



# Become a Build Partner



Charity Number 1189375



## Hi, I'm Steph, CEO and Founder of Gympanzees.

Gympanzees is building the UK's first fully accessible exercise, play, and social centre for disabled children and young people. Set to open in 2026 in South Gloucestershire, this centre will facilitate over 200,000 visits annually and become financially self-sustaining.

### Project Home Appeal

Project Home is an innovative and transformative initiative aimed at addressing the critical need for accessible exercise, play, and social spaces for disabled children and young people (**0-25 years**) and their families.

The centre will bring under one roof a variety of specialist activity rooms (gym, trampoline, swing, climbing, sensory, music, and therapy suites), an outdoor playground and a café. All spaces have been designed, and equipment chosen for their therapeutic benefits, whilst expert guidance from trained staff ensures families feel welcome and gain the greatest benefit from their visit.

### What the Project Will Achieve

- 1. Improve Physical and Mental Health Outcomes:** Through exercise, play, and sensory integration children will strengthen muscles, develop motor skills, reduce chronic pain, experience improved mood, concentration and sleep quality, and reach further cognitive developmental milestones.
- 2. Reduce Isolation:** Families will connect, share experiences, and build support networks, reducing loneliness and improving mental health.
- 3. Ensure Inclusivity:** Children with disabilities will have equal opportunities for play and recreation, honouring their right to play.
- 4. Create Training and Employment Opportunities:** We will provide training and employment for disabled people in a range of roles across the centre in collaboration with specialist organisations.



# Help Us Build For Better

**Testing the Concept:** Since **2018**, we have tested and refined the main centre offering by holding **165** days of Pop Up facilities in special schools during school holidays. Welcoming **28,000** visitors, we collected a wealth of qualitative and quantitative data, earning widespread respect and appreciation from our community, the sector, and our donors. This strong foundation enabled us to seize the opportunity to purchase our site and launch a capital campaign to create a **world-class facility**.

Unless otherwise specified, all funds raised will be used in an unrestricted capacity to drive forward the overall Project Home Appeal, ensuring we can deliver the greatest impact where it's needed most. As a valued **'Build Partner'**, you have the power to make areal difference to this project and the children and families we support.

This is a **UK-first**, and we want you to be part of it. Your support will directly contribute to creating a space where every child can thrive and their lives transformed.

**Thank you!**

'Gympanzees Pop Ups have been a lifeline for us and so many other families.'

'It has brought us hope, friendships, and joy, surpassing our dreams. Knowing more children will experience this will be truly life-changing for them and their families.'



## Ground Floor Phase 1 - Gympanzees Main Offer



ROOM	BUILD COST	EQUIPMENT COST	TOTAL
Swings	£ 144,000	£ 24,000	£ 168,000
Soft play	£ 213,000	£ 101,000	£ 314,000
Gym	£ 274,000	£ 175,000	£ 449,000
Trampolines	£ 296,000	FUNDED	£ 357,000
Outdoor Play	£ 100,000	£ 200,000	£ 300,000
Calm Sensory	FUNDED	FUNDED	FUNDED
Active Sensory	FUNDED	FUNDED	FUNDED
Music	FUNDED	FUNDED	FUNDED
Hangout	FUNDED	FUNDED	FUNDED
Party Room	£ 114,000	£ 2,000	£ 116,000
Reception	FUNDED	FUNDED	FUNDED
Lending Library/Shop	£ 92,000	£ 5,000	£ 97,000
Kitchen	£ 104,000	£ 40,000	£ 144,000
Café	£ 290,000	£ 98,000	£ 388,000
Café Play	FUNDED	FUNDED	FUNDED
Physio	FUNDED	FUNDED	FUNDED
First Aid Room	FUNDED	FUNDED	FUNDED
Changing Place 1	FUNDED	£ 18,000	£ 35,000
Changing Place 2	£ 17,000	£ 18,000	£ 35,000
Changing Place 3	£ 17,000	£ 18,000	£ 35,000
Picnic Area	FUNDED	FUNDED	FUNDED

# 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, and concentration and help with calming and reducing behaviours with children who have sensory processing difficulties or are autistic.

