

Motcombe Community Pool Community Interest Company (MCPCIC)

Community Consultation on Wants and Needs
for the Wellbeing and Health Hub. January 2024



Response to the Community Consultation on the Wellbeing & Health Hub.

Introduction

The Motcombe CIC's mission is to create a sustainable business plan to secure funding for the repair, rejuvenation, and transformation of the historic Motcombe Pool. Our objective is a holistic hub supporting health and wellness in the community. The project can potentially be delivered in phases allowing for approaches to different funding sources with complementary support from the community of Friends.

We conducted this consultation to discover the community's wants and needs for the rejuvenation of the Swimming Pool and attached Pool House. Evidence from the community engagement will also form the backbone of business cases to secure funding for the retrofitting of the site, it will inform our assumptions for future business and operations planning and help us plan for a sustainable future for the Pool.

This document summarises the responses received from 328 participants and indicates some of the next steps for the project.

The consultation exercise.

What we were consulting on

The Community Consultation for the Health and Wellbeing Hub sought the community's views on the wants and needs for the plans to rejuvenate the Pool House as a community hub promoting Wellbeing and Health.

In the consultation, we were particularly interested in capturing views of the community on:

- What activities and services you would like to see the Pool provide for the community.
- What clubs and community facilities you would like to see.
- How the Pool can be made to be more accessible and welcoming to all.

We would like to thank everyone who took time to respond to the consultation, and those that provided feedback in person during our engagement event at Community Wise on the 11 January 2024.

About the response

This document outlines the response to each of the questions asked in the consultation and provides a summary of responses received and how we have interpreted them. The questions were designed to provide for qualitative and quantitative analysis. Both have been included in this response.

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The overall responses are crucial to steering the future direction for the redevelopment of the Pool, comprising key evidence in application to funders of capital and revenue.

Conducting the consultation

The consultation period was open from 17 December 2023 and ran for four weeks inclusive of 14 January 2024. The primary method for the community to respond to the consultation was a questionnaire hosted online that was accessible on mobile or desktop PC. A link to the questionnaire was sent out to all recipients of the Motcombe CIC newsletter, posted on the Facebook group, and posters located in and around the Motcombe area.

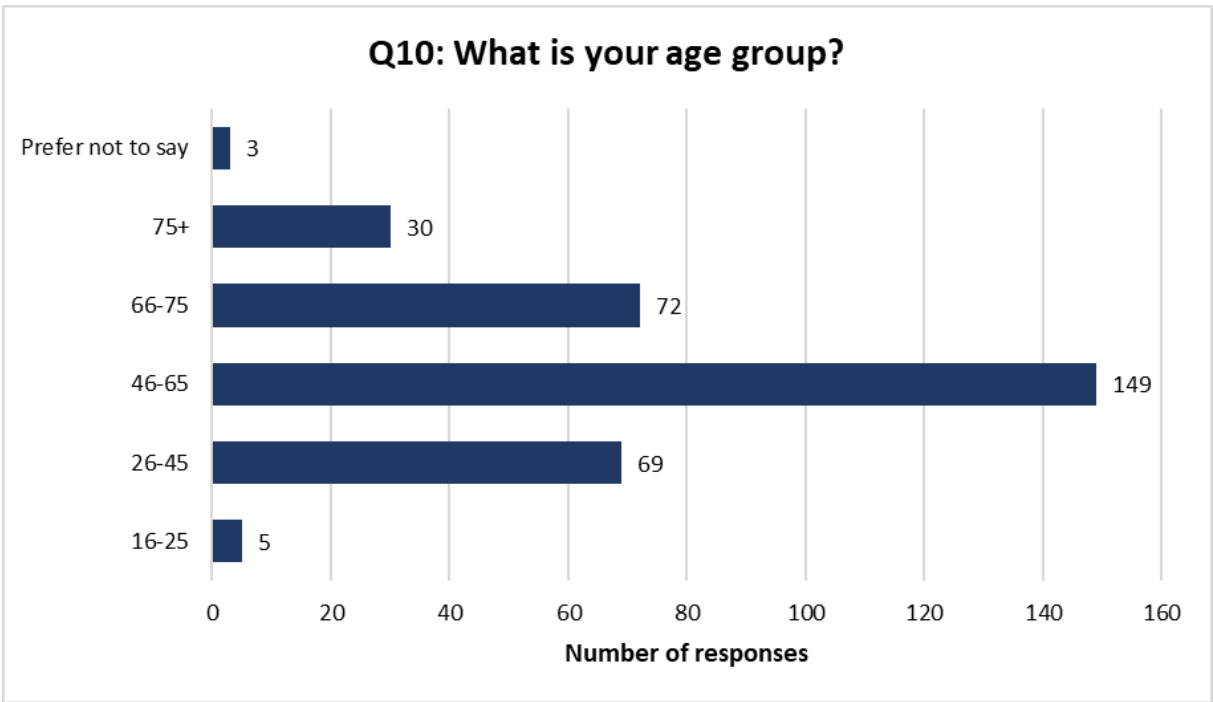
On 11 January 2024, the Motcombe CIC team hosted a community engagement event at Community Wise whereby members of the community were able to complete the consultation in person.

