

CASE STUDY

Programme: Good Boost

Background: Good Boost was initially introduced at Arcadia Library and Leisure Centre in May 2022 as part of a 6 month pilot programme looking at the uptake and effectiveness of a water based muscular skeletal (MSK) programme that is delivered by a specialist application and facilitated by a centre staff member.

The Good Boost session at Arcadia has since become part of the wider MSK offer which is a UK Research and Innovation Project including ESCAPE Pain and Good Boost ran across Arcadia Library and Leisure Centre and Hough End Leisure Centre.

The Offer: Sessions started as drop in and in November 2022 and turned in to 6 week blocks to encourage ongoing participation. A block of 6 sessions is available at the pilot offer of £24.

The Session: Each block of 6 weeks can accommodate up to 10 people. Participants must complete the initial sign up process which takes approximately 30 minutes, this includes a series of questions about their condition and the pain they experience. Once this is complete weekly sessions require the participant to log in to a tablet which is collected from reception on the way in and set it up on the pool side to follow their personalized programme and enter changes with their condition or pain levels.



leisure centres.

The session is facilitated by a member of staff, in this case Clive, who is the Health Living Instructor across Manchester

Participant focus: The current Arcadia session has 8 participants of which Anita (63) and Donna (51) are the longest attending having begun attending in May 2022. Both Anita and Donna live in Beswick. Donna found out about the Good Boost offer while searching for classes that supported those living

In partnership with



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398.

CASE STUDY



with muscle and joint pain and came across the Better website with the Good Boost information. Donna took the information to her Physio who she regularly visits at Crumpsal Hospital who gave the go ahead to get involved. Donna lives with scoliosis and trapped nerves while Anita is awaiting a hip replacement and also has slight curvature of the spine.

Both Anita and Donna have had a positive experience from attending Good Boost sessions.

Anita says “My overall wellbeing has come on tremendously, my mental health and confidence in the water and in general is much better. I feel stronger in the sense of balance. I love coming to the session, I leave feeling energized and look forward to coming each week, its one of my favorite things”. Donna is also highly complimentary commenting “Clive makes it lots of fun and its good getting to know the others who have started coming. Neither of us are swimmers but I am more

confident in the water and I can hold myself up rather than falling all over the place now, I can even go in to the deep end which I couldn’t when I started. The exercise has improved my arm strength and I feel more relaxed when I finish a session”.

Link to Information Page: <https://www.better.org.uk/leisure-centre/manchester/arcadia-leisure-centre/health-programmes>

In partnership with



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398.