



# COMMUNITY GROUP AGREEMENT DECLARATION



## OUR PROMISE

### Purpose

Duffryn exercise class exists to improve the physical health, mental well-being, and social connections of people within our local community by providing accessible, inclusive, and affordable exercise opportunities.

### Public Benefit

Our activities are delivered for the benefit of the wider community. We aim to:

- Reduce social isolation
- Improve physical and mental health outcomes
- Increase participation in physical activity, particularly among underrepresented or inactive groups
- Provide a safe and welcoming environment for all.

### Aims and Objectives

We will:

- Deliver regular, structured exercise sessions suitable for varying abilities
- Target individuals who may face barriers to participation (e.g. cost, confidence, health conditions)
- Promote long-term healthy lifestyles
- Encourage community cohesion through group activities

### Inclusivity and Equal opportunities

We are committed to equality, diversity, and inclusion.

- Participation is open to all regardless of age, gender, ethnicity, disability, or background
- Reasonable adjustments will be made to support accessibility wherever possible
- We actively promote a non-discriminatory and respectful environment.

### Financial Management

The group operates on a not-for-profit basis. All income, including grants and donations, will be used solely for the future groups aims. Accurate financial records will be maintained. Funds will be managed responsibly and transparently.

### Safeguarding and Welfare

We are committed to safeguarding adults and children.

Any instructors or volunteers working with vulnerable groups will be appropriately checked (e.g. DBS where required) Participant well-being and safety are our highest priorities

### Health and safety

Risk assessments will be undertaken for all activities and venues. Participants will be encouraged to exercise within their own capabilities. Qualified instructors will hold relevant certifications and insurance. Appropriate first aid provisions will be in place.

### Governance and management

The group will be managed by a committee or designated coordinator(s). Clear roles and responsibilities will be defined. Funds will be managed responsibly and transparently.

### Sustainability

We aim to ensure the long-term sustainability of the group by:

- Encouraging volunteer involvement.
- Building partnerships with local organisations.
- Seeking diverse funding sources.
- Developing a consistent participant base.

### Amendments

The group will be managed by a committee or This declaration may be reviewed and updated periodically to reflect the needs of the group and requirements of funders.

## SIGNED ON BEHALF OF THE GROUP:

Name: Jaime Woods

Position: Exercise Referral instructor

Signature: *J. Woods*

Exercise is crucial for the cardiovascular system, muscular strength and endurance. Help preventing chronic diseases, aiding with injuries, directly improving mental health by reducing anxiety and depression. Regular physical activity strengthens muscles, bones and ligaments, assists in weight management, increases energy levels and enhances overall life, longevity and cognitive function.