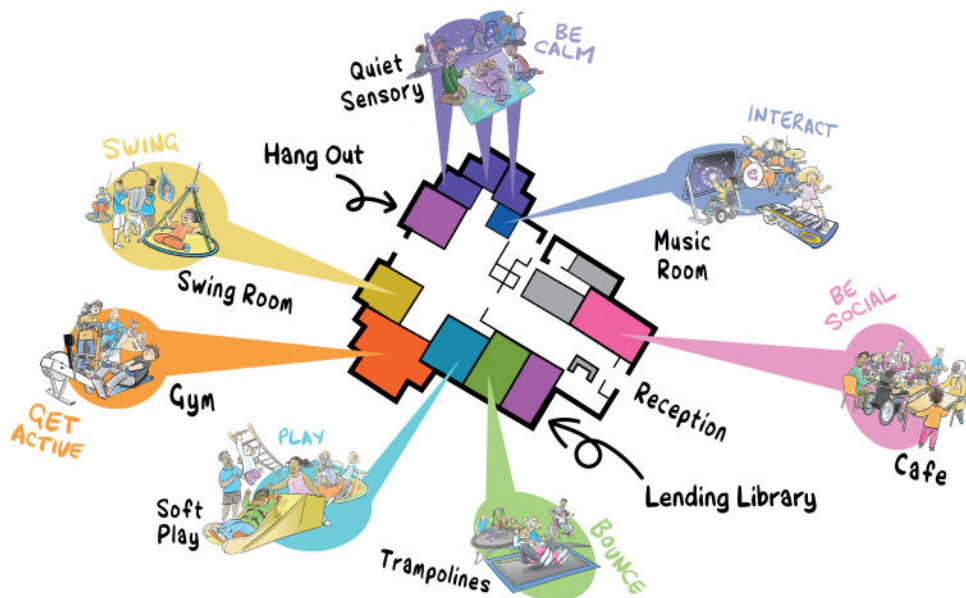


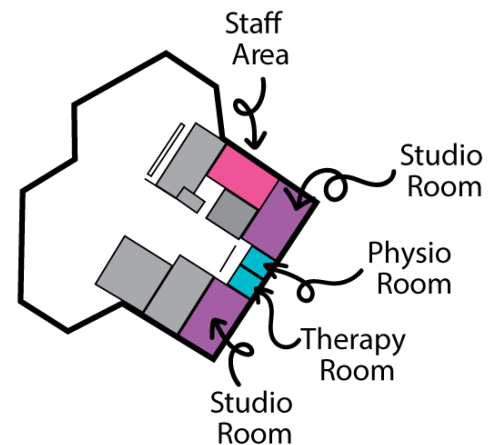
Help us Build for Better

Every space in our facility will help build a world of fun and fitness for 1000s of children and young people with disabilities and their families. The spaces have been costed based on equipment need and build costs per m2.

GROUND FLOOR



FIRST FLOOR



Space	Total cost
Swing Room	£327,855
Soft Play	£283,979
Gym	£837,107
Trampolines	£227,789
Calm Sensory FUNDED	£184,039
Active Sensory FUNDED	£161,635
Music	£120,368
Playground	£404,576
Hangout Room FUNDED	£169,733
Reception	£107,260
Café	£263,362
Café Play area FUNDED	£14,780
Kitchen	£199,165

Space	Total cost
Physio studio FUNDED	£55,341
Therapy suite (2)	£24,080
Exercise Studio (2)	£160,671
Breakout Room (2)	£9,860
Lending library base	£304,750
Office	£160,000
Staff Room	£159,165
First Aid Room	£44,100
Picnic Area FUNDED	£7,500
Changing places x 2	£41,580
Unisex Loo (2)	£5,895
Staff shower room	£7,860
Cleaning Cupboard	£11,790

Swing Room

Equipment cost: £46,860

Build cost: £280,995.

Size: 143m²

Total Cost: £327,855

Description

The swing room is the perfect room for adrenaline seekers to release some energy. It is made up of six specialised Therapeutic swings (interchangeable depending on needs), two hammocks, a ramp and scooter board (designed especially for us to be able to support every child), a climbing/ bouldering wall and other movement equipment such as rockers, bouncers and spinning chairs.

