



## Minutes of the Facilities & Services Committee Meeting Monday 19 January 2026

FS 25 / 25 Attendance and apologies.

Attendance: Cllr Coxon (Chair); Cllr Curtis and Cllr Pike

Present: Nikki Tomlinson (Deputy Clerk), John Rose (Facilities Officer)

FS 26 / 25 To review minutes of the meeting on the 7 November 2025

**RESOLVED:** That the council approved the minutes of the Facilities and Services Committee meeting held on 7 November 2025.

FS 27 / 25 Public Adjournment

There were no questions received from any members of the public before the meeting or at this point of the agenda.

FS 28 / 25 Priority Setting

**ACTION:** The Committee agreed to action the following items:

- 1) Woodland Management Plan – create template of previous surveys and maps collated
- 2) Asset register – working document being created by Deputy Clerk
- 3) A review of leases, service level agreements and contracts held
- 4) Health and safety checks for all areas - to be saved in the One Drive by Deputy Clerk

FS 29 / 25 Woodland Update

**TO NOTE:** The footpath report/paper will be presented to Full Council on 20 January 2026.

**TO NOTE:** All of the members of the Facilities and Services committee were in favour of extending the footpath around the whole of the playing field.

**ACTION:** Cllr Pike requested a copy of the parish council land boundaries and different surfaces for the proposed footpath.

FS 30 / 25 Tree Survey and Works

The Facilities Officer updated the committee on the tree survey conducted at Broomhall Recreation Ground and tree work quotes received.

**ACTION:** To contact neighbour regarding the tree overhanging the garden belonging to the lease of the flat.

**ACTION:** To save a copy of the survey to the One Drive.

**ACTION:** To contact St John's College Cambridge regarding their tree that needs work.

**APPROVED:** The tree works on Parish Council land were approved costing £2,880 (to remove the works on the St John's College Cambridge tree from this quote). (The Facilities and Services committee are authorised

to approve individual purchases up to £5,000 within its agreed operating budgets (as above) in accordance with Financial Regulation 5.15 – See 7.2 (17) [scheme of delegation](#))

#### FS 31 / 25 Health and Safety Checks

Deputy Clerk presented a list of all health and safety checks currently carried out throughout the Parish Council.

**ACTION:** Deputy Clerk to add Broomhall Recreation Ground Risk Assessment to the health and safety list.

#### FS 32 / 25 CCTV For Broomhall Recreation Ground

**UNRESOLVED:** The Facilities Officer updated the committee regarding their queries from 7 November 2025 regarding lighting and exclusions from the RBWM proposal. The committee requested for 2 further quotes.

**ACTION:** Facilities Officer to obtain 2 further quotes.

#### FS 32a / 25 Community Room Leak update and works

The community room report/paper will be presented to Full Council on 20 January 2026.

**ACTION:** To seek recommendations from Drake and Kannemeyer LLP on their preferred contractor.

#### FS 33 / 25 Parish Council Noticeboards

The Admin Officer updated the committee on the noticeboards that need replacing throughout the village.

**APPROVED:** To replace the noticeboard at the train station was approved costing £2,594. (The Facilities and Services committee are authorised to approve individual purchases up to £5,000 within its agreed operating budgets (as above) in accordance with Financial Regulation 5.15 – See 7.2 (17) [scheme of delegation](#))

**ACTION:** To source quotes for installation and interest from sponsors (e.g. Waitrose, Rolls Royce).

#### FS 34 / 25 Information Sharing

There was no other business to discuss.

#### FS 35 / 25 Items for Future Agendas

To review the provision of the library.

To review the contracts held with IT QED, Red Kite.

The meeting started at 1pm.

The meeting closed at 2.30pm.

Future meeting dates are 12 February 2026, 16 April 2026.

