



## CAERPHILLY TOWN CENTRE MANAGEMENT GROUP – 18TH MARCH 2009

**SUBJECT: PROPOSED LIFE TRAIL / WELLBEING UNITS - DAFYDD WILLIAMS  
PARK, CAERPHILLY**

**REPORT BY: PARKS SERVICES**

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### 1. PURPOSE OF REPORT

- 1.1 To update the Town Centre Management Group on the proposed installation of 2 Life Trail / Wellbeing units at Dafydd Williams Park, Caerphilly

### 2. SUMMARY

- 2.1 The Town Centre Management Group & Parks Services are trying to secure a budget to supply and install 2 Life Trail / Wellbeing units at Dafydd Williams Park, Caerphilly. The units will encourage older adults into gentle exercise as part of their normal walking routines. The Life Trail units will also encourage greater use of Caerphilly town centre other than just retail.

### 3. LINKS TO STRATEGY

- 3.1 The works relate to the Community Strategy. Health, Social Care and Wellbeing.
- 3.2 There are also links to the Living Environment Strategy of improving peoples' lives through information and advice.

### 4. THE REPORT

- 4.1 In November 2008, Parks Services in conjunction with Town Centre Development Manager agreed to look into the possibility of installing a small number of fitness trail units at Dafydd Williams Park, Caerphilly. A number of Active Life Trail systems were assessed and a site visit to Bryn Bach Park was undertaken as the park has a well-established trail in place. The park is currently used by a number of walking groups including a small team of doctor referrals who are encouraged to undertake gentle exercise as part of a general health improvement plan.
- 4.2 Walking is the most common form of outdoor recreation among older adults. Life Trail Wellbeing units are specifically designed to provide older adults with the opportunity to stretch and strengthen their bodies as part of their normal walking routines which could be undertaken whilst using Dafydd Williams Park.
- 4.3 Installation of the units would create stopping points along the designated paths of Dafydd Williams Park, providing social gathering points as well as areas for gentle exercise. The individual units will display both the general benefits and historical references to the park.
- 4.4 Another benefit of installing a Life Trail system within Dafydd Williams Park would be that older adults are the fastest growing segment of the population. Life Trails provide a series of

age-appropriate outdoor activities specifically designed to help older adults maintain a high level of wellness and independence.

## **5. FINANCIAL IMPLICATIONS**

- 5.1 The cost to supply and install 1 number Bench Stepper and 1 number Standing Push Up Life Trail unit would be £7,317.32. The Town Centre Management Group have identified a £5k contribution leaving a £2317.32 shortfall. Parks Services are exploring other sources of possible contributions.
- 5.2 Future inspection and maintenance of the 2 Life Trail units would be carried out by existing Parks Services staff that maintains Dafydd Williams Park under a Green Flag Award agreement.

## **6. PERSONNEL IMPLICATIONS**

- 6.1 There are no Personnel implications.

## **7. CONSULTATIONS**

- 7.1 The report has been sent to the consultees listed below.

## **8. RECOMMENDATIONS**

- 8.1 That members note the content of the report.

## **9. REASONS FOR THE RECOMMENDATIONS**

- 9.1 To confirm the £5k contribution for the Life Trail project in order for Parks Services to seek additional funding to complete the project.

Author: Simon Beacham, Senior Parks Officer, 01443 811127  
Consultees: A. Highway, Town Centre Development Manager  
A. Dallimore, Team Leader Urban Renewal  
D. Price, Parks & Outdoor Facilities Manager  
Cllr L. Ackerman, Cabinet Member

Background Papers:  
There are no background papers.