

Wellbeing at Garon Park Report.

By: Adebola - Akande Oluwatosin & Kay Blackman.
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Summary

This report was compiled in April 2021. Mixed method research was used in collecting the evidence presented in the report. A total of 109 questionnaires and 15 interviews conducted between 14th December 2020 and 23rd February 2021. This report provides an overall insight into the key strategic issues at well-being at Garon park, concluding with appropriate recommendations on each insight provided.

This report provides an insight into:

- The current client profile (by age, gender, ethnicity, employment status, household income & size, location).
- Local community engagement through client visits frequency.
- Current client support and communication channels.
- Current user group's motivation & attraction to the park
- The level of satisfaction with the current facilities at Garon Park
- The booking processes
- The current pricing and proposed memberships cards
- Physical and mental impacts of using the wellbeing facilities
- Prioritisation of facility development
- The strengths, weakness, opportunities and threats as identified by the current user groups.

This report recommends:

- Examining the current user group profile, ascertaining whether these are indeed the intended target characteristics or there needs to be a modification.
- Utilising other communication channels (e.g., social media and partnering with organisations that work with them) to engage the following age groups: 0 -17 and 26 – 35-year-olds.
- A Three-tier membership card targeted at the current household income levels.
- Other important recommendations are detailed on pages 18 - 20

Introduction

Gardens and green spaces have taken on a new meaning during the pandemic, being used for a myriad of activities including exercise, improvised gyms, eating and meeting places, arts and crafts, home schooling, learning about nature as well as the traditional hobby of gardening.

The COVID-19 pandemic has highlighted how important it is for all sectors of the community to have access to green open spaces, both for our physical and mental health. Throughout the pandemic, regulations have been ever changing but the constant for some communities has been the ability to access green space. The provision of these spaces remains key to health and wellbeing.

Physical activity is defined as “any bodily movement produced by skeletal muscles that requires energy expenditure” (World Health Organisation, 2020). Not surprisingly, there are numerous reports and evidence to suggest that “regular physical activity is proven to help treat non communicable diseases such as heart disease and diabetes, helps to prevent hypertension and improve mental health and well-being “. (The World Health Organisation, 2018). Physical activity should be referred to in its broadest terms, not just as sporting activities such as football, rugby or netball, but all movement during our leisure time such as walking, cycling, dancing, gardening, manual tasks or active play for children. These activities should be inclusive for all, irrespective of age, gender or ability.

In order for communities to participate in physical activity, there needs to be parks and green spaces available which are easily accessible, local and well maintained. Land is at a premium particularly in large towns like Southend and the open spaces identified for leisure use need to be in good condition and well managed so that communities can enjoy the experience of going to the park. That experience can

include an appreciation of nature and the biodiversity of the environment, a place that is calm and tranquil. It should also be an area that future generations can enjoy. The Wellbeing at Garon Park has the potential to provide space for a variety of physical activities to take place and to develop a sustainable environment where nature can thrive. The thirty-acre site situated near Eastern Avenue in Southend; forms part of the land owned by the Norman Garon Trust. Planning for the site was initiated in 2014 to develop a park and area with sustainable facilities that could be used by the community, to encompass biodiversity, the environment, leisure and sporting facilities for everyone to enjoy.

A gap analysis report commissioned in 2016 by Johns Associates on behalf of the Wellbeing at Garon Park, documented how that development had progressed. It acknowledged the existing facilities in place within Garon Park, how the site was currently being used and identified potential user groups and facilities for the further development. From that report, a long-term development strategy was produced, which is shown in the form of a timeline on the Wellbeing at Garon Park website. It showed the planning and progression objectives for the period of 2017-2023, detailing what has been achieved and what potentially would arrive in the future. With the arrival of the Garon Park Shed and completion of the Wellbeing trail in 2020, both of which are used by the local community, the Wellbeing site is now an established area within Garon Park. However, the site continues to evolve.