Impacts

- Swinging and climbing can help build core muscles, encourage stretching and active movement, and develop balance and strength for those with physical difficulties.
- The adrenaline and ability to move in various directions and speeds is often difficult to achieve for those who are wheelchair users, so the opportunity to experience a variety of movement can be thrilling and joyful for children.
- Swinging, spinning, climbing, and rocking have been shown to improve behaviours, social skills, concentration and help with calming and reduce stereotypical behaviours with children who have sensory processing difficulties and Autism.

Swings	£3,750
Hammocks	£267
Matting	£9,877
Scooter board and ramp	£0
Bouldering wall	£16,435
Hoists	£11,995
Clown	£0
Spinning chair	£98
All age bouncers and rockers	£1,323
Balls, toys, and cushions	£834
New Leaf Grow	£199
Suspension and Height adjustment kit	£1,902
Build	£280,995
Total room	£327,855



Equipment Focus: Bouldering Wall

The bouldering wall is 2m high and 9.5m wide and users move sideways along it (to keep everyone safe). There is a hoist attached above the wall so children can climb in a supportive harness if they can't carry their own weight. The foot and hand holds vary in size and complexity so they can be challenging for those with limited movement through to those who have brilliant balance and coordination. Climbing and hanging offers a full body workout – strengthening muscles and joints, improving core stability and balance and coordination as well as providing 'hard work' to help with calming, mood, and behaviour.

Soft Play

Equipment cost: £87,479

Build cost: £196,500.

Size: 100m²

Total Cost: £283,979

Description

A three-story soft play built to adult height so parents and carers can join in too and with a floor area for less mobile children. The bottom level is wheelchair accessible, steps and climbing elements are smaller to enable those who are less mobile to access more. A hoist over the floor area enables access for all and access to the top of the slide from the first floor allows even those who aren't mobile to use the slide.

Impacts

- Soft play gives children and young people the opportunity to practice and engage with their movement and motor skills.
- It is also great for balance and using their imagination.
- Climbing, crashing down on mats, and carrying and throwing soft play pieces provides the 'hard work' which helps release endorphins, calm those with sensory processing disorders and helps concentration and cognition.

Moveable soft play items	£500
Soft play 3 story structure	£76,962
Adjustments for accessibility	£4,167
Hoist	£5,850
Build	£196,500
Total	£283,979



Equipment Focus: Soft Play

The soft play structure will have three storeys. The ground floor will be wheelchair accessible. The floor will have different coverings and texturing so that the wheelchair user can feel different movements and vibrations through their wheelchair. There will be textured panels along the walls with some which light up or make noises to give an immersive, interactive experience to the user. Some will be voice activated and some touch activated to give cause and effect. There will be several hanging obstacles to push through and discover.



Gym

Equipment cost: £208,307

Build cost: £628,800.

Size: 320m²

Total Cost: £837,107

Description

One of the larger rooms in the centre – this isn't just like any other gym! The gym will feature both regular and child size gym equipment. There will be disability specific items, so the gym caters for all disabilities – from those who have full mobility through to those who can't hold their own head up.

Impacts

- All the expected benefits of exercise -
 - Improves general health,
 - Reduces constipation,
 - Reduces obesity,
 - Improves sleep,
 - Improves lung and heart health,
 - Controls or slows progression of chronic disease.
- For those with physical disability, strengthening and improving mobility can improve gross motor skills and increase independence as well as protecting joints so reducing pain and deformities.
- For those with sensory processing disorders (many autistic people or those with ADHD), the heavy work in the gym helps with calming, reducing stereo-typical behaviours, improves concentration and cognition and improves mood.

Cross-trainers for different abilities	£111,785
Hand/ leg bikes for different abilities	£18,123
Treadmills for different abilities	£33,838
Mechanical horses for different abilities	£3,952
Rowers for different abilities	£1,550
Strengthening equipment/ TRXs	£8,542
Parallel Bars for all sizes	£1,864
Cardio wall	£6,200
Skier/Snowboarder/ Vibration plate	£6,219
Extras/ adaptations/ balance equipment etc	£7,274
Hoists	£8,960
Build	£628,800
Total	£837,107



Equipment Focus: The Innowalk

The Innowalk is an extraordinary cross-trainer which allows the most severely physically disabled people to stand and feel the motion of walking while getting their arms moving. Often this will be the first time a user gets out of breath in their life and feels weight through their moving legs. Use in Norway has contributed to a 1000% reduction in major hip surgery due to immobility compared to what we have in the UK. The Innowalk also improves head and trunk control, reduces high tone, strengthens, and stretches muscles and joints and improves cardiovascular and digestive health.

