



SOCIAL ENTERPRISE MISSION STATEMENT

Our Ethos

At Fitness & Wellbeing Hub, we believe in only the highest standards of physical fitness training. We use technology to make exercise as easy as possible, allowing it to be accessible to all, no matter their physical ability.

Our staff members work to actively enrich the lives of our members, creating a community of likeminded people who love being healthy and strong. Getting our local community healthy and active is our goal, particularly those who may be disadvantaged in life.



Our Team

The Fitness & Wellbeing Hub team is made up of seven individuals who are all committed to delivering our ethos. Each has extensive qualifications, allowing us to offer a wide range of services to our community.



Tom Shaw
Director

Personal Training Diploma
GP Referral Specialist
Level 3 Holistic Therapist
Level 4 Obesity Specialist
Level 4 Diabetes Specialist
Level 4 Posture Correction Analyst
Level 2 Counselling Skills
Level 2 Child Mental Health Certificate



Simon Jones
Personal Trainer

Personal Training Diploma
GP Referral Specialist
Level 2 Counselling Skills
Level 3 Nutrition Specialist
UK Athletics Run Coach



Sarah Mayers
Personal Trainer

Personal Training Diploma
GP Referral Specialist



Sarah Harcourt
Personal Trainer

Personal Training Diploma
GP Referral Specialist
Occupational Therapist



Terez Moore
**Holistic Soft Tissue
Therapist**

Deep Tissue Therapist
Operating Department
Practitioner



Rhys Shackleton
PT Apprentice

Working towards
PT Diploma

Our Partnership with EGYM

Fitness & Wellbeing Hub have been fortunate to partner with EGYM, who have provided state of the art gym equipment, which is designed to provide users with a guided, safe and effective workout experience.

Our partnership with EGYM is what makes Fitness & Wellbeing Hub unique. We asked ourselves what is vitally important to our members, and arrived at a method that is efficient and effective; the features of the EGYM Smart strength equipment allow us to provide such workouts for all, not matter their physical ability.

SMART Guidance & Motivational Gamification



Each machine guides the user through every single session and their personalised training schedules to create ideal conditions for successful workouts.

The EGYM training curve shows the user the right range of motion and correct speed. Gamification elements, like scoring points on the training curve also enhance motion control and motivate users to perform the exercises correctly.

Personalised Training Programmes for Everyone

Individual targets require personalised workouts. The eight training programmes for EGYM Smart Strength machines adjust workouts to the personal goals of the user.



The Training Programmes



Athletic



Body Toning



General Fitness



Immunity Boost



Metabolic Fit



Muscle Building



Rehab Fit



Weight Loss

Social Impact Missions

At Fitness & Wellbeing Hub, our purpose is to be an exceptional gym with a standout service offering. We invest in each of our members to support them on their journeys, and not leave them feeling unmotivated or wanting to abandon their progress.

We are passionate about supporting our local community, and providing an inclusive environment available to all, no matter age, race, religion or background. We are committed to providing additional support to help empower and motivate individuals to achieve their goals, no matter how big or small they may be.

Our current social impact missions include:



Provision of 2 Personal Training Apprenticeships per year, with a focus on supporting those with learning difficulties



Collaborating with local charities, offering access to our services for free or a heavy subsidy



Provision of subsidised support for those with long COVID, diabetes and mental health disorders

Apprenticeships

One social impact mission that Fitness & Wellbeing Hub are currently undertaking, is supporting the development and education of local young adults, with the provision of two personal training apprenticeships each year.

With apprenticeships becoming more popular, we want to ensure that there are opportunities available for young adults wanting to begin a career in the leisure industry, especially those who have additional needs, such as learning difficulties. By offering apprenticeships, we are able to provide a pathway for young adults to gain their formal qualification, as well as real-life skills, work experience and an opportunity to earn an income.

Fitness & Wellbeing Hub currently have one apprentice, who has been diagnosed with autism – however they do not let this hinder them! They are a valuable member of our team, and are actively involved with activities such as membership sales, planning and preparation of gym-based exercise, gym inductions and ensuring COVID-19 measures are adhered to.

Looking ahead to the future, Fitness & Wellbeing Hub are committed to delivering apprenticeships and the ongoing education of young adults within the community, and hope to be able to expand our educational offering.



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PT Apprentice
Working towards
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Collaborative Work with Local Charities

Fitness & Wellbeing Hub have been working with local charities and organisations, by offering them opportunities to utilise our skills to enable them to achieve their goals.

One of the main organisations we work with is UTC Oxfordshire, a University Technical College with students aged 14-19. Over the past 5 years, Fitness & Wellbeing Hub have been providing a pastoral care programme, to support the physical and emotional welfare of students.

Fitness & Wellbeing Hub have also recently developed a partnership with SOFEA, who provide educational programmes and food-related services to support the local community. To further support the local community, Fitness & Wellbeing Hub offer SOFEA's Community Larder members a heavily subsidised gym membership for the whole family; as well as providing free educational sessions based around fitness and wellbeing.

As part of our work with the NHS and the local social prescriber, Fitness & Wellbeing Hub run an exercise referral scheme, which allows individuals with pre-existing health conditions to access our facilities for a subsidised fee. The aim of this scheme is to provide these individuals with a safe environment to exercise in, to help improve their condition whilst receiving continuous support from our team.

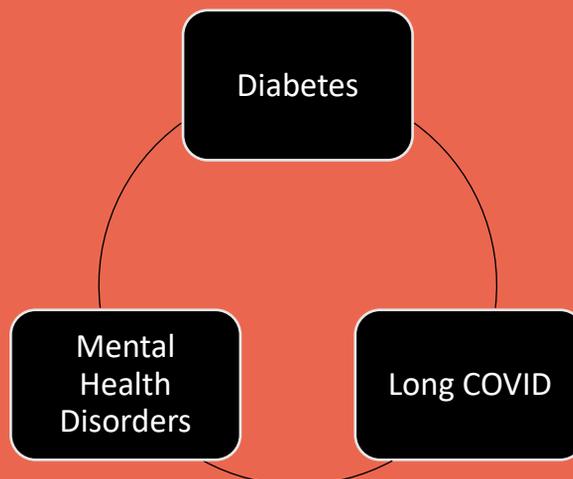
Fitness & Wellbeing are looking to expand their support offering and provide our services to further charities within the local community.



Supporting Those With Pre-Existing Health Conditions

At Fitness & Wellbeing Hub, we understand that many health conditions can be managed with a blended approach to an individual's care, and exercise can be one of the factors that helps in the recovery or management of a condition. All individuals with a pre-existing condition are eligible for our exercise referral scheme, and we are working with local GPs and social prescribers to offer this scheme to the wider community.

Although we offer support for many pre-existing health conditions, we are currently focusing on offering recovery programmes and specialist care for those with long COVID, diabetes and mental health disorders. The pandemic has seen these conditions increase the burden on the NHS, and our team have been working hard to further their skills by completing specialised qualifications to support the provision of care in these areas.



Fitness & Wellbeing Hub aim to help at least one person per day with a pre-existing condition, and help improve their condition and quality of life. As the programme expands, we hope to increase this number, further supporting our local NHS services.



CONTACT US

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