

Newsletter

October 2025

A few words from the Chief Executive Officer

I love it when the newsletter lands in my inbox as it makes me so proud to read about just a small selection of the amazing work that the PAL team have delivered in the city. This latest edition certainly continues that feeling with such a variety of projects and work that delivers so much to not only the health and wellbeing of our communities but also to improve the economy and growth of the city. Health, wellbeing and physical activity will always be the main focus of our services but the team at PAL deliver on many other areas of focus for Plymouth City Council and its partners and we are very proud and privileged to do so.

This edition of our newsletter really shows the variety of work we do so I hope you enjoy reading about it, we have certainly enjoyed being able to serve the city. After all, who can say they have gone from being featured in a Rolling Stone Magazine one week to working on Parkinsons and Fit & Fed projects on another! As always, we thank our customers and partners for choosing PAL and a huge thank you to the team for all of their hard work.

Rhys Jones
CEO, Plymouth Active Leisure



You Can't Park There!

We would only ever choose to close Tinside Lido during the summer for something truly special and putting Plymouth on the global stage felt like the perfect reason.

Rolls-Royce Motor Cars selected our stunning Art Deco Lido to celebrate 100 years of the Phantom, creating a bold and unforgettable moment that blended seaside heritage, rock 'n' roll spirit and one of the world's most iconic luxury cars right here in Plymouth.

This wasn't just about a photoshoot. It was about showcasing what Plymouth has to offer – its beauty, creativity and ambition to audiences around the world. And by attracting global attention, we're helping to bring more visitors to the city, supporting local businesses and boosting our economy.

Regular swimmers were also invited to take part, making this a celebration of community as much as culture.



Fit and Fed on Tour

Once again this summer we took Fit and Fed out into the community and delivered four free family fun days in a number of parks across the city. In total we provided 2,650 free lunches for children during these events and provided families with an opportunity to try a range of activities including inflatable fun, mini-golf, archery, basketball and slime making.

We were also supported by several local organisations including Peninsula Dental who gave dental hygiene advice to children and free giveaways, Plymouth Libraries Services promoting the Summer Reading Challenge, and Plymouth Scrapstore providing junk modelling and creative play opportunities plus many more.

The park events were a great success and we received lots of positive feedback from the organisations involved and the families that attended.



Grand Unveiling at Tinside Lido!

Monday 21st July marked the official opening of the new spaces at Tinside Lido!

Tinside Lido, which celebrates its 90th anniversary this year, has been carefully restored and reimagined as part of the UK's first National Marine Park, with funding from The National Lottery Heritage Fund's Heritage Horizons Award, the UK Government's Youth Investment Fund and Levelling Up Fund and Plymouth City Council.

The project has transformed underused areas of the Grade II-listed Art Deco building, safeguarding it for future generations while creating new opportunities for people to connect with the Plymouth Sound. It has brought the first floor of the Lido back into use as a flexible, multi-purpose space for youth activities, digital learning, training and events, supported by a new kitchen and bar facility. The sun terrace has been revitalised with a café pod and a pop-up event space with ramped access to ensure everyone can enjoy the views across the Plymouth Sound.



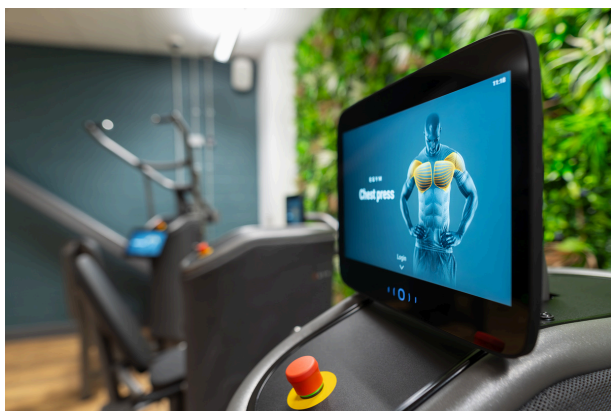
A Healthier Future for Janet

Janet has recently joined the gym at the Plymouth Life Centre and at 65 years old is living proof that it's never too late to transform your health.

Before joining the gym Janet took part in aquafit classes and didn't think the gym was something that she would enjoy. However, after being introduced to our new EGYM equipment she has never looked back. Staying healthy wasn't just about looking better, it was about living better, and with the support of Niall, one of our gym instructors, Janet has been able to follow a full-body strength training routine.

Janet's journey wasn't without its hurdles. She faced significant health challenges, including arthritis and fibromyalgia.

In just 18 weeks, Janet has undergone a whole body and mind transformation. She has lost 7cms from around her waist, has significantly increased her muscle strength, improved her posture and mobility and has more energy, better sleep and higher confidence.



New Head of Aquatics

We recently appointed Chloe Scott to a new Head of Aquatics role marking an exciting chapter for aquatics in the city. A proud Plymothian, Chloe brings a wealth of experience to the role, along with a strong, strategic vision for the company's work to protect and enhance the environment. Her career showcases a strong passion for aquatic sport, a deep connection to the community and a drive to make swimming accessible for all.

In her new role, Chloe will be shaping programmes that support everyone, from first-time swimmers to elite diving athletes, while fostering participation, building strong partnerships with local clubs and schools, and championing water safety and inclusion.