Trampolines

Equipment cost: £39,149

Build cost: £188,640.

Size: 102m²

Total Cost: £227,789

Description

Three full size trampolines side by side but each within its own net for safety. Hoist access to all 3 so those who aren't mobile can also use the trampolines in lying or using our support equipment in different positions. A standing sling is available to get those who can't stand on their own on their feet on the trampoline to bounce.

Impacts

- For those with physical difficulties, bouncing and balancing on the trampolines helps improve and increase balance, coordination, and core strength, and general strength and stamina.
- For those with sensory difficulties, bouncing can be very calming and have a long-lasting effect on mood, behaviour, cognition, and concentration, helping with family and school life and relationships.

Trampolines	£24,557
Nessis	£1,367
Airex mats	£225
Custom storage	£550
Cushions and soft props	£500
Hoists	£11,950
Build	£188,640
Total	£227,789

Equipment Focus: Hoists

The hoisting equipment is fixed to the three trampolines and allows wheelchair users to be lifted out of their wheelchairs at ground level and placed up on the trampolines. This allows children and adults of all sizes to be able to access the trampolines despite their mobility, size, or whatever medical equipment they may have (on ventilators etc), which generally make trampoline use impossible. We also have a hoist above one of the trampolines to allow those who are not mobile to be held in a standing position with as much or as little support as they need so they can bounce on their feet.



Calm Sensory Room

FUNDED

Equipment cost: £32,734
Build cost: £151,305.
Size: 77m²
Total Cost: £184,039

Description

Two joined sensory spaces - one dark and one light room - with a variety of interactive light, tactile, vibration and gentle movement equipment. Hoist access to all equipment. The calm sensory room will be full of visual and tactile items to explore. The room itself will be dark with fibreoptic lights, vibrating beds, and dark dens. There will be a bubble machine and projectors, alongside other light up and tactile equipment.

Impact

Most children and young people with impairments and disabilities will have some sensory challenges which can impact their development and behaviour. The calm sensory room will be full of equipment designed to help children modulate, stimulate, and calm their sensory systems, allowing them to:

- Develop gross and fine motor skills, communication skills and self-help skills.
- Help them to calm if over-excited after lots of play at Gympanzees before going home OR help them relax ready to play for their session.
- Feeling different textures and seeing different visual stimulants encourage brain development.

Sensory den, fibre optics, wind machine, fog machine, chroma tube, tactile panels, interactive wall panels	£2,752
Hurricane Tube	£745
Hand-held sensory toys	£417
Vibro Acoustic Waterbed	£2,491
Fibre optic Chandelier	£1,950
Bubble tube, plinth, and mirrors	£2,990
Infinity panel	£710
Floor padding	£3,120
Projector	£592
Seating area	£4,900
Padded walls	£4,368
Mood ceiling	£899
Installation	£1,800
Hoist	£5,000
Build	£81,158
Total	

FUNDED

Equipment Focus: The Dark Den

The dark den is a blackout tent which is wheelchair accessible and large enough for several people to use. Light up kit can be brought into the dark den with the child so they can have focussed time away from other people. Many children with disabilities and especially with sensory difficulties find noise or too many people overwhelming and can also find change or new experiences difficult. Time in the dark den allows them to calm and regulate themselves, allowing them to enjoy the rest of their visit to Gympanzees. It is also a very useful place to work on focus and concentration on a toy as there are no distractions.



Active Sensory Room

FUNDED

Equipment cost: £37,840

Build cost: £123,795.

Size: 63m²

Total Cost: £161,635

Description

An interactive room with a variety of high-tech specialist equipment including an interactive screen, interactive sandbox, interactive wall to play ball games against and an interactive floor mat. An active and noisier sensory room, children will be able to explore and change the feel of the entire room.