Signed as a true record of the meeting:

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_

# Contract and Leases SPC

	Dates			
Contract	Expiry date	Action	Cost	Unit
Shorts - Dog bins	May-26	Re-tender	£8.60	Per bin
Shorts - Rubbish/recycling	Curly Wurly Cost not SPC			
IT-QED	Feb-26	N/A	£375	Monthly
Shire Leasing/4 Comm	Jun-29	N/A	£146	Monthly
4 Comm	Jun-29	N/A	£249	Monthly
Croner (Expired)	N/A	N/A	£127	Monthly
BALC/HALC membership	Apr-26	N/A	£1,291	Yearly
SLCC membership	D.O.J	N/A	£600	Yearly
Red Kite	Feb-26	Re-tender	£460	Day rate
Technical Surfaces	Jan-27	Re-tender	£375	Bi-monthly
Castle Water	N/A	N/A	£1.48770	M3
E-On Next (Gas)	N/A	N/A	£0.06374	kWh
Ecotricity	N/A	N/A	£0.3046	kWh
Chalet/Curly Wurly	Nov-26	N/A	£2,400	Annual
Library	6 mnth notice	N/A	£11,500	Annual

## CCTV in Park Quotes



Facilities  
To ● Nikki Tomlinson

Good morning,

Here is an update on the CCTV quotes I have managed to collate.

Contractor 1 £11136 net ( recommended by Control room at RBWM)

Contractor 2 £7500 but site visit required to confirm requirements

Contractor 3 cannot meet our requirements

Contractor 4 we are awaiting contact for a site visit

Please can you download the police and incidents log from the office call log/calendar for last year and this. (there are police reported incidents and logged incidents.

Kind regards

John

**John Rose** | Facilities Manager | Sunningdale Parish Council The Pavilion | Broomhall Lane | Sunningdale | SL5 0QS 01344 874268

31 incidents in 2025



## Library Visitors

November 2024 (lights switch on) - January 2026

Week range	Visitor Count
25/11/2024 - 01/12/2024	123
02/12/2024 - 08/12/2024	17
09/12/2024 - 15/12/2024	43
16/12/2024 - 22/12/2024	58
23/12/2024 - 29/12/2024	34
30/12/2024 - 05/01/2025	50
06/01/2025 - 12/01/2025	45
13/01/2025 - 19/01/2025	69
20/01/2025 - 26/01/2025	50
27/01/2025 - 02/02/2025	54
03/02/2025 - 09/02/2025	39
10/02/2025 - 16/02/2025	37
17/02/2025 - 23/02/2025	55
24/02/2025 - 02/03/2025	79
03/03/2025 - 09/03/2025	90
10/03/2025 - 16/03/2025	80
17/03/2025 - 23/03/2025	91
24/03/2025 - 30/03/2025	55
31/03/2025 - 06/04/2025	82
07/04/2025 - 13/04/2025	53
14/04/2025 - 20/04/2025	72
21/04/2025 - 27/04/2025	77
28/04/2025 - 04/05/2025	51
05/05/2025 - 11/05/2025	65
12/05/2025 - 18/05/2025	94
19/05/2025 - 25/05/2025	59
26/05/2025 - 01/06/2025	55

Week range	Visitor Count
02/06/2025 - 08/06/2025	64
09/06/2025 - 15/06/2025	37
16/06/2025 - 22/06/2025	63
23/06/2025 - 29/06/2025	99
30/06/2025 - 06/07/2025	66
07/07/2025 - 13/07/2025	40
14/07/2025 - 20/07/2025	58
21/07/2025 - 27/07/2025	56
28/07/2025 - 03/08/2025	116
04/08/2025 - 10/08/2025	72
11/08/2025 - 17/08/2025	0
18/08/2025 - 24/08/2025	0
25/08/2025 - 31/08/2025	0
01/09/2025 - 07/09/2025	0
08/09/2025 - 14/09/2025	0
15/09/2025 - 21/09/2025	0
22/09/2025 - 28/09/2025	0
29/09/2025 - 05/10/2025	0
06/10/2025 - 12/10/2025	0
13/10/2025 - 19/10/2025	0
20/10/2025 - 26/10/2025	0
27/10/2025 - 02/11/2025	0
03/11/2025 - 09/11/2025	17
10/11/2025 - 16/11/2025	11
17/11/2025 - 23/11/2025	8
24/11/2025 - 30/11/2025	17
01/12/2025 - 07/12/2025	7
08/12/2025 - 14/12/2025	12
15/12/2025 - 21/12/2025	14
22/12/2025 - 28/12/2025	0
29/12/2025 - 04/01/2026	0
05/01/2026 - 11/01/2026	13
12/01/2026 - 18/01/2026	13

