A close up of a word

Description automatically generated

Every space in our facility will help build a world of fun and fitness for hundreds of thousands of children and young people with disabilities and their families. The build costs have been derived from the current total build cost divided by estimated sqm of each room. There is an equipment budget per room and we have listed examples of equipment. However, both are subject to change throughout the development of the site.

GROUND FLOOR - GYMPANZEES MAIN OFFER

A ground floor plan of a building

Description automatically generated

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| **ROOM** | **BUILD COST** | **EQUIPMENT COST** | **TOTAL** |
| **Swings** | £ 196,000 | £ 47,000 | £ 243,000 |
| **Soft play** | £ 137,000 | £ 87,000 | £ 224,000 |
| **Gym** | £ 438,000 | £ 248,000 | £ 686,000 |
| **Trampolines** | £ 140,000 | £ 39,000 | £ 179,000 |
| **Outdoor play** | £ 100,000 | £ 200,000 | £ 300,000 |
| **Calm sensory** | A green rectangle with white text  Description automatically generatedA green rectangle with white text  Description automatically generated | A green rectangle with white text  Description automatically generated | A green rectangle with white text  Description automatically generatedA green rectangle with white text  Description automatically generated |
| **Active sensory** | A green rectangle with white text  Description automatically generated | A green rectangle with white text  Description automatically generatedA green rectangle with white text  Description automatically generated | A green rectangle with white text  Description automatically generated |
| **Music** | A green rectangle with white text  Description automatically generated |  | A green rectangle with white text  Description automatically generated |
| **Hangout** |  | A green rectangle with white text  Description automatically generated |  |
| **Party Room 1** | £ 199,000 | £ 2,000 | A green rectangle with white text  Description automatically generated£ 201,000 |
| **Reception** | A green rectangle with white text  Description automatically generated£ 100,000 | A green rectangle with white text  Description automatically generated£ 7,000 | £ 107,000 |
| **Lending Library/Shop** | £ 205,000 | £ 5,000 | £ 210,000 |
| **Kitchen** | £ 111,000 | £ 80,000 | £ 191,000 |
| **Café** | A green rectangle with white text  Description automatically generated£ 152,000 | A green rectangle with white text  Description automatically generated£ 55,000 | A green rectangle with white text  Description automatically generated£ 207,000 |
| **Café play** | A green rectangle with white text  Description automatically generated |  | A green rectangle with white text  Description automatically generated |
| **Physio** | A green rectangle with white text  Description automatically generated | A green rectangle with white text  Description automatically generated | A green rectangle with white text  Description automatically generated |
| **First aid room** | A green rectangle with white text  Description automatically generated |  | A green rectangle with white text  Description automatically generated |
| **Changing Place 1** | £ 16,000 | A green rectangle with white text  Description automatically generated£ 18,000 | £ 34,000 |
| **Changing Place 2** | £ 16,000 | £ 18,000 | £ 34,000 |
| **Changing Place 3** | A green rectangle with white text  Description automatically generated£ 16,000 | A green rectangle with white text  Description automatically generated£ 18,000 | £ 34,000 |
| **Picnic Area** |  |  | A green rectangle with white text  Description automatically generated |

Swing Room

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.
* A person helping a child get up

  Description automatically generatedSwinging, 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.

**Total Build Costs £196,000**

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| **Total Equipment costs £47,000** |
| Equipment examples include: |
| Swings |
| Matting |
| Bouldering wall |
| Hoists |

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.

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| **Total Room Cost** | **£243,000** |

Soft Play

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.
* A child in a playroom

  Description automatically generatedClimbing, 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.

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| **Total Equipment Costs £87,000** |
| Equipment examples include: |
| Soft Play Two-Storey Structure |
| Hoist |

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| **Total Build Costs** | **£137,000** |

Equipment Focus: Soft Play

A person and a baby

Description automatically generatedThe soft play structure will have two-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

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| **Total Room Cost** | **£224,000** |

and discover.

Gym

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.

A child on a treadmill

Description automatically generatedImpacts

* All the expected benefits of exercise -
  + Improves general health,
  + Reduces constipation,
  + Reduces obesity,
  + Improves sleep,
  + Improves lung and heart health,
  + Controls or slows the progression of chronic disease.
* For those with a 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 stereotypical behaviours, improves concentration and cognition and improves mood.

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| **Total Build Cost** | **£438,000** |

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| **Total Equipment Costs £248,000** |
| Equipment examples include: |
| Innowalk 1 |
| Innowalk 2 |
| Cross-trainers for different abilities |
| Hand/ leg bikes for different abilities |
| Mechanical horses for different abilities |
| Rowers for different abilities |
| Strengthening equipment/ TRXs |
| Parallel Bars for all sizes |
| Cardio wall |
| Skier/Snowboarder/ Vibration plate |
| Hoists |

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 90% 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.

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| **Total Room Cost** | **£686,000** |

Trampolines

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.
* A person holding a child

  Description automatically generatedFor 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.

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| **Total Build Costs** | **£140,000** |

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| **Total Equipment Costs £39,000** |
| Equipment examples include: |
| Trampolines |
| Nessi Supports |
| Hoists |

## 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.

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| **Total Room Cost** | **£179,000** |

Outdoor Playground

## 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.

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| **Total Build Costs** | **£100,000** |

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| **Total Equipment Costs £200,000** |
| Equipment examples include: |
| Inclusive Hex Quad |
| Sensory Panels on Hex |
| Inclusive Roundabout |
| Springers |
| Inclusive basket swing |
| Double Flat Seat Swing |
| Inclusive Seat Swing |
| Music Play |
| Inclusive Seesaw |
| Spinning Rope Teepee |
| Water Wall |
| Installation for Above |
| Swing Roundabout |
| Interactive accessible games & puzzles |

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 it also requires hard work to make the roundabout move, so it is great for those with sensory needs and fantastic for getting children to play together and use teamwork and communication.



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| **Total Cost** | **£300,000** |

Party Room x1

Build cost: £199,000

Equipment Costs: £2,000

**Total Cost: £201,000**

## A room with tables and chairs Description automatically generatedDescription

The party rooms at Gympanzees will provide a dedicated space for children and young people to celebrate with friends and family. Many of our families have never had the opportunity to host parties for their children due to accessibility issues, so this space will enable them to create more memories as their children grow. After their play session, partygoers can spend additional time enjoying the company of loved ones and peers. The space will be flexible and adaptable to meet the party host's and their guests' needs.

Equipment cost: £205,000

Build cost: £5,000

**Total Cost: £210,000**

Lending Library & Shop

Description

A baby on a carpet

Description automatically generatedThe 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.

Kitchen

Equipment cost: £80,000

Build cost: £111,000

**Total Cost: £191,000**

Description

A kitchen with stainless steel appliances

Description automatically generatedAdapted 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.

Café

Equipment cost: £55,000

Build cost: £152,000

**Total Cost: £207,000**

Description

A group of children eating at a table

Description automatically generatedThe Cafe is adjacent to reception so can be accessed by those not us using

the rest of the centre, as well as the visitors to the centre. The cafe 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 playpen for toddlers so parents can relax. The cafe will host training and work experience for adults with disabilities.

Changing Places (3)

Equipment cost: £18,000

Build cost: £16,000

**Total Cost for each: £34,000**

A bathroom with a toilet and a sink

Description automatically generatedDescription

A fully accessible changing room with a height-adjustable adult-size changing table and ceiling hoist, shower, and height-adjustable sink, as well as a disabled toilet and child 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.