Impact

- The highly engaging nature of the equipment helps to improve concentration and focus.
- Cause and effect encourage movement and activity.
- The interactive nature of the equipment encourages play with others, communication and teamwork which can be a struggle for many, especially those with Autism.
- Physical movements like two handed play and crossing the hands to the other side of the body during play also helps brain development and body awareness.

Sandbox	£9,830
Intergrex screen	£5,995
Interactive Strike Wall	£13,500
OMI interactive Floor Mat	£4,995
Mats and cushions	£300
Hoists	£3,220
Build	£123,795
Total	

FUNDED



Equipment Focus: Interactive sandbox.

The interactive sandbox is a height adjustable sandbox (to accommodate wheelchair users) with a height sensitive projector which projects images onto the sand. When you dig down or build up, the picture changes so you can go from a country scene to a bubbling volcano or a sea with fish swimming in it. There are multiple settings and games for different abilities. The games encourage communication and playing together, the highly engaging nature of the equipment helps children concentrate and focus, those with poor fine motor control can strengthen hands and fine motor skills, children who wouldn't get to the beach for access issues can be hoisted into the sand to experience the sensations.

Equipment cost: £37,838

Build cost: £82,530.

Size: 42m²

Total Cost: £120,368

Music Room

Description

This will be a fully sound-proofed room, with high tech equipment, including musical floor mat, music beams and musical walls to make it a fully immersive sensory experience!

Impacts

- Music can be a powerful tool for emotional and physical development in children.
- Making music offers opportunities to improve communication.
- Children can express emotion through the noises that they make, practice back and forth exchanges, turn-taking and listening skills by making sounds together.
- Music can also help regulate the nervous system. Slow, soft music and sounds are calming and can ease anxiety, while loud, up-tempo music is alerting, which helps an under-stimulated nervous system.

Musii	£3,380
Percussion	£500
Floor Keyboard	£6,243
Interactive light tube	£1,043
Interactive rhapsody sound and light panel	£918
Interactive colour blending sensory room panel	£918
Hip hop activity panel	£2,158
Musical touch wall	£3,750
Music system	£233
Hopscotch musical pads	£960
Interactive Music Beams	£5,980
8 piano sound pads	£1,250
Custom storage	£2,000
Cushions/soft props/ padding/ seating	£6,505
Hoists	£2,000
Build	£82,530
Total	£120,368



Equipment Focus: Interactive music beams.

The interactive music beams shoot light beams down from the ceiling. When the beams are broken by a hand or body, the beam makes a noise. Different beams have different notes or tunes which can be linked up to other sounds in the room to make sure the keys don't clash. This encourages movement from everyone – jumping around for more mobile children or moving a hand or arm from those who don't have much mobility, as well as all the other benefits of music.

Outdoor Playground

Equipment cost: £204,576

Build cost: £200,000.

Size: 1600m²

Total Cost: £404,576

Description

An accessible and inclusive outdoor playground. The playground will have a mix of equipment, some for those in wheelchairs such as a wheelchair swing and wheelchair see saw, some for reduced mobility and other equipment for more active children so that everyone can play and exercise together.

Impacts

- 'Hard work' for the joints and muscles (such as climbing or hanging on monkey bars) has a fantastic calming effect and improves stereo-typical behaviours, mood, and concentration for those with sensory difficulties – especially for those with ADHD or Autism
- Spinning, swinging, and rocking can be calming or alerting – depending on the ferocity of movement. Children can get the stimulation they need or the repetitive movements to feel safe and secure, whether they are wheelchair users or are mobile.
- Activity and exercise on climbing equipment helps with strength, balance, and coordination as well as all the regular benefits of exercise.

Inclusive Hex Quad	£66,795
Sensory Panels on hex	£9,250
Inclusive Roundabout	£7,750
Springers	£1,500
Inclusive basket swing	£2,150
Double flat seat swing	£1,750
Inclusive seat swing	£ 2,350
Music Play	£2,170
Inclusive seesaw	£7,950
Spinning rope tepee	£4,750
Water wall	£3,995
Installation for above	£68,000
Swing roundabout	£12,800
Benches	£5,833
Interactive accessible games and puzzles	£5,533
Mobile Hoist	£2,000
Build	£200,000
Total	£404,576

Equipment Focus:

The Swing Roundabout

The swing roundabout is a people powered roundabout with swings on it. There are different swings for different abilities including fully supportive swings through to regular button swings so children of all ages and abilities can enjoy this together. The swing and spin motion can be alerting or calming, depending on needs but also requires hard work to make the roundabout move, so great for those with sensory needs and fantastic for getting children to play together and use teamwork and communication.