Consultation approach and responses

The consultation consisted of 10 key questions with subsequent multiple choices designed for respondents to select from a list of options. Most questions provided the opportunity to expand upon the answer. For example:

- Which of the following selection of activities would you take part in?
- Please expand on your answer in the box below.

The consultation received 328 individual full survey returns incorporating a total of 5267 responses. The chart below shows the distribution of participant by age group.



Having age-grouping information contributes helpful context to our understanding of the wants and needs of the community and provides real-world socio-economic data on the immediate customer group. Half (149, 50%) of the 298 respondents to this question were in the age bracket 46-65. This was straddled

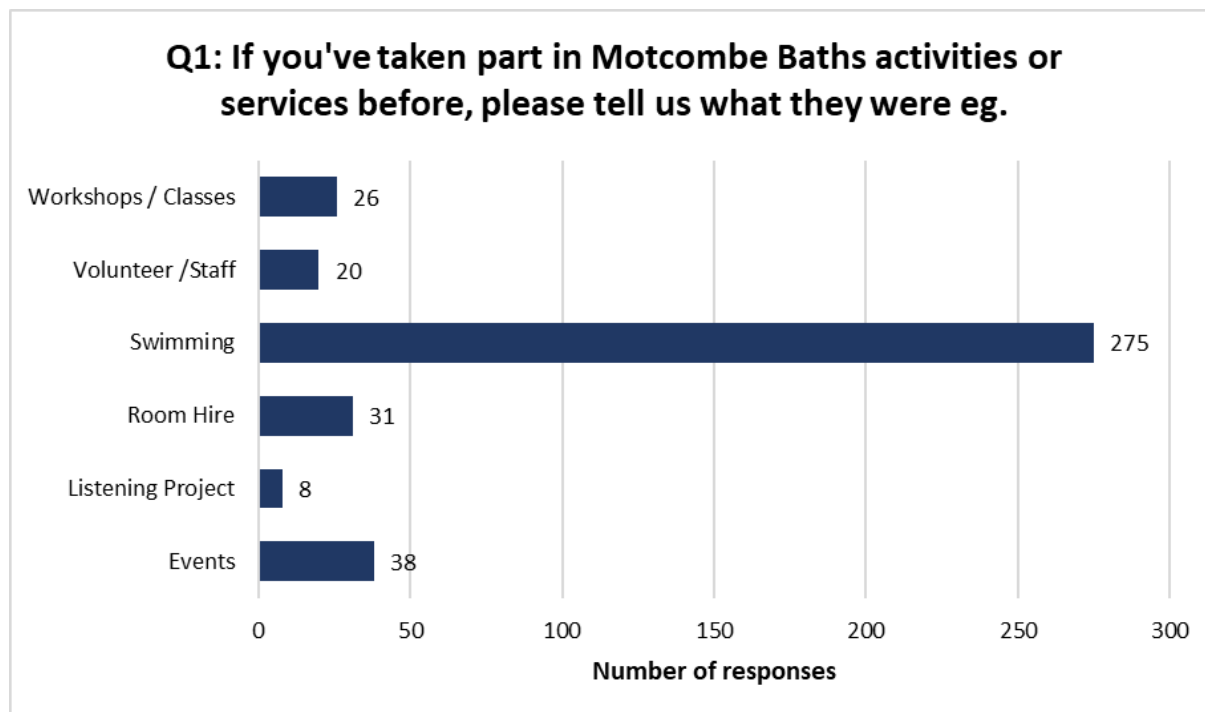
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equally either side by the age brackets 26-45 with 69 (23%) responses and 66-75 with 72 (24%) responses. These responses broadly fit the demographic statistics for the area inside a one-mile radius surrounding Motcombe Pool.

Responses

Question 1: If you've taken part in Motcombe Baths activities or services before, please tell us what they were.



Respondents had the option to select multiple categories for this question with 415 selections made. 275 (95%) of the 286 respondents had used the Pool for swimming. 8 responses were given for the Listening Project¹. Other responses were relatively evenly distributed in the remaining categories with between 20 and 38 responses.

Several respondents directly referenced the Pool as having been used for disabled swimming, as well as for the annual special needs' gala.

"3-4 teams, medals for winners and a cup for the best team... very successful".

Other supported group sessions reported included post injury and post operative aqua therapy, and therapy for joint osteoarthritis. Pool hires for individuals and clubs were notable with 'Memory Lane' dementia group occupying a regular monthly booking.