In order for the sustainable development of the site to continue, it is essential that it reflects the needs of the community in relation to health and wellbeing. One of the mission statements of the Wellbeing site is to “monitor, evaluate and learn from site activity by users of Garon park to:

- ensure we have a positive impact on the physical, mental and sensory health of local residents
- develop new facilities and enhance existing ones in line with local community needs

In October 2020, the Monitor, Evaluate and Learn (MEL) principle, was exercised and a study was undertaken in co-operation with Essex Interns (an area within the Career Hub Resource, of the University of Essex). The purpose of the study was to assess the local community's needs and engagement in relation to Garon Park both currently and for the future of the park. The goal was to have a better understanding of the groups using the site and aid them in achieving their physical and mental wellbeing objectives (incorporating the mission statement). It was an opportunity to gain insight from the users of Garon Park as to what facilities in the park they considered should be developed and how the user groups may use the facilities in the future.

The purpose of this report is to provide evidence-based insight into the current users of the park, their satisfaction levels, to gain their input into facility development and most importantly to evaluate how well the site is aiding in meeting their physical and well-being objectives. It is important for the site to meet its clients' goals but more importantly ensure its alignment with local, regional and national physical and well-being goals.

This report is divided into eight sections and describes the following areas:

- Background - how the mission, values, visions and strategy of the Wellbeing at Garon Park align with national, regional and local policies.
- Methodology - the research methods used in the report, considering factors such as cost, timescale, and the practical implications of these methods.
- Results - quantitative and qualitative analysis to provide a detailed assessment.
- Findings and Discussion – presented on a separate sheet.
- Recommendations- suggestions based on the insights from the research
- Conclusion - summarising the study, its limitations and areas for further research.
- References
- Appendix including details of the consent and participant information form and interview questions. The questionnaire is separately attached.

Background information

Overview

This chapter aims to provide some context to the national, regional, and local level strategies on health and wellbeing, and how the mission statements of the Wellbeing at Garon Park align with those policies.

National Policy

Everybody Active, Every Day 2014

This report published by Public Health England (PHE, 2014), provides a framework which identifies the need for all sectors of the community to be active every day and the challenge of integrating activity into our lives on a daily basis. The aim of the framework is to improve the nation's physical and mental health and reduce health inequalities by increasing physical activity across communities.

This document developed in consultation with over 1000 health professionals at national and local level describes the current state of health of our communities and the unsustainable cost and burden on health and social care that inactivity has. It highlights four areas where action needs to be taken:

- “Active Society
- Moving Professionals
- Active environments
- Moving at scale” (PHE, 2014)

Everybody Active, every day: Two years on, (PHE, 2017) reviewed the progress made since the implementation of the framework and the ongoing work in the four domains. The report summarises that some progress has been made and that the framework has influenced local and national strategies in relation to physical activity. However, the report acknowledges that the changes are slow, and this is a limited timescale for such a cultural change in attitudes towards physical activity, although

this is the start of change. In relation to how the interim report identifies those spaces used for physical activity should be, Wellbeing at Garon park (WGP) is working towards embodying those attributes. The Park aims to be “easy, efficient and cost effective for everyone to access” (PHE, 2017) irrespective of their age, disability or other personal factors.

Furthermore, Everybody Active, Every Day – Five Years On, (ICF, 2020) was an independent review commissioned by ICF on behalf of PHE. It provided a comprehensive review with three key objectives:

- “To assess the progress of the implementation of Everybody Active, Every Day (EAED) with professionals at national and local level
- To review progress of EAED through evidence-based practise
- To produce strategies to accelerate scale and impact of EAED over next 5 years. “(ICF, 2020)

Regional Policy

Essex Joint Health and Wellbeing Strategy 2018 - 2022

The Essex Joint Health and Wellbeing Strategy (JHWS) is a plan of action to improve the health and well-being of the population of Essex, incorporating every age group with the intention that “all people in Essex live healthy, happy and full lives” (Essex JHWS, 2018). It is a multi-agency approach, involving district, borough and city councils within the Essex area as well the voluntary and community sectors. It identifies four priority areas which the strategy specifically targets which are:

- “Improving mental health and wellbeing
- Addressing obesity, improving diet and increasing physical activity
- Influencing conditions and behaviour linked to health inequalities
- Enabling and supporting people with long term conditions and disabilities” (Essex JHWS, 2018)

A number of agencies involved in the development of this strategy also reported reoccurring themes, including social isolation and mental health (particularly in children and young people), which need to be addressed for the health and wellbeing of the county to improve. Wellbeing at Garon Park's (WGP) mission, values and vision are aligned with the Essex regional health and wellbeing Policy. WGP aims to provide facilities aimed at improving overall physical and mental wellbeing. Evidence from this research suggests that 73.2% of the current user groups have experienced improved physical and mental health since using the park. With over 65% strongly agreeing that the park has enabled them to remain active, exercise, encouraged weight loss and feeling less isolated. Social Isolation is an area which has been recognised by the Wellbeing at Garon Park and facilities such as the Garon Park Shed that gives people the opportunity to meet with others in a safe environment and share skills and experiences.