Hangout Room

FUNDED

Equipment cost: £10,568

Build cost: £159,165.

Size: 81m²

Total Cost: £169,733

Description

This room is for our older young people and is designed for them to relax and socialise. It has sofas, ping pong, arcade games as well as gaming areas including a Virtual Reality gaming area. The room can be used flexibly with moveable equipment so the young people can set it up to suit them and can also be used for working on independence skills, social groups or for youth clubs.

Impacts

- A chance to relax and play games with others encourages communication and building relationships and friendships.
- Hanging out allows those who may be nervous about using the rest of the centre to relax and feel confident before they venture to the other rooms.

Table tennis/table	£2,248
Foosball/ ice hockey	£1,912
Sofa	£2,083
TV screen x 2	£1,200
VR	£500
PlayStation and accessories	£625
Hoists	£2,000
Build	£85,374
Total	

FUNDED



Equipment Focus: Virtual Reality Sets

The Virtual Reality (VR) sets connect to the PlayStation machines and can be set up for people with different needs including those who are more active or wheelchair users. The VR can give experiences which are otherwise out of reach for many – e.g., flying, or white-water rafting. It also has games where players need to be active – dancing, boxing, hitting tennis balls etc to get young people active in an engaging and age-appropriate way. Players can be linked for teamwork and to help young people engage with others, helping build friendships.



Therapy Suite

Equipment cost: £500

Build cost: £23,580.

Size: 12m²

Total Cost for Each: £24,080

There will be two of these within the centre.



Description

Multipurpose soundproof therapy room for counselling, music therapy, Speech and Language therapy, Occupational Therapy, Massage, or alternative therapies.

This could be for disabled children or adults. The impacts from therapies can be wide and life changing.

Exercise Studio

Equipment cost: £3,471

Build cost: £157,200.

Size: 100m²

Total Cost for Each: £160,671

There will be two of these within the centre.



Description

Our partitioned exercise room will be designed for a range of fitness classes to suit multiple needs, e.g., disability yoga, martial arts, Pilates, adapted dance.

It will also be available to hire for birthday parties on evenings and weekends, as a private meeting room, and for training events.

Physio Studio



Equipment cost: £6,216

Build cost: £49,125.

Size: 25m²

Total Cost: £55,341



Description

Physiotherapy works on movement and mobility – aiming to improve mobility in its many forms. This could be from working on head control through to helping children to walk. The Physio room includes mats, toys, rolls, wedges, benches, therapy balls and other physio equipment. Also, ceiling hook for sensory integration swings. This room can also be used as multipurpose room.

Reception

Equipment cost: £7,045
Build cost: £100,215.
Size: 51m²
Total Cost: £107,260



Description

Reception is a light and airy space with calming areas to help young people transition from their journey and ready themselves for their visit. There are entry barriers which will allow for quick entry for those who can't queue but keeping children safely in the centre. The reception desks are height adjustable to allow for staff and visitors who are wheelchair users. There will be sensory panels on the walls and sensory pods so that children can be engaged in these if their parents are at the reception desk. There will be an area showing a safety video on a loop for new visitors.

Cafe

Equipment cost: £45,247
Build cost: £218,115.
Size: 111m²
Total Cost: £263,362

Description

The Café is adjacent to reception so can be accessed by those not using the rest of the centre as well as the visitors to the centre. The café will have noise cancelling modalities, quiet areas, and booths for those with sensitivities to noise or smell. The noisy coffee machines and other cooking items will be in the kitchen to keep the noise down. The counter will be height adjustable for staff and visitors who are wheelchair users. The tables will be moveable so visitors can put tables together to encourage socialising. Chairs will be moveable to allow for wheelchairs and buggies. There will be a microwave and tap for those who need to heat food or need water to flush out feeding tubes. There will also be a kettle and toaster for young people to practice independence skills. There will also be a play pen for toddlers so parents can relax. The café will host training and work experience for adults with disabilities.