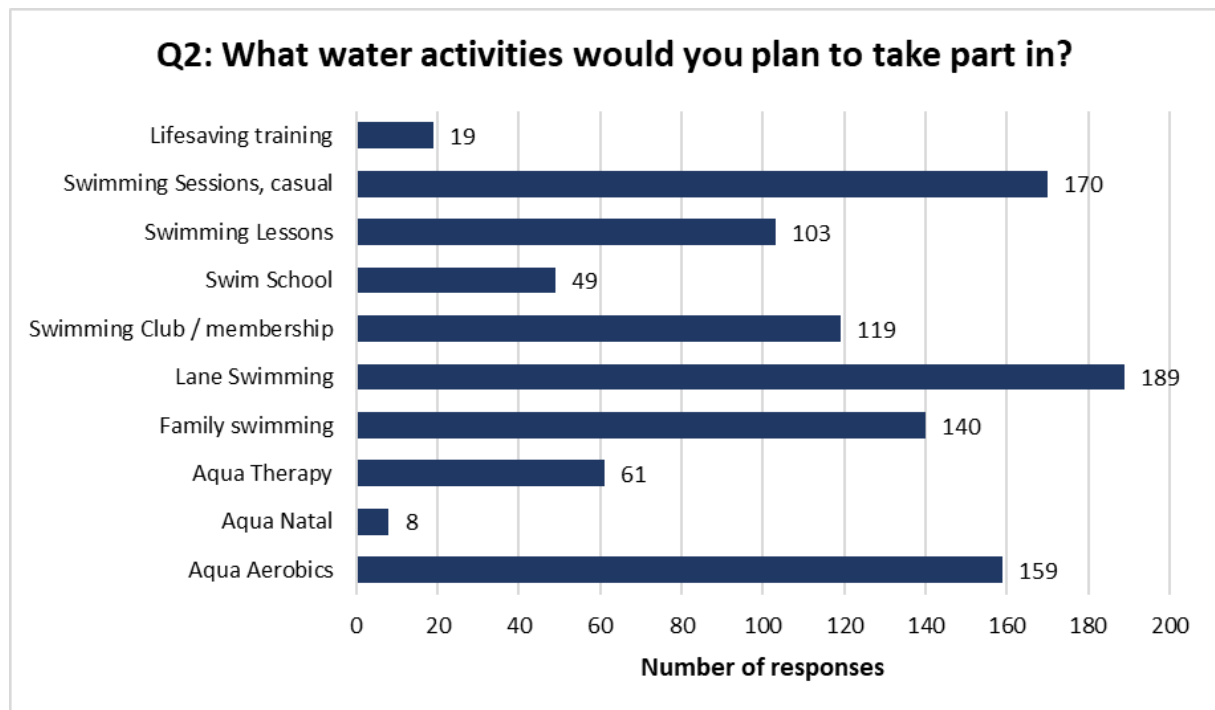
¹ The Listening Project is a new initiative launched in March 2023 is a collaboration with East Sussex College, Eastbourne Creative Arts and Media department celebrating the social history of the Pool through three generations of Friends. More information including podcasts from the Listening Project can be found on the CIC website www.motcombepool.org

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“Motcombe Pool is an ideal size for people with dementia, and being able to hire the pool reduces the stress from the gaze of others.”

Others noted the use of the children’s nursery that formerly operated from the Pool House.

Question 2: What water activities would you plan to take part in?



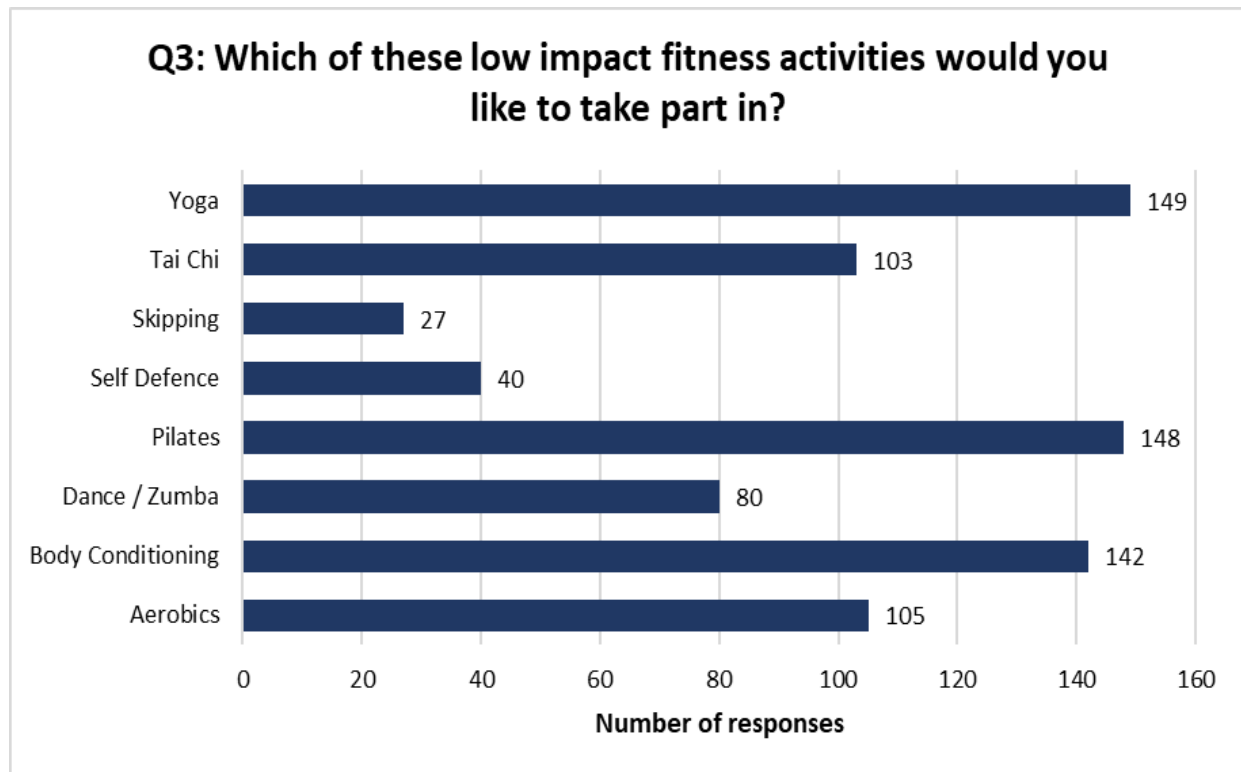
Respondents had the opportunity to select multiple options from this question and a total of 1,040 selections were made. The most popular selection for 189 (58%) of the 327 respondents was Lane Swimming. This was closely followed by casual Swimming Sessions with 170 (52%) responses and Aqua Aerobics at 159 (49%).