Local Policy - Southend on Sea Borough Council

Parks and Green Spaces Strategy 2015 – 2020

The purpose of the strategy is to understand the quality and quantity of the parks and green spaces currently available, identify the areas where facilities are lacking or require development and have a strategy in place for developing green spaces for the future, taking into consideration existing facilities, the population growth of Southend and the demand for land for other uses.

The document recognises the many benefits green spaces provide, from improving physical and mental health, sustaining wildlife and biodiversity as well as places for sport and leisure activities.

Its objectives include:

- “Providing recreation and sports facilities to encourage active, healthy lifestyles

- To protect and promote green heritage and biodiversity preserving it for future generations
- To provide and maintain good quality parks and open spaces” (Southend Borough Council, 2015)

However, the report draws attention to the disparities in relation to population, life expectancy, deprivation and access to green spaces between the wards of Southend. St Luke’s Ward which incorporates the Wellbeing at Garon Park is the one of the most highly populated wards in Southend, with the wards of the Kursaal, Milton and Victoria having the highest levels of deprivation and lowest levels of life expectancy. Access to green space is unequal within the Southend borough, with the Milton and Victoria wards being included as “having the most limited provision of open space in the town” (Southend Borough Council, 2015). The wards of Victoria and Kursaal are adjacent to St Luke’s Ward. This report has detailed the demography characteristics of the current client groups of the well-being at Garon Park. Characteristics such as age, gender, ethnicity, employment status, household income & size and location. The aim is to be able to identify if the park is effectively targeting the most vulnerable groups in its local community, and to modify its strategy, where necessary. The WGP aims to not only provide a safe space to the most vulnerable people but to align with Southend-on sea’s council’s aim in closing the disparities in relation to life expectancy, deprivation and access to green spaces.

Physical Activity Strategy 2016 – 2021

The report describes in general terms how lifestyles have changed, and society has become less active. Technology has provided alternative ways for tasks to be completed, whether in our homes or in our work life especially amongst the younger population. Unsurprisingly, findings from our research collaborates the report, as only 12% of the WGP users are aged 0-17 and 8.55% aged 26-35.

Furthermore, the physical activity strategy report focuses on the effect that physical inactivity has on the community, both in terms of the risk of certain conditions such

as cancer, diabetes and depression and the cost implication of physical inactivity to the Southend area. The data provided highlights that the levels of physical activity in adults in Southend (52.1%) are currently falling below the national average (57%) and the regional average (57.8%) (Southend Borough Council, 2015). An action plan has been produced detailing the way in which the health and wellbeing of everyone in Southend can be improved. We cannot over-emphasize the importance of WGP's facility in both aiding in raising the levels of physical activity and mental well-being profiles. Our research findings have detailed both the short term and long-term impacts that the current user groups have experienced.

Wellbeing at Garon Park

Johns Associates Gap Analysis Report, 2016

The gap analysis report commissioned by Johns Associates in 2016 for the Wellbeing at Garon Park details the planning and policy framework at national, regional and local level. It recorded the need to provide sustainable development of facilities which reflect “the health, social and cultural well-being” (Johns Associates, 2016) of those communities. The report acknowledged the existing facilities available at Garon Park, identified weaknesses in the existing provision and recommended areas for potential development, activities and user groups that could use the Wellbeing site in the future. We particularly found this report useful as a first step in identifying the gaps in the facilities’ existing provision. Consequently, our report builds on this by using evidence-based research informed by the user groups in recommending how best to prioritise the facility development, WGP’s unique proposition and consequently, a SWOT analysis.

Wellbeing at Garon Park, Missions, Values, Visions and Plans, 2020

As established earlier, the objectives of the Wellbeing at Garon Park largely reflect the strategies associated with the national and regional policies, as well as local policies determined by Southend Borough Council.