Café Play Area

FUNDED

Equipment cost: £2,500.
Build cost: £12,280.
Size: 6.25m²
Total Cost: £14,780



Description

This play area will be a room off the café where children can play so parents can chat and relax in the cafe. It will have a variety of toys and games so children can play by themselves or with others.

It will have one way glass so parents can keep an eye on their child without the child being distracted by what is in the café.

Lending Library Base

Equipment cost: £10,000
Build cost: £294,750.
Size: 150m²
Total Cost: £394,750

Description

The lending Library will be full of larger gym, therapy, soft play, and sensory equipment which is found at the centre. Users of the centre will be able to trial equipment in the various activity rooms and then come to the lending library to borrow equipment for their homes for 2 weeks.

Impacts

- Being able to have equipment at home allows for a multitude of physical, sensory, and mental health benefits.
- New equipment at home can help with behaviour and family bonding.
- Equipment for disabled people is often incredibly expensive and only available online so the opportunity to try before they buy is very beneficial for families.



First Aid Room

Equipment cost:: £4,800

Build cost: £39,300.

Size: 20m²

Total Cost: £44,100



Description

High adjustable bed, chair, hoist, and sink. An injury or illness can be very distressing for children with disabilities and a dedicated room with the right equipment is essential for the best outcomes.



Changing Places (2)

Equipment cost: £18,000

Build cost: £23,580.

Size: 12m²

Total Cost for Each: £41,580



Description

Fully accessible changing room with height adjustable adult size changing table and ceiling hoist. Shower and height adjustable sink. Disabled toilet and child toilet so can be used by the whole family. These changing areas allow disabled people of all ages to be changed in a fully accessible and dignified setting. These areas are very rare in the community and allow families to leave the house with confidence that they won't need to leave prematurely or have distressing toileting experiences. They also allow for the whole family to use the toilet, so siblings and parents are catered for as well.

Unisex Toilets (2)

Build cost: £5,895.

Size: 3m²

Total Cost for Each: £5,895



Description

Room with toilet for parent and child to go together so a disabled young person can go to the loo with a parent of either sex.

Staff Room

Build cost: £159,165.

Size: 81m²

**Total Cost for Each One:
£159,165**



Description

26 staff and 7 volunteers on site at any one time. Lockers, kitchenette, comfy seats, table. Can cater for wheelchair users.

Staff Room Shower

Building cost: £7,860.

Size: 4m²

Total Cost: £7,860



Description

Encouraging cycling, exercise after/before work. Also available for staff participating in family events and fundraising activities. Available for staff and volunteers.

Kitchen

Equipment cost: £40,000

Build cost: £159,165.

Size: 81m²

Total Cost: £199,165



Description

Adapted kitchen for disabled staff, trainees, and work experience students. Kitchen for basic food – handmade sandwiches, pizza, baked potatoes, paninis. Hatch to the serving counter to keep noise down.

Office

Build cost: £85,374.

Size: 81m²

Total Cost: £85,374



Description

Core team office, management, fundraising, marketing, admin etc. Office equipment, desks, chairs, storage, printers, phone systems.

Equipment cost: £37,838

Build cost: £82,530.

Size: 42m²

Total Cost: £120,368

Music Room

Description

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Impacts

- Music can be a powerful tool for emotional and physical development in children.
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Musii	£3,380
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Hip hop activity panel	£2,158
Musical touch wall	£3,750
Music system	£233
Hopscotch musical pads	£960
Interactive Music Beams	£5,980
8 piano sound pads	£1,250
Custom storage	£2,000
Cushions/soft props/ padding/ seating	£6,505
Hoists	£2,000
Build	£82,530
Total	£120,368



Equipment Focus: Interactive music beams.

The interactive music beams shoot light beams down from the ceiling. When the beams are broken by a hand or body, the beam makes a noise. Different beams have different notes or tunes which can be linked up to other sounds in the room to make sure the keys don't clash. This encourages movement from everyone – jumping around for more mobile children or moving a hand or arm from those who don't have much mobility, as well as all the other benefits of music.