ways to improve physical and emotional health through nutrition. 2025 courses include; Nutrition to support Musculoskeletal conditions, Menopause, Emotional wellbeing, Childhood nutrition and boosting immunity.

Young person recruitment project with Elevate 100

Working with Elevate 100 they identified some young people looking for work. We were able to fund the level 1 swim teacher course and the level 2 fitness instructor course for these young people and give them employment after they successfully completed the courses. After the success of this project, we will be continuing this collaboration later in the year.



Easter Event & Egg Hunt

In collaboration with our library partners onsite, we held a joint easter event, including an easter egg hunt, soft play, sing-along session, face painting and the bouncy castle was up for everyone to enjoy. We had over 250 families attend the free event, we gave away free books.

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Intensive Swim courses this Easter!

We are providing intensive swim courses at Brackley this Easter, providing 5 days of focused lessons including tailored instruction of swimming techniques and specific strokes, building confidence and relaying water safety messages to foster trust and growth for all participants.



Know the Signs

We have been actively supporting the NHS Be Body Aware and Breast Screening campaigns, displaying 'Know the Signs' resources in our toilets and changing facilities to support people with the knowledge to check themselves for early signs of cancer.

Healthy pregnancy booklets

We are pleased to support our local maternity services in the centre and have produced a supporting healthy guide, an essential guide for supporting ladies with their pregnancy and details of local services available including information on Bumpboost, which we have just launched at the centre.



Proud to support Hidden Disabilities Sunflower

We are a proud supporter and Professional Member of the Hidden Disabilities Sunflower, encouraging inclusivity, acceptance and understanding. Site teams have undergone valuable training, enabling our sites and services to be more accessible for people living with a hidden disability.

My Healthy Way online resources for a happier, healthier life.

Explore expert tips, practical tools, engaging blogs and comprehensive nutrition courses. All designed to guide and support your wellness journey. My Healthy Way are dedicated to addressing health inequalities and helping you improve your quality of life.

Nutritional Courses

Enhance your well-being with our online nutrition courses, led by certified Nutritionist, Jen McDiarmid. Discover simple, effective ways to improve your physical and emotional health through nutrition.

Get Active

Boost your mood and reduce stress with regular exercise! Staying active releases 'feel-good' endorphins that help ease anxiety and depression, improve sleep, and build confidence. It's a powerful way to manage daily pressures and protect your mental health, leading to a happier, healthier life.

Musculoskeletal Health

Take charge of your health with our Musculoskeletal (MSK) health hubs. Explore Good Boost classes and social coffee mornings at your local leisure centre.

Women's Wellbeing

Discover how balanced nutrition and mindful lifestyle choices can empower your health and well-being. From boosting hormonal harmony to building mental resilience, learn simple, impactful steps to thrive in every aspect of your life.

Happy Mind

My Healthy Way is proud to support Every Mind Matters, part of the NHS Better Health campaign. Every Mind Matters offers practical tips and tools to manage your mental health, support others and access urgent help if needed.

Visit myhealthyway.co.uk to find out more
about each of the courses we offer.





Thank you to all our partners!

Thank you to all our our partners and stakeholders who help us to achieve our mission, enabling happier and healthier communities across West Northamptonshire.



Parkwood
LEISURE



Sevenfields
Primary Care Network



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