Small Steps to Feeling Great

When Warsop's leisure centre closed in 2018, local partners saw an opportunity to do more than replace a building. Together, Mansfield District Council, Vibrant Warsop, Active Notts, Strategic Leisure, NHS partners and other organisations worked with residents and asked

"What would help people in Warsop live happier, healthier lives?"

What People Told Us

They didn't want to design a facility in isolation, and so through trusted local partner Vibrant Warsop, they spent months speaking directly with residents through community events, coffee mornings, lunch clubs and local gatherings.

People didn't ask for a gym or swimming pool. Instead, they talked about:



- **Loneliness and social isolation**
- **Lack of transport**
- **Low confidence**
- **Poor physical and mental health**
- **Not knowing where to start**
- **Feeling excluded from traditional gym environments**

These conversations shaped the vision for what would become the Warsop Health Hub, a place for wellbeing, community and inclusion.

Aims of the Health Hub

The Warsop Health Hub opened in 2024 with a simple ambition: support people to take small steps towards feeling great.

The Hub was designed to:

- **Improve health and wellbeing**
- **Create opportunities for social connection**
- **Support people of all ages and abilities**
- **Remove barriers to being active**
- **Offer welcoming, inclusive activities**
- **Support residents to build confidence at their own pace**

Working Together

Partnership working has been central to the Hub's success.

Community groups, leisure providers and NHS teams created a network of support that connected residents with activities that matched their needs.

Local anchor organisation Vibrant Warsop took a central role to reach out into the community. Importantly, this capacity was funded, enabling Vibrant Warsop to spend time building confidence, raising awareness and in some cases, literally holding people's hand to get them through the front door.

This community outreach role is often overlooked but has been critical in supporting residents to engage with the new facility and become regular users.





Impact

The Hub has supported many residents, particularly older adults and those living with long-term health conditions, to access activities that previously felt out of reach.

Key outcomes include:

- **Increased confidence and physical activity levels**
- **Reduced social isolation**
- **Stronger links between health, leisure and community services**
- **Greater participation from local residents**
- **Improved physical and mental wellbeing**

The project has also reinforced the importance of prevention, movement and community support in improving health outcomes.

One woman, referred by her GP after breast cancer treatment affected her mobility, believed a gym was beyond her capabilities. With support and adapted equipment, she rebuilt her strength and confidence, describing the programme as "a lifeline" that transformed her life.

Another participant joined an early pilot programme through a GP referral. What began as an exercise class became a source of friendship and belonging.