Following feedback from a meeting of the Friends a combined total for the categories ‘Swimming Lessons’ and ‘Swim School’. Swimming Lesson responses are now recorded here jointly as 152 (47%). The common denominator for both being tuition provided by a qualified instructor. Swim School is a private club often requiring a membership to participate in.

Other water-based activities suggested included mermaid (tail) swimming, gentle aqua breathe and stretch, also hydrotherapy, and dance in the water. Accommodation for triathlon training, for Royal Yachting Association Survival at Sea, and pre-open-water Kayaking was also requested. Pool hire featured again as for birthday parties and others specifically noted how the heated nature of the swimming Pool provided a suitable environment for aqua-based therapies.

Several respondents noted that they would like to see the return of the naturist weekly club swim that was active prior to the Pool’s closure.

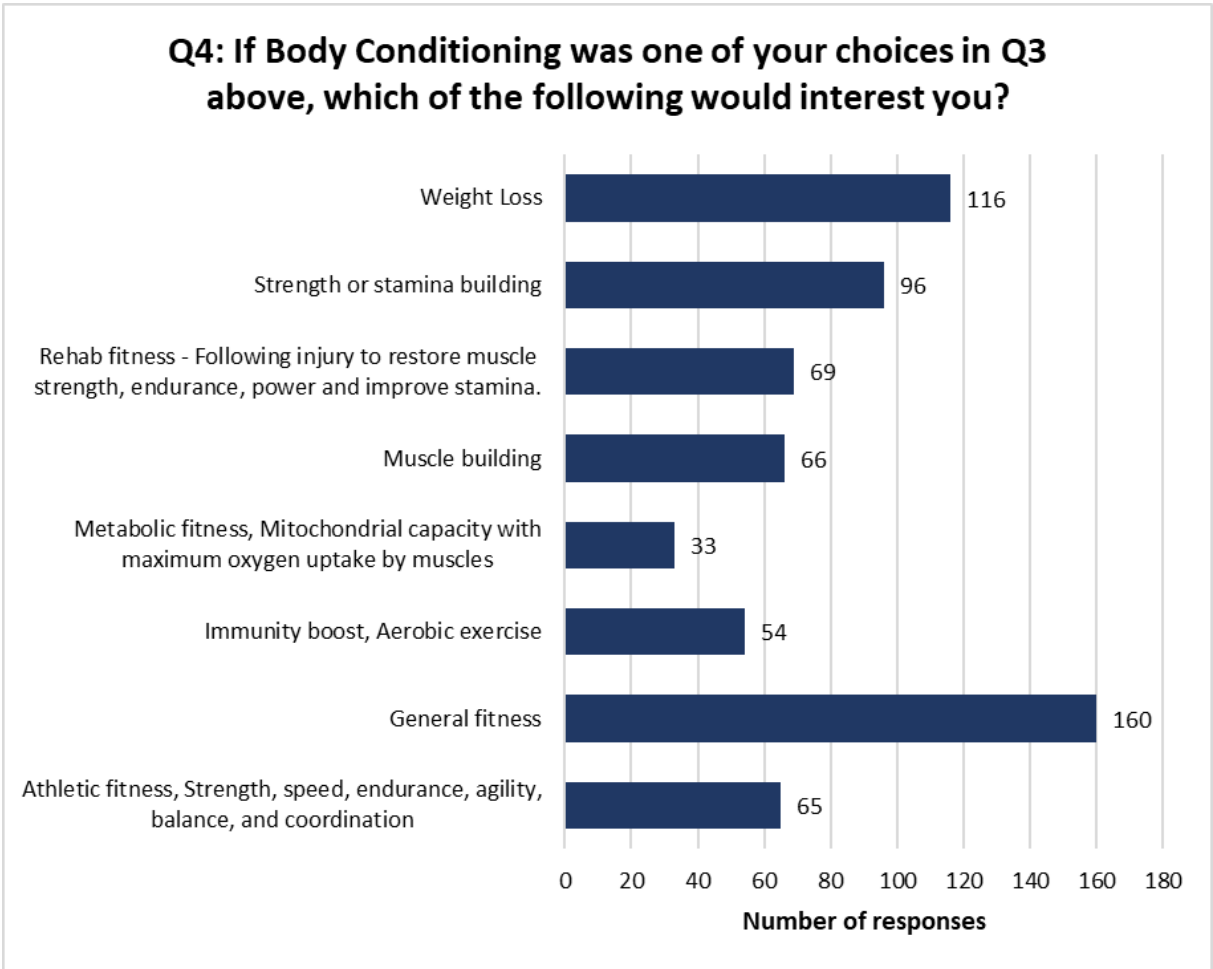
Question 3: Which of these low impact fitness activities would you like to take part in?