## Planning consultant X quote

**Proposal:** Broomhall Recreation Ground, Broomhall Lane, Sunningdale, SL5 0DG

Please find, set out below, the fees associated with the above proposal comprising the following elements:

Section 73 application to vary condition 5 of planning permission 12/02841 (hours of illumination)  
to align with planning permission 23/01183

Tasks	Quantity/Time	Amount
Covering letter to justify the development. Sets out a justification as to why the application should be approved.	1:00	120.00
Submission of planning application. Submission of planning application to Local Planning Authority acting as agent.	1:00	330.00
		Subtotal: 450.00

Plus RBWM application fee of £378

2026  
SEASON



NEW VENUES

[WWW.PARKYOGA.CO](http://WWW.PARKYOGA.CO)



PARK YOGA

WHO WE ARE, WHAT WE DO

[WWW.PARKYOGA.CO](http://WWW.PARKYOGA.CO)

SEASON 2026



# OUR FOUNDER

## MEET SIBYL KING

Sibyl King, our Founder, made it her mission to bring positive benefits for health, wellbeing and community to the UK through free, outdoor yoga sessions after her daughter experienced an outdoor yoga session in Pittsburgh.

Sibyl proudly supports this wonderful initiative and believes in the healing power of nature, the benefits of exercise and the soul satisfying feeling of being in the natural environment. "I love Park Yoga because it is good for everyone! It's totally inclusive, healthy and great fun on a Sunday morning."



# OUR TEAM



CATHI FARRER-MITCHELL  
DIRECTOR



CAROLINE AMEY  
YOGA INSTRUCTOR  
LIAISON LEAD



BECKY CLARK  
VENUE LIAISON LEAD

Our small, part-time team is dedicated to bringing Park Yoga to as many people as possible each summer. We are supported by a volunteer Board of Trustees. You can meet our Trustees in the '[About us](#)' section on our website.

2026 SEASON

WHO WE ARE

# OUR MISSION

Our mission is to improve physical and mental wellbeing by introducing the transformative benefits of yoga in nature, fostering joy, connection and a deep sense of community.

[WWW.PARKYOGA.CO](http://WWW.PARKYOGA.CO)



# OUR VALUES



## Inclusivity:

Park Yoga is for everyone. We believe everyone deserves the opportunity to live healthy, happy lives. Our sessions are welcoming, non-judgmental and accessible for all; ensuring we reduce financial, physical and intellectual barriers to participation. We actively promote our activities to less active communities, so those most in need can benefit from Park Yoga.



## Joy:

Everyone deserves to have joy in their lives. We create opportunities for people to have those unique, special, joyful moments in nature.



## Connection:

Whether connecting to oneself, the outdoors, to a community or creating long-term partnerships, we strive to connect people with nature and the therapeutic benefits of yoga.



## Relaxed:

We aim to slow down the pace of life, encouraging a gentle approach in our professional and personal lives.



## Sustainable:

We believe in leaving the world in a better place. Our actions are based on being as environmentally conscious as possible, ensuring we minimise our environmental impact and actively encourage sustainable behaviour.



2026 SEASON

# ABOUT PARK YOGA

[WWW.PARKYOGA.CO](http://WWW.PARKYOGA.CO)

WHAT WE DO

Park Yoga is a national charity delivering free community yoga in nature, every Sunday morning from May to September to improve the health and wellbeing of our participants.

The Park Yoga season runs for 20 weeks on Sunday mornings from 9.30am - 10.30am

The beneficiaries will extend to those living throughout the UK regardless of age, disability, gender or ethnicity.

