

# Help us Build for Better

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. These 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



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			
Active sensory			
Music			
Hangout			
Party Room	£ 201,000	NA	£ 201,000
Reception	£ 100,000	£ 7,000	£ 107,000
Shop/Lending Library	£ 210,000	NA	£ 210,000
Kitchen	£ 111,000	£ 80,000	£ 191,000
Café	£ 152,000	£ 55,000	£ 207,000
Café play			
Physio			
First aid room		£ 4,800	£ 31,800
Changing Place 1	£ 16,000	£ 18,000	£ 34,000
Changing Place 2	£ 16,000	£ 18,000	£ 34,000
Changing Place 3	£ 16,000	£ 18,000	£ 34,000
Picnic Area			



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# 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.
- 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.

**Total Build Costs** £196,000

**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.

**Total Room Cost** £243,000

# Soft Play

## Description

A two-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.

**Total Build Costs** £137,000

**Total Equipment Costs** £87,000

Equipment examples include:

Soft Play two-story structure

Hoist

## Equipment Focus: Soft Play

The soft play structure will have two-story's. 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.

**Total Room Cost** £224,000



# 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.

## Impacts

- 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.



**Total Build Cost**

**£438,000**

### Total Equipment Costs

**£248,000**

Equipment examples include:

- Innowalk x2
- 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.

**Total Room Cost**

**£686,000**



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# 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.
- 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.

**Total Build Costs** £140,000

**Total Equipment Costs** £39,000

Equipment examples include:

Trampolines

Positional 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.

**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.

## Total Build Costs

£100,000

## Total Equipment Costs

£200,000

Equipment examples include:

- Inclusive Hex Quad climbing frame
- Inclusive roundabout
- Springers
- Inclusive basket swing
- Double flat seat swing
- Inclusive seat swing
- Music Play
- Inclusive Seesaw
- Spinning Rope Teepee
- Water wall
- 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.



## Total Cost

£300,000



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# Party Room

## Description

The party room at Gympanzees will be a large 145sqm room. Birthday parties will include a session at Gympanzees and then an hour of use of the party room for children and young people to celebrate with friends and family. The room can be used flexibly, with removable tables and chairs so that families can tailor their celebrations depending on the child's needs.

Whilst this room is designed to enable families to have parties and provides a blank canvas for them to do so, it can also be used by other groups in the disability community, e.g., for therapy, disabled exercise classes, or classes for parents.

## Impacts

Many of our families have never had the opportunity to host parties for their children due to accessibility or sensory issues, so this space will enable them to have their birthday parties and create priceless memories as their children grow. It also opens opportunities for their non-disabled friends and family to join in at Gympanzees so educating others that disabled people can be 'able' in an environment that supports them and that they can play and enjoy themselves alongside their disabled friend or family member, which is so often not possible elsewhere.



**Total build and Fit Out Costs**

**£201,000**

# Lending Library & Shop

## Description

The lending Library lends out our larger gym, therapy, soft play, and sensory equipment, which is found at the centre, into homes, schools and other disability groups. 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 4 weeks. The lending library is run from the shop. The shop will be a fully accessible space for parents to be able to purchase some of our most popular equipment and Gympanzees merchandise.

## Impacts

- 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.
- Being able to have equipment at home allows for a multitude of physical, sensory, and mental health benefits as well as helping with behavior and family bonding.

Benefits from having equipment in the home	% of Respondents
Child is calmer	88%
Improved movement skills	53%
More exercise / activity	38%
Improved communication	34%
Improved general health	31%
Improved fine motor skills	19%
Improved sleep	13%
Improved family relations	41%
More having fun	75%
More sibling playtime	41%



**Total Build and Fit Out Costs** **£210,000**



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# Kitchen

## Description

The kitchen will be fully adapted for disabled staff, trainees and work-experience students. It will be suitable for cooking basic food—handmade sandwiches, pizza, baked potatoes and paninis. The kitchen will also house any more noisy café equipment, such as the coffee machine, to keep the café quiet for our children who are sensitive to noise.

## Impacts

- We will be working with other charities to employ disabled kitchen staff and to offer training opportunities for disabled adults. Our kitchen will allow for this to happen – enabling disabled employment.
- Our kitchen will support our café, allowing for crucial socialising for our families.

**Total Build Costs**

**£111,000**

**Total Equipment Costs**

**£80,000**

Equipment examples include:

Height adjustable work units and sinks

Coffee machine

Alternative Hob arrangement to reduce reaching

Extractor system to prevent smells reaching the café



**Total Cost**

**£191,000**

# Cafe

## Description

The café will have 130 covers and can be used by all visitors for as long as they want after their session. The Cafe is adjacent to reception so can also be accessed by those not using the rest of 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 and smell down. The counter will be height adjustable for staff and visitors who are wheelchair users. Parents can bring food for their children who might have allergies or restricted diets. 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 taps 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 and a playroom adjacent for older children so parents can relax. The cafe will host training and work experience for adults with disabilities.

## Impacts

- The café is key for social interaction after the families use the activity and play rooms. We have seen this many times at the Pop Up. Families meet while children play and then come into the café together to cement new relationships. This will help reduce isolation and, in turn, improve mental health.
- The café will allow disabled adults to gain valuable work experience and employment, improving independence.
- The café will also give opportunities for disabled young people and adults to practice life skills such as using money and basic cooking and self-help skills.

### Total Build Costs

£152,000

### Total Equipment Costs

£55,000

#### Equipment examples include:

Moveable and wheelchair accessible tables.  
Height adjustable and wheelchair accessible counters  
QR menus for table service to reduce queuing for those who find queuing difficult.



### Total Cost

£207,000



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# Changing Places (x3)

## Description

A changing place is 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 toilet that 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.

## Impacts

- Many disabled people are restricted to where they go out of the home because of toileting difficulties.
- Changing Places are very rare in the community and will 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 together, so siblings and parents are catered for as well.

**Total Build Costs**

**£16,000**

**Total Equipment Costs**

**£18,000**

Equipment examples include:

- High/ low changing table
- Accessible toilet
- Child toilet
- Height adjustable sink
- Accessible shower
- Ceiling track hoist



**Total Cost**

**£34,000**