Respondents had the opportunity to select multiple choices from the eight options in this question and 814 total selections were made. The most popular responses from the 294 responders to this question were evenly shared by Yoga (149, 51%), Pilates (148, 50%), and Body Conditioning (142, 48%). Significant interest was also shown for Aerobics with 105 (36%) selections made and Tai Chi with 103 (35%) selections made.

‘Other’ suggested dry side activities suggestions that broadened the options presented included pole fitness, step aerobics, Chi gung, chair yoga & Yoga Nidra, general fitness, exercises for the elderly with mobility issues, hula hooping for post-menopausal support and strength training, body massage for pain management and Musical Breath in support for COPD.

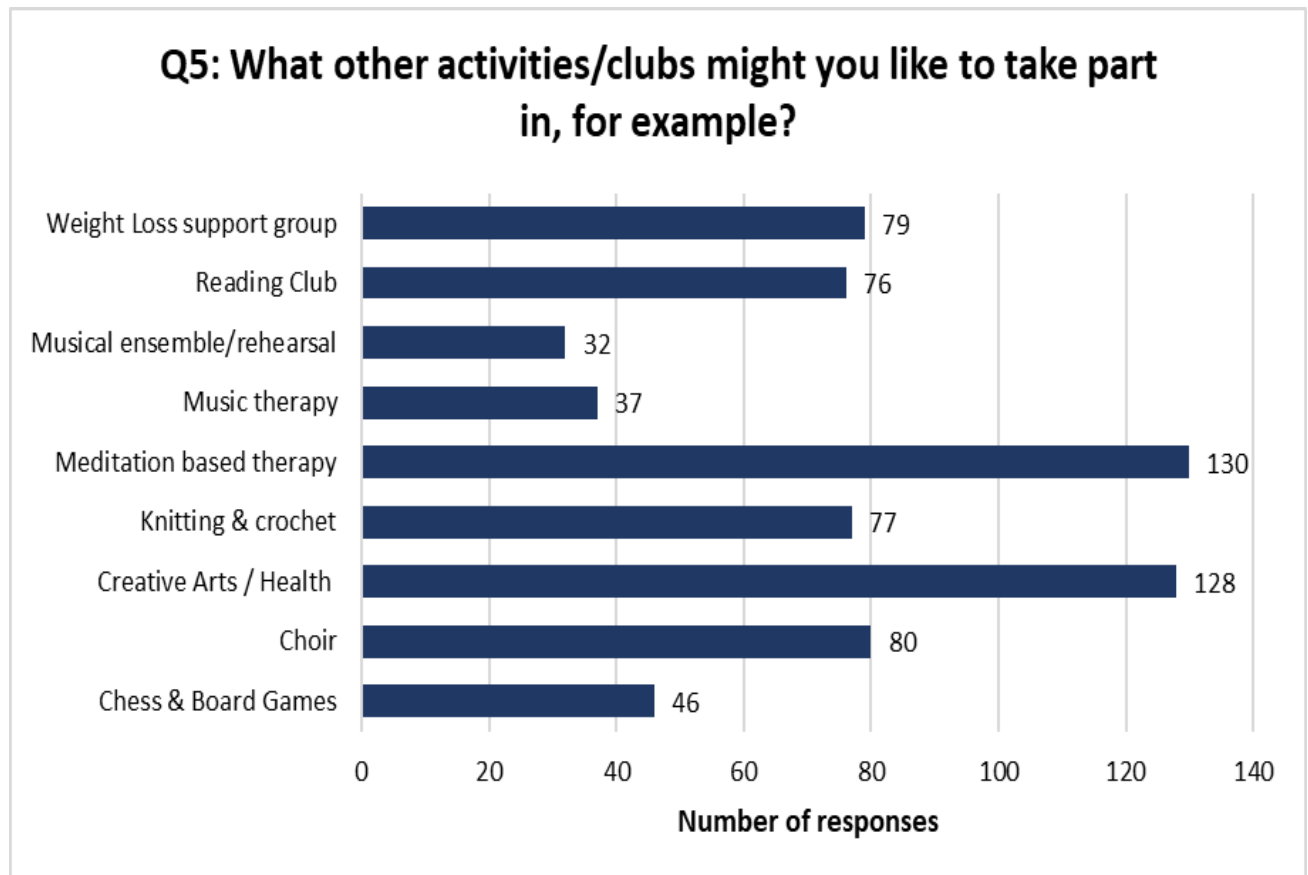
Question 4: If Body Conditioning was one of your choices in Q3 above, which of the following would interest you?