2026 SEASON

# VENUES

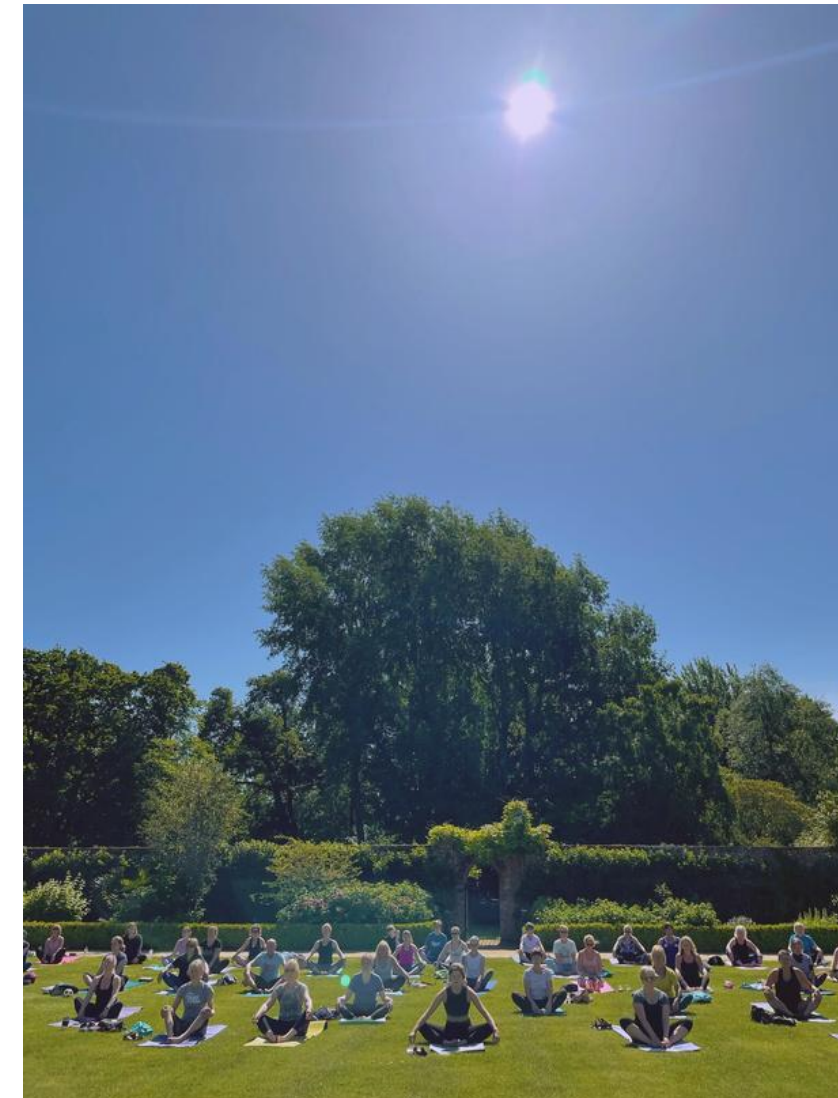
## WHAT WE DO

Since starting in two parks in Dorset in 2017, Park Yoga has expanded to deliver at 55 venues in 17 counties in 2025 and we hope to increase to around 75 venues in 2026.

The 55 venues are all in England and our hope is to bring Park Yoga to communities in Scotland, Wales and Northern Ireland in the coming years.

[WWW.PARKYOGA.CO](http://WWW.PARKYOGA.CO)

## WHAT WE DO







# PARTICIPANTS

83,034 attendances were recorded over the 2025 season, an average of 1,510 per venue.

73% of venues (40) had an average attendance of over 50 participants per week, 25% of venues (14) saw over 100 participants per week and 4 venues had an incredible average of over 200 participants per week.

Park Yoga traditionally attracts more females (91%) than males (8%) or other genders (<1%). This continues to be an area Park Yoga will focus on, using marketing campaigns and focus groups to help increase diversity among our participants.

The majority of Park Yoga participants are of working age; 85% were aged 25-64 (2% were aged under 25 and 12% were over 65).

10% of participants are from an ethnic minority, 21% are disabled or living with a long-term health condition and 15% live in areas of deprivation. ~ This continues to be an area Park Yoga will focus on, using marketing campaigns and focus groups to help increase diversity among our participants.

Prior to taking part, 31% of Park Yoga participants had never or infrequently tried yoga before, and 31% had never or infrequently visited the park before.

\*Data taken from the Park Yoga 2025 evaluation survey.

# THE BENEFITS

\*DATA TAKEN FROM THE PARK YOGA 2025 EVALUATION SURVEY.

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# INCLUSIVE

Park Yoga is inclusive and accessible to a range of people with mixed abilities. The introductory level means people with little experience can take part, and the accessible nature means it attracts a range of age groups and abilities.