Committed to nurturing coaching talent, Chloe will also be working closely with Swim England to cultivate a thriving, supportive environment for aquatic sport in Plymouth. Her leadership signals a new era for Plymouth Active Leisure, one grounded in community, opportunity and excellence.



New Cycle Storage



In August, new short-term cycle storage lockers were installed outside Plymouth Life Centre. Each locker can securely store two bikes and is part of a modern, app-bookable system offering bike parking at an hourly rate.

These lockers, provided by local company BikeAway in partnership with Plymouth City Council, make it even easier to keep your bike safe while you swim, train, or explore.

Parkinson's Partnership

We are working in collaboration with Parkinson's UK to support individuals living with Parkinson's in our local community.

We'll be offering Good Boost sessions — a specialist, low-impact exercise programme designed to improve mobility, balance and overall wellbeing for people with Parkinson's. These sessions will offer a safe, supportive and social environment for participants to stay active and connected.

This partnership reflects our ongoing commitment to inclusive health and wellbeing opportunities for all. We're thrilled to be working with Parkinson's UK to make a real difference in people's lives through movement, confidence-building and community.



Strengthening Community Health

We're thrilled to announce a new partnership with the Physiotherapy Department at NHS Derriford, delivering structured education and exercise programmes for individuals with diagnosed hip and knee osteoarthritis. Hosted at the Plymouth Life Centre, these programmes focus on improving joint mobility, building muscle strength, managing pain, and fostering long-term self-care.

By providing care in a welcoming, non-clinical community setting, we aim to normalise rehabilitation and enhance patient comfort. Sessions are delivered in a dynamic environment that supports both physical recovery and social wellbeing, values shared by both the NHS and Plymouth Active Leisure.

Our state-of-the-art gym equipment enables a wide range of evidence-based therapies, and participants are introduced to community-based exercise options that encourage sustained, active lifestyles beyond the initial NHS programme.

This partnership not only supports the NHS's preventative health strategy but also advances Plymouth Active Leisure's mission to make fitness and wellbeing accessible to all.



Improving Inclusive Climbing Opportunities

Our Active Lifestyles Team has secured £8,173 from Sport England to enhance inclusive climbing opportunities at Plymouth Life Centre.

This funding will be used to make our climbing facilities and activities more accessible and inclusive, particularly for individuals with SEND who face a number of barriers to participation due to a lack of adaptive equipment and trained staff.

The project will support the purchase of adaptive climbing equipment and fund specialist training to upskill both new and existing staff. These improvements will allow us to create a safe, welcoming and supportive environment where everyone can enjoy the benefits of climbing.

A Summer to Remember at our Outdoor Pools

It's been a record-breaking summer at Tinside Lido with over 41,000 visits, surpassing our previous record of 40,000 set back in 2018. We've shared some truly unforgettable memories with doggy swims, our very first silent disco and a magical summer solstice swim. Our brand-new cafe pod has also been a huge hit, giving visitors the perfect place to relax, soak up the sunshine and take in the breathtaking views.

Thanks to the support of the Plymouth Sound National Marine Park and the Youth Investment Fund, we've been able to offer a wide variety of opportunities for young people this summer. Working in partnership with local organisations, we successfully delivered a number of Swim Safe sessions where participants gained vital sea safety skills and proudly received badges and certificates to celebrate their achievements. We also played our part in supporting a number of national and local events and initiatives, including Drowning Prevention Week, Ibiza Night and the Rehab Triathlon as part of National Armed Forces Week.

With the support of Plymouth City Council, we were pleased that Mount Wise Outdoor Pools were again free to access this year. We saw over 37,500 visits showing how valued these facilities are by the city. In addition to our annual Summer Splash event we also introduced a number of new activities this season including early morning swimming and aquafit.

It's been a summer filled with learning, fun and community spirit – and we can't wait to do it all again next year!

**167 dogs attended
our doggy swim**



**2,750 people learned vital
water safety skills**



**400 people attended our
Summer Solstice Swim**



**Over 41,000 visits
to Tinside Lido**



**Over 37,500 visits to Mount
Wise Outdoor Pools**



**500 people
attended Tinside Lido
for the British Fireworks
Championships**



The Rob Daley Memorial Trophy



The Rob Daley Memorial Trophy is dedicated by Tom Daley's family to the Plymouth Diving Club. This special award recognises someone who demonstrates perseverance, dedication, resilience through challenging times and strong team values.

We are delighted to share that Jess, our Impact and Engagement Manager, was awarded this Trophy on Saturday 13 September at the Plymouth Diving Awards.

Over the past 12 months, Jess has supported the Plymouth Diving Club while managing both our Learn to Dive and Elite Pathway programmes. Her commitment, encouragement, and tireless efforts have made a real difference, and we cannot thank her enough for the positive impact she has had on the programme here at Plymouth Active Leisure.

Up and Coming Events

- **City of Plymouth Annual Swim Meet**
04, 05 & 12 October
- **Devon Business Show**
15 October
- **Plymouth Comic Con**
01 November
- **Dawlish Firecracker**
22 & 23 November
- **Family Fun & Information Day - Improving Lives Plymouth**
29 November
- **Devon ASA County Championships**
10, 11, 17, 18 & 31 January

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Plymouth Active Leisure are working in partnership with Plymouth City Council to deliver its sports and leisure services.

Find out more at
plymouthactive.co.uk