Respondents had the opportunity to select eight aspects of Body Conditioning in this question with 659 total selections made. Of the 225 respondents, 160 (71%) chose General Fitness as a preferred activity, 116 (52%) selected Weight loss, followed by Strength and Stamina Building with 96 (43%) responses.

Part of the plans for the rejuvenation of the site is to incorporate a new space dedicated to general Fitness and Body Conditioning within the complex. The Motcombe CIC has engaged with a provider that specialises in low-impact body conditioning and smart therapy solutions. The EGYM solution we are exploring will provide intelligent, intuitive equipment aimed at general fitness improvement, strength and stamina building, and rehabilitation support.

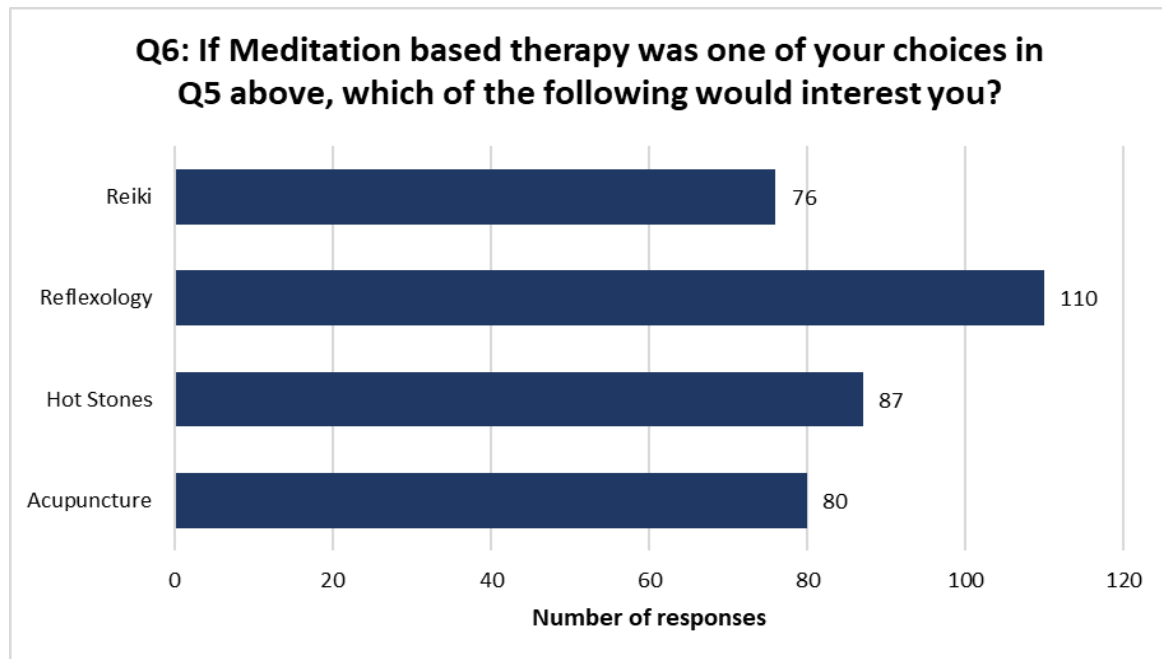
Question 5: What other activities/clubs might you like to take part in, for example?



Respondents had the opportunity to select multiple choices from nine categories in this question with a total of 701 selections made. Meditation-based Therapies at (130) and Creative Arts / Health at (128) were popular with 50% and 49% of the 261 participants respectively.