The mission as stated is to:

- “Promote and protect the good physical, mental and sensory health of the residents; and/or
- for the recreation or other leisure time occupation of those residents who have need of such facilities by reason of their health, infirmity or disablement in the interests of social welfare and with the object of improving their conditions of life.”

The Wellbeing at Garon Park report documents the purpose of the park and its intentions, the way in which the park operates in relation to values, the vision for the wellbeing site and how practically this will be achieved. The long-term development

strategy shown in the form of a timeline on the Wellbeing at Garon Park website documents the planning and progression objectives for the period of 2017-2023, detailing what has been achieved and what potentially will be developed in the future. This report acts as a tool in the strategic development strategy of WGP. It provides evidenced-based insight into the outcomes of current strategies being employed and provides recommendations for modification where necessary to keep the park aligned with its mission and value statements.

Wellbeing at Garon Park Study, 2020 - 21

This report details the study undertaken to assess the Wellbeing at Garon Park currently, in relation to its local community needs and engagement. The goal was to have a better understanding of its clients, aid in achieving their physical and well-being objectives and help shape the future of the park. The timescale in relation to the research was initially six months with a tentative research plan, involving a mixed methodology of self-administered questionnaire followed by a semi structured interview.

Self-administered questionnaires were chosen as they were a low cost, practical way of gathering data in a short period of time from a large group of clients. Potential participants gave 15-20 minutes of their time to complete the questionnaire and the quantitative data collected provided insight which could be compared with other relevant research. The advantages of using questionnaires for data collection range from its scalability to comparability and offers easy, relevant analysis and visualization of data. The disadvantage with using this method of research was that some questionnaires submitted by users were incomplete, and often questions can be misinterpreted. However, incomplete questionnaires were disregarded, and misinterpretation was mitigated, as clear and easy to understand language was used in phrasing the questions. Furthermore, we also used semi-structured interviews in addition to the questionnaires to shed more light into the responses of the user groups.

The semi structured interview contained a set of open questions in a set order, asked to each interviewee. However, the interviewer had the flexibility to ask additional questions to clarify any responses given by the interviewee. The benefits of completing semi-structured interviews were, that participants could provide more in-depth responses to questions asked and the information provided were understandably more subjective. Specific areas from the questionnaire were explored more, providing a better insight from park users. Due to COVID-19 restrictions the interviews took place via a zoom call, rather than face to face, but the interviewer could still see the interviewee and pick up non-verbal communication such as body language and tone. The disadvantage is that there may have been an unconscious bias from either interviewer or interviewee and the interviewees did not remain as anonymous as those who had participated in the questionnaire. In addition to the time-consuming transcribing process of interviews, other disadvantages can include relying accurately on interviewer to accurately recall details. However, the latter was mitigated by recording the conversations via Zoom.

Methodology

The study was a mixed methodology design, consisting of a questionnaire (the majority of questions being multiple choice responses) followed by a semi structured interview.

A pilot study was completed prior to commencement of the main study involving individuals from ten user groups (seven regular user groups, three new groups) for the questionnaire and two participants for interview. It is a fundamental phase used in examining the feasibility of an approach that is intended to be used in a larger scale study. The pilot study was important in shaping the main study by confirming that the research questions asked were correctly interpreted and understood and that it was fit for purpose. From the review of the pilot study, some adjustments were made to the number of questions asked and the structure of the questionnaire and interview. This was done so that the study would be more concise, in order to maximise participation, to cover all elements of the research questions and ensure completion in the timeframe provided.

- Questionnaire

The questionnaire was sent to current user groups of Garon Park and a local voluntary service working with Garon Park. The questionnaire contained 21 questions divided into two sections. Section A consisted of 12 questions (of which 8 were multiple choice and 3 were rating scale responses), aimed at understanding how different groups make use of the facilities, their experiences of using the park and whether using Garon Park had, had any impact on their health, wellbeing or social behaviour.

Section B consisted of 9 questions which were aimed at having a better understanding of the demographics of the user groups. These questions were predominately multiple choice. Attached to the questionnaire was an information

sheet and consent form explaining the aims of the study and the role of the participant. The participants were informed that they would not be individually identifiable in any reports or publications and all information collected would be kept securely and only accessible by the research team.