\*Over 60% of our participants take part in Park Yoga because of it's inclusive nature.







## HEALTH & WELLBEING

Park Yoga has significant health and wellbeing benefits, particularly for people experiencing stress, depression or mobility issues. It also encourages relatively inactive people to increase their activity levels.

\*As a result of taking part in Park Yoga, over 80% of our participants tell us they feel healthier, more relaxed and more flexible/mobile with 78% feeling fitter or stronger and 74% are more physically active.

\*90% of participants feel happier!

\*59% will join a local yoga class or do yoga at home when the season ends and 99% of participants plan to take part in Park Yoga next year if it is available.

# NATURE CONNECTION

There is a strong evidence base showing the benefits of access to greenspace and in particular outdoor exercise on wellbeing and mental health. Park Yoga provides an opportunity to connect to nature in a meaningful way, by helping people relax, be mindful and therefore take more notice of the sights and sounds that surround them.

\*89% of our participants feel more connected to the outdoors and 86% feel more connected to nature.

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# TARGETING THOSE THAT NEED IT MOST



# LESS ACTIVE COMMUNITIES

## 2026 SEASON

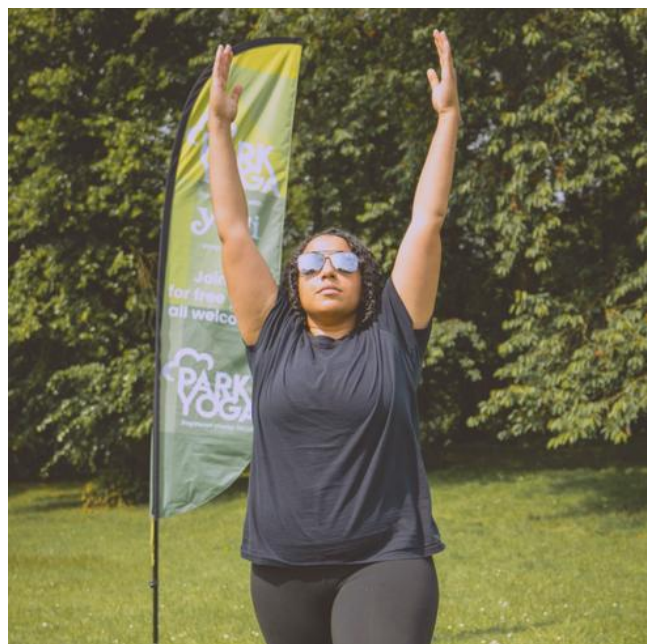
Last season we received Sport England funding to promote existing Park Yoga sessions to less active groups in England.

The project worked with some of Sport England's priority inactive groups including:

- People from ethnic minorities
- Disabled individuals
- People living with long-term health conditions
- Older adults (aged 55+)
- Pregnant people
- Parents with very young children (under 3 years old)
- People from low-income households.

Subject to funding we will continue to target these groups by:

1. Creating a focus group of people from our targeted communities to inform our work.
2. Continuing to build relationships with health providers such as social prescribers, GPs, healthcare workers and community leaders.
3. Deliver taster yoga sessions in environments these communities are familiar with.
4. Continuing our marketing campaign, featuring inclusive photography, targeted digital adverts, posters and updated website content designed to help more people see themselves in the activity.



# COST OF DELIVERY & FUNDING

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2026 SEASON



2026 SEASON

# COST OF DELIVERY

**Total: £3,300**

**£1,300 - Park Yoga admin support:**

Including but not limited to, onboarding yoga instructor, including recruitment, induction and training. Marketing (targeted and general), end of season evaluation, postage.

**£500 - Venue Onboarding fee:**

Onboarding venue and contribution towards equipment.

**£1,500 - Yoga Instructor fee:**

£75 per week for 20 weeks.