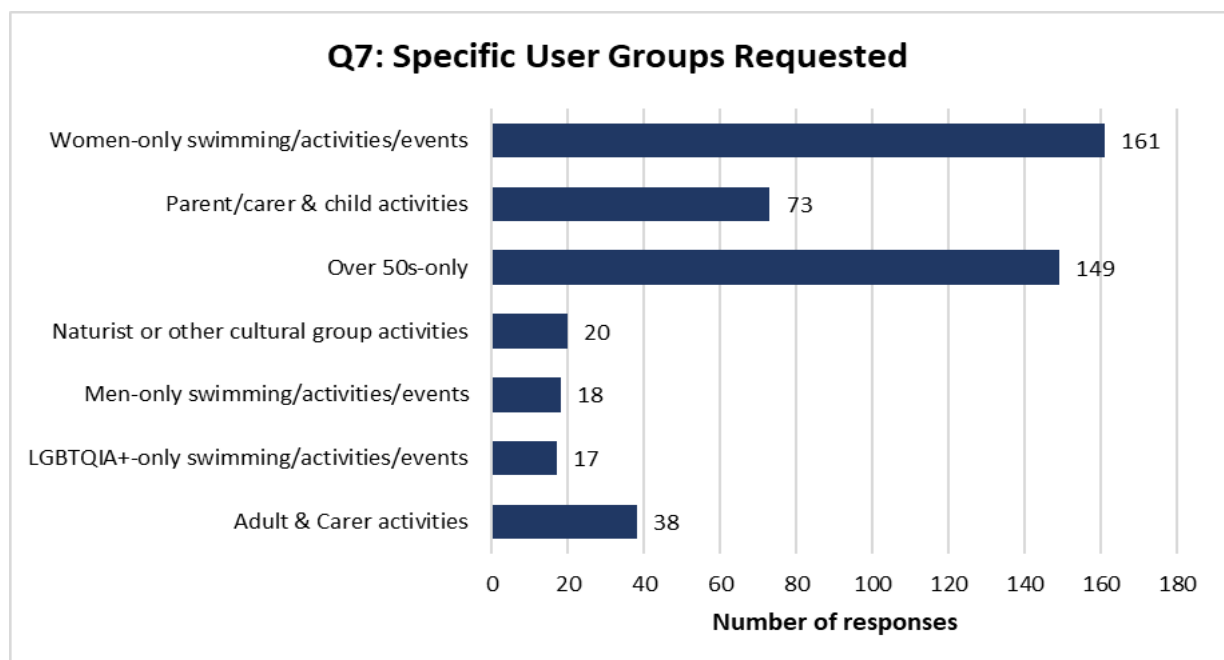
Close preferences were also indicated for Choir at (80, 31%), Weight Loss Support Groups at (79, 30%), and Reading Club (76, 29%). 'Other' suggestions included talks and/or lectures by local historians and organisations, and group activity/clubs such as chess and bridge, crafting get-togethers and dance. Foot-care sessions, and showers for the homeless were also suggested.

Question 6: If Meditation based therapy was one of your choices in Q5 above, which of the following would interest you?



This question sought to explore the responses provided in question 5, which included Meditation-based Therapy. Participants had the opportunity to select from four options with a total of 353 selections made. Of the 166 respondents to this question, 110 (66%) chose Reflexology as their primary interest. There was broad consistent support for Reiki, Hot Stones, and Acupuncture, with between 76 (43%) and 87 (52%) selecting all three.

Question 7: Specific User Groups Requested?



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82% of all 328 surveys returned identified with one or more of the seven specific user groups shown in question 7. Here 268 responders made 476 selections. Women Only swimming activities was the most popular at 164(60% of the whole group), closely followed by Over-50s-only swimming activities with 149 (56%) of subscribers. Adult & Carer and Parent/Carer & child options featured significantly with 38 (15%) and 73 (29%) of responses respectively.

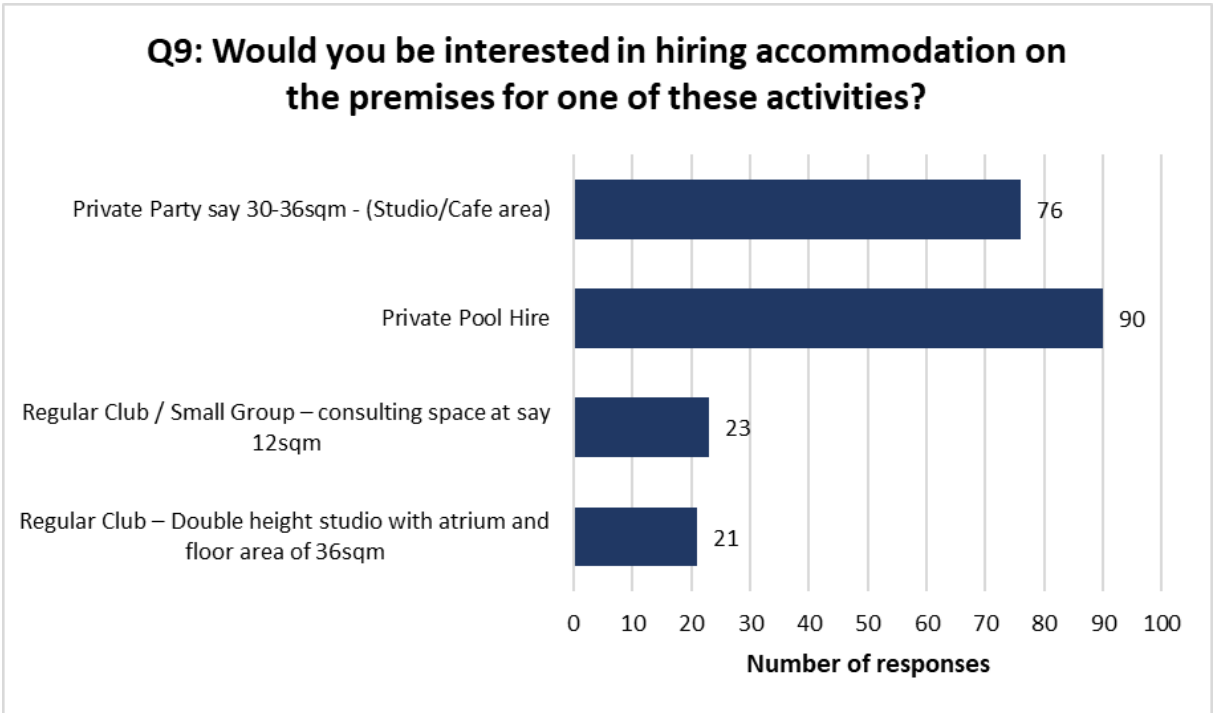
Question 8: The Pool will have ramps, accessible toilets, a portable Pool lift, family, and equality provision for changing. To make the facilities as accessible as we can, what else can we add to help you take part?