The initial plan was for the questionnaires to be physically handed out to members of user groups at the Wellbeing site. A total of fifty-five questionnaires were collected using this method. However due to COVID-19 restrictions and subsequent lockdown imposed by the government, online questionnaire via formplus had to be circulated to the point of contact for the various user groups, who then distributed the links to their group members, to complete and submit online. It was estimated that the questionnaire would take approximately fifteen minutes to complete. Data collection started on 14th December 2020 after the easing of second lockdown on 2nd December 2020 and before the start of the third lockdown which commenced on 5th January 2021. In total, 112 Questionnaires were submitted, 57 online and 55 in person. Of those submitted, 3 were not used due to being incomplete. The total questionnaires used in the study were 109.

- Interview

On completion of the questionnaires, semi structured interviews took place. In total, 17 interviews were completed, however only 15 were used in the study. Each user group had one participant for interview, but two user groups had provided two participants for interview. From the groups that had two participants, only one interview from each group was included in the study to maintain consistency. The interviews took place via a zoom call and the interview questions were audio and visually recorded. A transcript was then produced from the audio recording using Outlook. Due to a technical issue one of the interviews took place via Face time and recorded on a digital voice recorder, so was not included in the study.

The semi structured interview consisted of 10 questions, however there was opportunity for the interviewer to ask further questions for the purpose of clarification

if required. It was estimated that the interview would take approximately 10-15 minutes to complete. The interviews ranged from 6 minutes to 21 minutes in length. At the start of every interview the participant was reminded that the interview was being recorded, that participation was voluntary, and that any information provided by the participant would not be individually identifiable in the report. The participant was asked if they were willing to proceed before the commencement of the interview questions.

The COVID-19 pandemic has had an impact on the way the study has been conducted. The researchers have had to take a more flexible approach with regard to circulation of the questionnaire and the completion of interviews via zoom call rather than face to face due to the restrictions in place.

- Analysis

- a) Questionnaire

The questionnaire structure was conducted using Form plus software. From the data collected statistical analysis using pie charts, bar charts etc was provided in the following areas:

- Demographics - in relation to age, gender, ethnicity, household income and employment status of those using the park.
- Local Community Engagement - timescales of those visiting the site, frequency of visits, opportunities to build friendships and communication.
- Customer Insights - including motivation for using the park, satisfaction with facilities, pricing and booking process and impact assessment.
- Financial Self-sufficiency
- And Development Strategy.

- b) Semi structured Interviews

The responses received during the interviews were then analysed by means of coding and categorising themes using NVIVO 12 Software. Themes identified in the coding process included:

- Attraction - to the park.
- Communication - with current user groups, external communication using social media, visual communication including signage, noticeboards and advertising banners.
- Experience - of using the park.
- Facilities - current and future facility development.
- Impacts - short and long term, as well as physical and mental impacts.
- Membership - for future development.
- Safeguarding Measures - for current users and planning for future development of site.

Findings and Discussion

*Please find all findings and discussions chapter in the separate document attached.

Recommendations

This report recommends:

- Examining the current user group profile to determine whether these are the intended target characteristics of WGP or there needs to be a modification that is better aligned to core values, mission and vision.
- Utilising other communication channels to actively engage more 0 -17 and 26 – 35-year-olds. They currently account for just 12% and 8.55% of the park's current client. Communication channels such as social media and partnering with organisations that work those target groups.

- A Three-tier membership card targeted at the different household income levels. Table 1 below illustrates the proposed membership tiers, benefits and rationale.

Table 1: Three - Tier Membership card

	Tier 1 membership	Tier 2 Membership	Tier 3 Membership
	Basic	Mid-range	Premium
Target Income groups	£0 - £20,000	£21,000 - £40,000 £40,000 - £60,000	£61,000 and above
Benefits/Perks	Discounts on food & snacks around Wellbeing at Garon park.	Discounts on food & snacks around Wellbeing at Garon park.	Discounts on food & snacks around Wellbeing at Garon park.
	Discounted rates for repeated bookings.	Discounted rates for repeated bookings.	Discounted rates for repeated bookings.
	Being notified by email of different events happening at the park/ early bird booking rate.	Being notified by email of different events happening at the park/ early bird booking rate.	Being notified by email of different events happening at the park/ early bird booking rate.
		Discounts on restaurants, bars and activities outside of Garon Park.	Discounts on restaurants, bars and activities outside of Garon Park.
			Priority seating, premium at future events of Well-being at Garon Park and events outside the site.
			Access to other facilities beyond the wellbeing site. E.g., swimming pool, gym.
Rationale	Basic range.	Target range for most of the groups.	Top Perks & highest value.
	To not made to feel isolated & excluded.	Good value for money in & outside of WGP site.	Premium and Exclusivity.
	Discounts based on referrals & signing up family & friends.		
	Discount for organisations who work with underprivileged and vulnerable groups.		

