

Neighbourhood Plan Open and Leisure Working Group

Lux Park Leisure Centre, Liskeard and District Sports Association Building and the Sports Fields on the site.

The Lux Park Leisure Centre

Introduction

The centre is a leisure hub for Liskeard and the surrounding area as the nearest similar facilities are in either Bodmin or Saltash. The main customer base is not only from Liskeard but all outlying villages and towns within at least a ten mile radius.

Facilities

The centre has a swimming pool, fitness suite, indoor bowls hall, aerobiking facility and dance studio. There is a multi-purpose/function room and a cafe. Also an astro turf all weather pitch and a sports hall which are shared with Liskeard School & Community College.

Usage

The centre averages just under 30,000 visits a month of these the pool averages about 12,000 visits a month and the fitness suite between 3,500 to 4,000 visits a month. The centre is used by all age ranges literally from birth upward with no upper age limit.

Individual Facilities

Swimming Pool

At present the only government requirement is to ensure that children can swim 25 metres. Currently there are 600 children on the learn to swim programme who typically swim once a week which equates to 2600 visits a month. The children come from not only Liskeard school but other schools from the local towns and villages within at least a 10 mile radius. The pool is used by all ages.

The pool also provides public sessions, lane swims, fit swims, family swim sessions and splash sessions and can be hired for birthday parties Also specialist classes such as seniors aquafit and aquasize with is very beneficial to people with arthritis and joint replacements.

Finally the pool is home to Caradon Cobras swim club.

Sports Hall

This multi-purpose space is used for traditional sports such as badminton,

netball, basket ball, indoor cricket, 5 aside football and martial arts. There is a

a senior and junior badminton club and a disability badminton club which uses wheelchairs stored by the cricket club.

On Wednesday and Saturday morning it is used for soft play for babies and young children. The sports hall can be hired for birthday parties for five aside football or soft play.

Astro Turf/ All weather pitch

The pitch is hired out for use by many of the local football teams.

Also it is used by Liskeard hockey club who have three ladies teams and two mens teams for their fixtures in the league.

Indoor Bowls Hall

This is available for ages of 14 and over. The bowlers come from at least a ten mile radius. The hall extensively used by the bowling club which has both ladies and mens bowling clubs. The bowling club also hosts county matches.

Fitness suite

The fitness suite has Inclusive Fitness Initiative accreditation whereby the facilities are deemed suitable for disabled access and usage.

(see <http://www.efds.co.uk/>)

In addition to all the specialist equipment and general advice usually available the highly trained staff offer a wide range of expertise for people with specific health problems. These include: health assessments with specialised exercise programmes being devised from the results; work with individuals with special needs and their care workers; providing manageable exercise for school pupils who are not suitable for mainstream P. E. lessons and GP referrals.

The GP referrals are from as far afield as Callington and Gunnislake. Currently there are around sixty referrals, the majority over the age of forty, with a wide range of health problems. These include: heart conditions; high blood pressure; stroke; joint replacement and diabetes.

The fitness suite also offers a Cardiac Rehabilitation Phase 4 class one evening a week. It is fully subscribed with a six week waiting list at present. Referrals come directly from Phase 3 in Liskeard Community Hospital, with additional referrals from Derriford Hospital.

Dance Suite

The centre offers a varied choice of nineteen exercise to music classes for all

abilities, many of them held in the dance suite. These include zumba, pilates, step and Tai Chi.

Multi-purpose/function room

This is available for private hire for holding courses ,such as first aid, meetings and sports therapy massages.

Coffee Shop

The coffee shop is frequently used as a social meeting place before and after swimming, bowls or the many exercise sessions. The coffee shop also has menu options for birthday parties.

Additional services

In the school holidays the centre runs a kids club which provides many activities. A leisure walking group starts from the centre. Currently it is running a fitness campaign aimed at the over fifties.

The Liskeard and District Sports Asociation Building (LDSA), The Cricket Club, The Rugby Club, The Tennis Club and The Harriers.