**Total Build Costs:**

**£144,000**

<b>Total Equipment Costs</b>	<b>£24,000</b>
<b>Equipment Examples include:</b> 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 into 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, balance and coordination, as well as providing 'hard work' to help with calming mood and behaviour.

**Total Room Cost:**

**£168,000**

Discover the equipment!



The build costs have been derived from the current total build cost divided by the estimated sq ft of each room and are subject to change throughout the development of the site.



# Soft Play

## Description

A two-storey 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:**

**£213,000**

<b>Total Equipment Costs</b>	<b>£101,000</b>
<b>Equipment Examples include:</b> Soft Play Two-Storey Structure Hoist	



## Equipment Focus : Soft Play

The soft play structure will be two-storey. 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:**

**£314,000**

'The soft play at Gympanzees has been the only soft play that Arthur and I can access because others are usually full of active children running around, which can be quite scary for Arthur. Also, other soft plays are quite limited on different levels and quite small, so parents can't get inside to assist their children. This means we haven't actually been able to take Arthur to a soft play space until we came to Gympanzees.' - Anna, Parent and on Gympanzees Service Delivery Committee

Discover the equipment!



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# 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, can reduce behaviours, improves concentration and cognition and improves mood.

## Total Build Costs:

**£274,000**

<b>Total Equipment Costs</b>	<b>£175,000</b>
<p><b>Equipment Examples include:</b></p> <ul style="list-style-type: none"> <li>Innowalk x2</li> <li>Cross-trainers for different abilities</li> <li>Hand/ legbikes for different abilities</li> <li>Mechanical horses for different abilities</li> <li>Rowers for different abilities</li> <li>Strengthening equipment/ TRXs</li> <li>Parallel Bars for all sizes</li> <li>Cardio wall</li> <li>Skier/Snowboarder/ Vibration plate</li> <li>Hoists</li> </ul>	



Discover the equipment!



## 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:

**£449,000**



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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 three so those who aren't mobile can also use the trampolines 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, core strength, 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:**

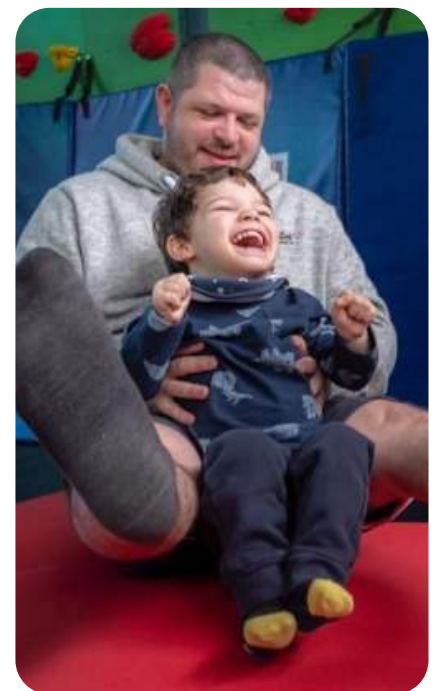
**£296,000**

## Equipment Focus : Hoists

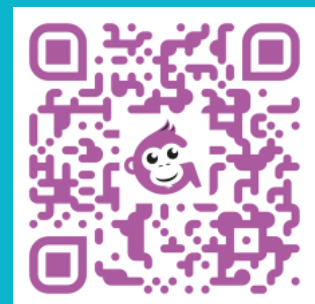
The hoisting equipment is fixed to the three trampolines and allows wheelchair users to be lifted out of their wheelchairs at ground level and placed up on the trampolines. This allows children and adults of all sizes to be able to access the trampolines despite their mobility, size, or whatever medical equipment they may have (on ventilators, etc), which generally makes 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:**

**£357,000**



Discover the  
equipment!



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# 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 can improve 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 the movement. Children can get the stimulation they need or the repetitive movements to feel safe and secure, whether they are wheelchair users or mobile.
- Activity and exercise on climbing equipment help with strength, balance, and coordination, as well as all the regular benefits of exercise.