- In-addition to the above, with over 46.4% of the site users having a current household size of 3 - 4 people, we suggest including family discount as a perk in the membership card. E.g., A family pass, family discount vouchers etc.
- Retention and active engagement with user groups that have low visit frequent. E.g., 25.3% of user visit WGP just few times a year.
- Joint activities that interested and similar groups can join in on to socialise and build friendships.
- Diversifying the current communication channels, especially through social media, google search engine.
- Having a Noticeboard on site and regular newsletters by email to inform user groups about a) volunteering and career development opportunities b) events, promotions and discounts available at WGP c) and to provide updates on facility developments.
- Keeping user groups continually happy on the four key WGP characteristics that attracted them. Those characteristics are:
 - Safety and security: this can be improved by installing CCTV & having separate entry and exit doors.
 - Clean and well-kept facilities: this can be further enhanced by having more than two toilets on site as user groups increase.
 - Facilities present at park: new initiatives to diverse the opportunities to learn new skills and craft at WGP.
 - Large green outdoor space.

Furthermore, worth mentioning, although less reoccurring in comparison to the four key themes above, is that some users of the park value the “Privacy and exclusivity” of the park.
- Partnering with existing organisations that work with target groups from wards that experience disparities in relation to population, life expectancy, deprivation and access to green spaces between the wards of Southend. This

will make WGP align more with the parks and green spaces strategy of the Southend-on Sea borough council.

- Ease of navigation around the park can be improved on, with clear signs to help new users navigate the different facilities on site
- Having an online booking system for user groups.
- Impact Assessment: Including customer testimonials in newsletters, noticeboard on site and social media. Simple activities aimed at reducing chronic pain and improving quality of sleep e.g., Yoga.
- COVID-related recommendations: Having hand-sanitisers on site, mapping out areas of use for each group to avoid groups' trespassing, as mentioned earlier: more toilets for use and well-mapped out entry and exit doors to the well-being site.

Limitations

The COVID-19 pandemic did affect the way in which groups used the Wellbeing at Garon Park and this was also reflected in the data collection method and outcome of the study. Due to the impact of COVID-19 and subsequent lockdown measures imposed by the government, the questionnaires were both physically handed out at the wellbeing site and circulated online to the various user groups. A possible limitation of physically handing out the questionnaires at the site is that participants may have felt obliged to complete the form. Furthermore, the respondents may have felt a duty to provide positive responses or the type of responses that the researchers would expect. However, with almost an equal number of questionnaires completed online, respondent's anonymity meant that this limitation was mitigated, and the reliability of the findings remained.

Regarding the use of the wellbeing site, the strict restrictions in place for using indoor spaces combined with social distancing made WGP one of the few venues which were able to stay open most of the time. Having an outdoor area meant that specific groups could continue their activity on site, which proved valuable for the continuity of the group's activities. In-addition, it was also beneficial for individuals of these specific groups who were able to stay active and fit as well as being less isolated during the global pandemic. This subsequently reflected in the response rate of our study. The possible limitation was the overwhelming participation of groups active on site in large numbers in comparison to other groups who have had to have a pause. To illustrate our point, 16.7% of the responses were from Southend United Community and Educational Trust (SUCET) and 13.3% from Southend United Academy. These groups were able to use the outdoor football facilities before tighter restrictions were imposed. Following this disparity, 60.9% of responses were from groups involved in play a sport and/or using those facilities at WGP (e.g. the football pitch).

Conclusion

This research provides an insight into the current user groups at the Wellbeing at Garon Park, an evaluation of their levels of satisfaction, and how best the park is positioned in continuously meeting their physical and mental well-being goals.

Overall, current users are predominately satisfied or very satisfied with the facilities available and were attracted to the park because of the space, security and the quality of facilities available for use.

