



Rebound promotes physical activities for all ages and abilities through dance and fitness

We are a social enterprise not for profit organisation



Rebound Community Kickstart Project

During the 3 years of the Community Kickstart Project 5995 local people engaged in physical activity with Rebound exceeding original targets:

Community Kickstart Project aims to:

- Deliver a health and wellbeing themed dance project to children in primary schools. Classes will use dance and creativity to raise awareness of heart health and healthy lifestyles.
- Deliver an adult targeted programme: community fitness classes to encourage more physical activity amongst adults generally.
- Deliver a programme targeted at the over fifty-fives: Nifty Fifties, to improve physical activity and wellbeing through tailored activities for this age range.
- Deliver programmes of chair based exercise for elderly people in residential care homes, to improve wellbeing through weekly movement sessions tailored to this age group.

I love getting fit at Rebound

- St Leos pupil

It makes me feel happy and fit

- St Brigid's Pupil

Excellent activity for both genders to join in together so shyness and self-consciousness addressed too

- St Margaret Mary's Junior School

This is a highly effective high quality physical activity which is greatly appreciated by students and staff.

- The Elms (Bluebell Park)

Children loved it and were enthused from day one!

- St Luke's RC Primary

Puts a smile on my face

- Pupil

Adult Community Fitness

The Community Kickstart Project has engaged with people from across Knowsley through activities held at community venues and residential care homes throughout the borough. The classes were attended by a mixed age range (with some participants as old as 80+) and a mixed range of abilities.

Yoga classes:

Suitable for beginners or intermediate level. Friendly and informal.

Nifty Fifties:

Designed to engage with older members of the community. Low impact exercise to maximise mobility and flexibility.

Chair based exercise:

Delivered to older people in residential care homes and sheltered accommodation. Designed to improve mobility and provide social activity for residents that may not mix in groups frequently. Gentle exercise to old time music, memory games to stimulate reminiscence, sing-alongs, and the playing of simple instruments.



Line Dancing:

Providing an opportunity for participants to engage in a fun dance class whilst having a great workout.

Of the adults involved in the community fitness programme:

- 94%** Felt happier
- 55%** Felt healthier
- 51%** Felt fitter
- 23%** Felt more confident
- 80%** Felt part of a group
- 51%** Reported better mobility
- 74%** Reported increased flexibility
- 52%** Reported increased strength
- 61%** Felt more relaxed
- 58%** Felt generally happier
- 28%** Said it helped manage pain

The following impacts were not originally set as targets, but have been observed as part of the project:

- Increased self-confidence – for both children and adult participants
- The teachers and children both reported an increase in confidence through feedback forms;

For 28% of participants in the adult community fitness programme, an unexpected benefit of their activity was the reduction in pain that they experienced. Adults with improvements in pain management will have fewer visits to the GP for treatment/medication.

Knowsley has a population of approximately 151,000. By October 2012 Community Kickstart had worked with 5995 beneficiaries which means there is still a great need for more work to be delivered. Rebound will now aim to deliver more activities across the borough to encourage people of all ages to participate in regular physical activities.

A basic Social Return On Investment (SROI) has been calculated for Community Kickstart which indicates that the SROI is £7 returned for each £1 cost of the project.



Of children reported feeling confident



Of teachers reported increase in confidence.

80% of participants reported that they felt part of a group.

As social interaction is a key factor for improving mental well-being, this is an impact that relates to the mental health outcomes for the project, but is significant in that the percentage of people reporting this is so high.





Schools Project:

School groups were involved in an 11 - 12 week programme of dance for boys and girls in Key Stage 1 and 2.

The dance project creatively explored different aspects of 'healthy lifestyles'. Topics included exercise, nutrition and how the heart functions. This could then be linked into other areas of the curriculum back in the classroom.

Community Kickstart delivered afterschool classes which culminated in Showcase Events at the Theatre Royal in St Helens. Staff and children worked together over 10 weeks to develop a piece of work for the children to perform.

Approximately 250 children took part in each event with an audience of approximately 600 – 700.





Promoting physical activities for all ages and abilities through dance and fitness classes.

Rebound CIC

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