

## **Hoppers Gym Newsletter – November 2024**

We wanted to provide our members and wider community with a regular update on how our new gym is progressing 6 months on, share some exciting plans for the future, as well as highlight potential areas for support or feedback.

Thank you all for the support to date and we hope you enjoy this regular newsletter.

### **Hoppers Gym - is 6 months old!**

Can you believe the gym is 6 months old in November?

Opening on 13<sup>th</sup> May 2024, the initial focus has been in ensuring the new gym is fully functioning in its location, ensuring the viability of the business, maintaining the membership numbers, while working closely with our new stakeholders and cohabitants (the local church). To date, results have been amazing with around 110 members and most members visiting the gym 1-2 times per week, plus feedback from the church has been very positive.

The focus now, as we move into 2025, is how we look to expand both the offering of the gym (in consultation with members and the newly formed 'Hoppers Community Group') as well as start to identify activities to widen engagement with the local community.

We would like to thank everyone for their support so far, whether that's in the original set up, supporting the administration or welcoming new members – every thing helps. We continue to thank class instructor, Paul Kavanagh, who contributed to the gym's set-up, as well as the other class instructors who joined the team upon opening - Sophie Spackman, Katie May Tracy and more recently, Zoe Blundell and our cleaner Jodie Jones.

Finally, we would like to thank our key stakeholders at the Church and Chris Wise (Church Warden) for their ongoing support with this venture.

### **Hoppers Gym Vision**

We wanted to outline the vision for the gym and how we want it to evolve.

*We aim to create a friendly, inclusive and engaging environment for both gym members and the wider community, aiming to re-invest profits back into the business, while becoming a key focal point for the local community.*

## **Hoppers Community Group**

The objective of this group is to work with the gym directors and church liaison representative by acting as a voice for the members, identifying and reviewing areas for investment or improvement, as well as coordinating wider community engagement activities – such that we grow the gym and its role in the local area.

Details of the current community members are below. The group meets every 2-3 months with the gym directors and church liaison lead.

Below are some of items the group are currently working on:

- Reviewing investment plans and new class options (see details below)
- Identifying community-based activities – both for membership and residents of the local area (see details below)
- Engaging with the local community e.g. targeted use of the free memberships for specific local community groups
- Supporting promotion of the gym e.g. social media, local newsletters etc.

## **Hoppers Gym – Focus for 2025**

### **Investment**

Working closely with the Church and other key stakeholders, there are a number of key improvements being worked through. While not yet finalised, 2025 considerations include: rebuild of the back toilets, new changing rooms, shower and toilet installation, rehusing the boiler out of the studio, reviewing disabled access, general upgrades e.g. security lighting and painting. Funding for these works is currently being investigated. Chris Wise continues to work to obtain consent from the Southern Synod Trust of the United Reformed Church. We will likely need active participation from members in fund raising closer to the time. More updates will follow in the next newsletter.

### **Improvement Plans**

We are looking to update some of the available classes for 2025, based on feedback to date and subject to availability. Classes will be selected based on membership interest and ensuring we have relevant trainers to conduct these classes.

A survey has been set up to gather feedback. Please see link to [survey](#). Responses due by the 30<sup>th</sup> November.

Furthermore, there will be some other upgrades taking place in the coming weeks e.g. new gym roadside sign, new rugs for the doorways and some further painting etc.

### **Community Engagement**

We are investigating a number of activities for the months ahead. Below are some dates for the next 3 months.

If you have other ideas, or are interested in supporting, please contact one of the gym community group members or directors. New ideas will be discussed at the next Hoppers Community Group in late November / early December 2024.

## Key Events:

December 2024

- Christmas Coffee and Cake Morning – on December 7<sup>th</sup> (11.00 am to 12.30 noon), we will be hosting a free coffee and cake morning, for gym members, Church members and the wider community. If you are interested in supporting (baking a cake, serving coffee etc) please email ([info@hoppersgym.com](mailto:info@hoppersgym.com)) or speak with Doraline Fallon who is coordinating this event

January / February 2025

- Gym member Quiz night – in aid of local charity. If interested in supporting please contact ([info@hoppersgym.com](mailto:info@hoppersgym.com)) or Paul Keepax

## Other news:

- We've partnered with another fledgling local business, 'Plan My Event', devised by Tunbridge Wells entrepreneur and occasional patron and friend of Capel Gym, Lisa Coghlan. The app helps people find local events and activities of all types. The entire Hoppers Gym class timetable is now searchable within the app and will be visible to people across a wider catchment area. The app is available on both Android and Apple and can be found in your app store (<https://planmyeventapp.co.uk>)



Don't forget to check out our website and social media pages:

- [www.hoppersgym.com](http://www.hoppersgym.com)
- Instagram/Facebook: @hoppersgym

## Key Contacts

Below are some key contacts across the Gym. If you have any other ideas or feedback please feel free to reach out to any member or contact [info@hoppersgym.com](mailto:info@hoppersgym.com)

### Gym Directors



Paul Keepax



Josh King

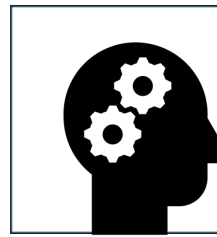
### Hoppers Community Group



Lisa Leslie



Julie Jupp



Matt Aston



Chris Bosworth



Paul Kavanagh



David Fallon



Chris Wise (Church Warden)