**Total Build Costs:**

**£100,000**

<b>Total Equipment Costs</b>	<b>£200,000</b>
<p><b>Equipment Examples include:</b></p> <ul style="list-style-type: none"> <li>Inclusive Hex Quad climbing frame</li> <li>Inclusive roundabout</li> <li>Springers</li> <li>Inclusive basket swing</li> <li>Double flat seat swing</li> <li>Inclusive seat swing</li> <li>Music Play</li> <li>Inclusive Seesaw</li> <li>Spinning Rope Teepee</li> <li>Water wall</li> <li>Swing roundabout</li> <li>Interactive, accessible games &amp; puzzles</li> </ul>	



### Inclusive Hex Quad

A magical, elevated wooden play space designed for all, with smooth ramps welcoming wheelchair users to join in the adventure. Twisting slides, sensory wonders, and endless opportunities for discovery await! The Hex Squad will spark curiosity, encouraging every child to move, explore, and play without limits.

## 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 Room Cost:**

**£300,000**



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# Party Rooms x2

## Description

The party room at Gympanzees will be a large 82sqm 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: £203,000**



'Isabella was invited to her best friends pool party and unfortunately we were unable to go to the party because I couldn't physically get her into the swimming pool. It was heartbreaking...' - Emma, Parent and Gympanzees Trustee



# Lending Library and Shop

## Description

The Lending Library lends out our larger gym, therapy, soft play, and sensory equipment, which is found at the centre, in 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 up to 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 behaviour and family bonding.

**Total Build and Fit-Out Costs: £97,000**

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%



'As a single parent I can't afford to buy different sensory items so this library is a vital resource for me that ensures my son is able to enjoy a variety of equipment that helps regulate and excite him.'

'I am so grateful for this service. As a foster carer of children with disabilities, it is hard to purchase enough equipment to meet the needs of all the children I care for. I want their time with me to be as enriching as possible and I'm incredibly grateful for the ability to borrow things that will meet their needs.'

'The equipment is absolutely fantastic for my son as it gives him the chance to try out equipment in his own time and see if he engages and enjoys it. It also helps us as parents to see if there is anything that works really well so we can then purchase it. The equipment also allows my son and my neurotypical daughter to bond as they both look and engage with the equipment.'



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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 the 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: £104,000**

<b>Total Equipment Costs</b>	<b>£40,000</b>
<p><b>Equipment Examples include:</b></p> <p>Height adjustable work units and sinks</p> <p>Coffee machine</p> <p>Alternative Hob arrangement to reduce reaching</p> <p>Extractor system to prevent smells reaching the café</p>	



**Total Room Cost: £144,000**



# Café

## Description

The café will have 130 covers and can be used by all visitors for as long as they want after their session. The Café is adjacent to the reception, so it can also be accessed by those not using the rest of 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 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 café 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:

**£290,000**

<b>Total Equipment Costs</b>	<b>£98,000</b>
<b>Equipment Examples include:</b> 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 Room Cost:

**£388,000**



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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: £17,000**

<b>Total Equipment Costs</b>	<b>£18,000</b>
<b>Equipment examples include:</b> High / low changing table Accessible toilet Height adjustable sink Accessible shower Ceiling track hoist	

**Total Cost: £35,000**

Discover the equipment!



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By becoming a Kit Partner, you're not just funding equipment but transforming lives. Your support will give thousands of disabled children and adults the chance to move, play, and thrive.

“Normally it's not as fun to do exercise. We would normally be given a list of stuff to do from their physio which can be quite boring, but this is a fun way to do exercise and keep active, normally quite hard to keep them active in the holidays when there is not as much stuff on for them to do. As it is safe and they are not overwhelmed by other children, they can relax and just focus on having fun.”



## Get in Touch!

If you would like to discuss partnering with us or making a donation to the project, we would be delighted to speak with you and explore the benefits and recognition we can provide in return. We'd love to chat about how you can help!



**Jack Lewis**  
Director of  
Fundraising

[jack@gympanzees.org](mailto:jack@gympanzees.org)  
07821435612



**Leilah King**  
Business  
Development  
Manager

[leilah@gympanzees.org](mailto:leilah@gympanzees.org)  
07875761107



**Jenny Davies**  
Fundraising Officer

[jen@gympanzees.org](mailto:jen@gympanzees.org)  
07792675829



**Hannah Penfold**  
Fundraising  
Assistant

[hannah.penfold@gympanzees.org](mailto:hannah.penfold@gympanzees.org)

**We've got a building, now you can help us make it a home!**



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