Respondents had the opportunity to select multiple choices from three options in this question with 263 total selections made by 182 respondents. The majority identified with both Small Dedicated Groups sessions such as physiotherapy with 100 (54%) responses, and Quiet Time / Autism-friendly Sessions with 92 (51%) responses.

In 'other' facilities proposed, several respondents noted again that to ensure accessibility is critical: Cycle parking, adult only sessions, grab rails to and from changing rooms to poolside, textured flooring from changing rooms to poolside were all cited. There were concerns of a sensory nature regarding noise disturbance from hand and hair dryers and requests for seating in changing cubicles. Others highlighted the need for an independently operated pool lift and sessions for older people with joint pain. Non-swimmer sessions and Water Safety for schools were also highly recommended.

Question 9: Would you be interested in hiring accommodation on the premises for one of these activities?



In question 9, respondents again had the option to make multiple choices, and a total of 218 selections were made. Of the 153 respondents, there was a high preference for Private Pool Hire with 90 (59%) responses. This was closely followed by requests for Private Parties in the studio and/or Cafe area and Regular Club (Studio) hire making a combined total of 96 (63%) responses.

Respondents provided some interesting additional options to consider including kayak club training in preparation for open water sessions, Royal Yachting Association survival-at-sea courses. One participant suggested including sessions for homeless or asylum seekers to access community support and use the shower facilities in the Pool.

Next steps

The Motcombe CIC’s Community Consultation on wants and needs for the Wellbeing and Health Hub has identified the following three core messages:

1. A clear priority to make the Pool as accessible as possible for all, with a particular focus on activities and services for people in minority groups, with a disability, additional needs and/or non-neurotypical and culturally divergent groups.
 - The closure of the Pool has taken away a precious and vital community resource and we are pleased to have this as a central focus for the rejuvenation and business planning.
2. A notable preference for therapy-based activities that will support the continuum of physical and mental health. Demand for body conditioning, strength and stamina building, rehab support, and meditation and mindful therapies is clearly evidenced.
 - We are currently investigating the potential for an intelligent and intuitive Egym facility focussed on rehabilitation and a wide range of body conditioning options. The new studio

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that is proposed will host small groups sharing activities such as yoga, Pilates, meditation, music and breathwork.

3. An overwhelming voice for activities that bring the community together, reinforcing former 'Pool Family' connections and opening doors to new ones.
 - o From the promotion of shared social or special interest groups to expressive arts and creative health, the introduction of such activities heralds the building of confidence, cohesion, pride, and resilience in our inclusive community.

These salient findings help to inform the direction of travel for business planning to inform the rejuvenation of the Pool and Pool House. The responses will evidence and demonstrate engagement in applications for community funding schemes. In January 2024 the CIC succeeded in an application for a small revenue grant from the Community Opportunity Fund² which is enabling professional and technical consultancy support to develop a firm business plan for the future of the Pool. Evidencing community wants and needs carries a significant weight in the quest for success in the competitive world of community funding submissions.

We thank you again for your attention and continued support.

Contact details

MCPCIC always welcomes constructive feedback and community input to the project. The best place to have your voice heard is by attending one of our Friends' meetings.

If you have any comments on the consultation, or would like to get in touch, please send all enquiries to: cic@motcombepool.org

Please sign up for our newsletter here to be informed of the latest progress with the project and when the next Friends meeting will take place: <https://www.motcombepool.org/news.html>

Matt Caville & Helen Nichols, Directors MCPCIC. March 2024

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www.motcombepool.org Motcombe Pool, Eastbourne – historicpools.org.uk

² Department for Levelling Up Housing and Communities (DLUHC) Community Opportunity Fund: <https://www.communityopportunityfund.org/>