



Stoke Hammond Outdoor Gym

Outdoor Fitness for The Local Community

Client: Stoke Hammond Parish Council

Address: Bragenham Side, Stoke Hammond, Milton Keynes, MK17 9DB

Budget: £70,000

Age Range: Junior, Teenagers & Adults

Project Story

A large area of land had been purchased by the Parish Council with plans to provide a MUGA, outdoor gym equipment and improved play facilities. The Council wanted to encourage the community to become more active and to create a space that matches the Community Centre, engaging the whole community.

Proludic were able to provide facilities suited for vast and strong community engagement. Proludic Urbanix equipment partnered with a warm-up section enables and encourages members of the community aged 14+ to become more active.

A MUGA was installed with access pathway this is perfect for young people and teenagers to practice ball sports. Providing a great area for social interaction. Added in as a wow factor Proludic installed a Cableway which again appeals to young people and teenagers.



After



The Parish Council chose Proludic's scheme from tenders invited and designs put forward and is delighted with the result. Proludic's sales manager, designers, construction team and after-sales service are much appreciated, nothing was too much trouble. We look forward to working with you in future ... Feedback from villagers is positive with increased numbers, of all ages, visiting and enjoying the recreation ground and facilities.

- Sue Severn, Clerk to Stoke Hammond Parish Council





Pod Swing



Trim Trail & Zip Wire



Funding Health & Wellbeing

There are many health benefits that make outdoor play great for children. 1. Improves Vision 2. Promotes Social Skills 3. Increases Attention Span 4. Reduces Stress 5. Provides Vitamin D

There are also many general and health benefits for adults to exercise outside. 1. Physical and Mental Wellbeing 2. Meeting and socialising with people 3. Saves money (free use of equipment). 4. Opportunity for family time