All the facilities and clubs on this site act as a leisure hub for the surrounding area within at least a ten mile radius.

The LDSA was founded in the early seventies and the building, opened in 1973, was funded entirely by public donations. The LDSA runs the facilities on the site. The land for the LDSA building and for all the other clubs on the site was donated by various benefactor and is currently leased.

The LDSA building has changing rooms for the rugby club, the football club and the cricket club. The squash court is run by Lux Park Leisure Centre. At present the main building has no disabled access.

The building has facilities for pool with three teams, skittles with five teams and darts with at present two teams. Over three thousand participant a year plus their supporters use the building just for this.

The building also houses a social club which uses the licensed bar and large function rooms. The rugby, football, cricket and hockey host visiting teams here and provide refreshments for them. The Harriers use the bar area for committee meeting and refreshments. Also private functions are held here.

The Rugby Club

The rugby club has a sports field on this site and uses an additional field at

Trevecca. There are ten junior teams with the age range of under six through to under seventeen. Then an intermediate team, called the Colts, for under eighteen to nineteen under nineteen year olds. Also two senior teams.

During the season in the region of 1,300 players participate in matches for the senior teams. All the junior teams and the Colts have a total of 3,200 players participating in matches. In addition to this the pitches are used for training. The senior teams trains twice a week and the junior teams once a week. The younger juniors use the schools pitches for training. The Harriers use the rugby club changing rooms before their Tuesday session.

The Football Club

The football club currently has two senior teams, and plans to have an under eighteen team next season. The first senior team plays in The Peninsular Western League and during the season in the region of 800 players participate in matches. The second senior team plays in The 2nd East Cornwall Pannier around 700 players participate in these matches. The clubs use the Astro Turf/ All weather pitch for training twice a week. This Easter the club is hosting the Cornwall season cup final with four teams from around the county taking part and up to a thousand spectators expected.

The Cricket Club

The cricket club has two senior teams, and two junior teams. During the season around 2,150 players participate in matches held here. The Harriers junior members use the changing rooms and the perimeter of cricket pitch to train on Mondays.

The Tennis Club use the two tennis courts on this site.

The East Cornwall Harriers

The East Cornwall Harriers are a Liskeard based running club and members of LDSA. They currently have 120 adult members and 64 junior members split into adults, beginners and improvers and juniors aged seven to eleven. The aim of the club is to improve fitness and ensure that running is enjoyable for all participants whatever their age.

They normally train every week unless it is too icy. The juniors train on Monday, the seniors on Tuesday and Thursday and the beginners /improvers on Wednesday. On Saturdays they usually run on the moors or coastal paths. Finally on Sundays they take part in longer runs or marathon training.

During the summer both the juniors and the seniors used the grass track of the Liskeard School and Community College on Tuesday.

Conclusions

All the leisure facilities on this site have an essential role to play in ensuring the continuing health and fitness of people of all age ranges and abilities.

The current Neighbourhood Plan is for the time frame of up to 2030, the pressure on all the leisure facilities will increase during this period. The reasons being both the proposed increase in the population of Liskeard and its environs combined with the demographic changes forecast for all of Cornwall with an increasingly ageing population.

The Neighbourhood Plan must follow current planning guidance. PP 15 Liskeard and Looe Community Network Area Objective 5 – Leisure Facilities is to: Improve and maintain the provision of recreational, cultural and leisure services and facilities in Liskeard with particular focus on delivering sports pitches.

Land for new pitches is included in the ALT 15 development at Addington with section 106 planning gain money of 300,000 pounds.

The Rugby and Football clubs require more pitches to enable the formation of more teams and end their reliance on using the school pitches. Ideally the Rugby Club needs four more pitches plus a training ground and the Football Club three more pitches plus a training ground.

The East Cornwall Harriers aim, in conjunction with others, is to have an all weather floodlight running track. They currently rely on the schools and cricket club pitches.

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LDSA

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