Using evidence from clients of the well-being at Garon Park, we have made constructive recommendations. These recommendations have ranged from facility and activity development to its communication with user groups and the public which can be more proactive, modifying its target characteristics where needed and necessary etc.

We appreciate that this is an ongoing process for WGP, and the site has undoubtedly made impressive progress. We recommend future research to continually measure progress and alignment with core values, mission and goals.

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Appendix

- A. Participant Information form**
- B. Consent form**
- C. The online questionnaire has been attached separately.**
- D. Interview Questions**

Well-Being at Garon Park: Questionnaire

Participant Information Sheet

Dear participant,

The Well-being at Garon Park is currently carrying out a piece of research to assess its local community needs and engagement. The goal is to better understand its community and aid in achieving its physical and mental well-being objectives. We would appreciate your input, as it will help to shape the future of the park.

This information sheet provides you with information about the study and your rights as a participant.

What does taking part in the research involve?

You will be asked to complete an online questionnaire, which we estimate will take you 15-20 minutes. You may also wish to agree to a follow-up interview to find out more about your approach. We ask that you answer the questions completely.

Do I have to take part?

Naturally, there is no obligation to take part in the study. It is entirely up to you. If you do decide to take part, you will be asked to indicate your agreement to the consent form. You can still withdraw at any time. You do not have to give a reason.

Will my taking part in this study be kept confidential?

All the information that we collect during the course of the research will be kept strictly confidential. You will not be able to be identified or identifiable in any reports or publications. Any data collected in the questionnaire will be stored online in a form protected by passwords and other relevant security processes and technologies. Data collected may be shared in an anonymised form to allow reuse by the research team and other third parties. These anonymised data will not allow any individuals to be identified or identifiable.

What happens if something goes wrong?

If you are harmed by taking part in this research project, there are no special compensation arrangements. Regardless of this, if you wish to complain, or have any concerns about the way you have been treated during the course of this study then you should immediately inform the research team (details below). If you are not satisfied with the response, you may contact the project development manager at Lin.boulter@garonparkcic.com. We would be very grateful for your participation in this study. If you have any queries, please contact us at (tosin.akande@garonparkcic.com) or (kay.blackman@garonparkcic.com).

You are welcome to ask questions at any point.



Consent Form

The Well-being at Garon Park is currently carrying out a piece of research to assess its local community needs and engagement. The goal is to better understand our community and aid in achieving its physical and mental well-being objectives. We would appreciate your input, as it will help to shape the future of the park.

You will not be asked to provide your name, but you may be asked to provide some demographic information for analysis purposes. Data collected through this questionnaire will be aggregated and you will not be individually identifiable in any reports or publications from this research. All information collected will be kept securely and will only be accessible by the research team. For more information about your rights as a participant in this research please find on the first page the copy of the participant information sheet.

We would be very grateful for your participation in this study. If you have any queries, please contact us at (tosin.akande@garonparkcic.com) or (kay.blackman@garonparkcic.com).

Statement of Consent

By submitting a completed version of this questionnaire, you are consenting to the following:

- I agree to participate in the research project on local community engagement at Well-being at Garon Park.
- This agreement has been given voluntarily and without coercion.
- I have been given full information about the study and contact details of the research team.
- I have read and understood the information provided above.
- I have had the opportunity to ask questions about the research and my participation in it.

I have read and agreed to the statement of consent.

Yes

Questionnaire

Find attached separately.

Interview Questions

- 1) Which group do you belong to?
- 2) a) What attracted you to the park? b) What has your overall experience been using the facility?
- 3) What facilities or areas in the well-being park (which includes the 3G pitch) would you like to see improved and / or what new facilities can be added to improve your experience?
- 4) Is the time allocated to your group sufficient to complete your activity? (set-up, activity, pack away)
- 5) Are there any safeguarding measures specific to your group which need to be in place when using the park or when sharing the park with other groups? (Map of area usable, physical barriers, toilets)
- 6) Have you experienced any short term or long term benefits from using the facilities?
- 7) What is the best way for us to communicate with you, so you are up to date with what's happening at the park?
- 8) Are there any current channels of communication currently underutilized in keeping you up to date with the activities and events of the Garon Park?
- 9) When membership becomes available what perks would you be interested in (eg. Exclusivity) and how much would you want to pay for membership (monthly / annually)?
- 10) Do you belong to any other community groups?