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COST OF DELIVERY





# FUNDING

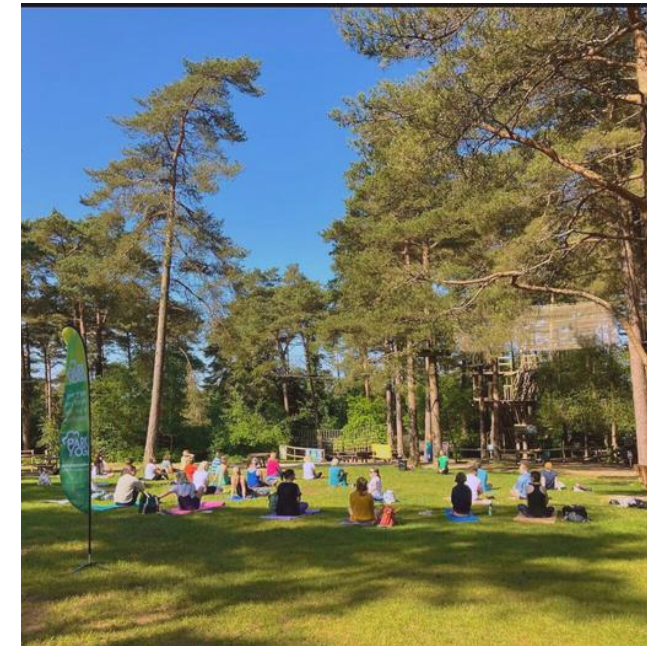
The Park Yoga Trustees approved a 3 year funding model in 2024 for seasons 2025/2026/2027.

Venue host organisations (VHOs) to fund £2,000 in Y1 to cover the Yoga Instructor and venue onboarding fee and from Y2 onwards to fund £1,500, to cover the Yoga Instructor fee.

Park Yoga will contribute £1,300 worth of administration support services, free of charge to all venues.



# VENUE REQUIREMENTS



## Essential:

2026 SEASON

- Within an area of deprivation, or close by
- No other Park Yoga venues in close proximity
- Maintained, grassed, flat area
- Minimal risk of waterlogging
- Size (allows participation growth to c.200)
- Good 4G/5G/Wi-Fi signal
- Venue available for all 20 sessions from 3rd May at 9.30am - 10.30am and an alternative back up location available
- Video to show the proposed venue.

## Desirable:

- Accessibility (public transport links)
- Parking (ideally free)
- Toilets
- Nearby café for monthly catch ups

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FAQS

# FAQS



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### **AS A VENUE HOST ORGANISATION (VHO) DO WE NEED TO PROVIDE SUPPORT AT THE SESSIONS?**

There is no requirement for VHOs to support sessions, in fact once the venue has been onboarded the role of the VHO can be very light touch. We ran a successful volunteer pilot programme during the 2025 season in a number of venues. Volunteers are asked to help with meeting & greeting participants, setting up equipment, collecting donations, sponsor sampling and putting posters up locally. We will be rolling out the volunteer programme to all venues in 2026.

### **WHO ARRANGES THE REQUIRED EQUIPMENT?**

Park Yoga will arrange for all equipment to be shipped directly to the yoga instructor, ahead of the season start date.

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### **WHY IS A BACK UP VENUE REQUIRED?**

We know from experience unexpected or planned events take place, meaning the agreed venue is not available. It is important to have an alternative location available to ensure the sessions are not cancelled at short notice.

### **HOW DO PARTICIPANTS KNOW WHO HAS FUNDED THE SESSIONS?**

Funders and sponsors are thanked throughout the season at the sessions and on the venue social media pages, they are also tagged on Park Yoga social media posts. Logos, if available, are included on the venue Facebook page, webpage and posters. Funders and sponsors are also welcome to display their own flags alongside the Park Yoga flag at each session, as long as they are similar in format and size to the Park Yoga flag.

### **DO WE NEED TO DO RISK ASSESSMENTS?**

Once the venue and yoga instructor are approved by Park Yoga a risk assessment needs to be carried out. It is important that the VHO is happy that the site is safe for both the yoga instructor and participants. Template available if required.

### **WHO ARRANGES LAND PERMISSION?**

The VHO arranges land permission to use the site for the sessions.

### **DOES PARK YOGA PROVIDE ANY MARKETING AND COMMS SUPPORT?**

Yes, Park Yoga can support with press releases, marketing assets, including PDF posters (printed if required), case studies, newsletters and social media content to help drive engagement ahead of the season starting and also during the season.

## WHO PAYS THE YOGA INSTRUCTOR?

The yoga instructor will invoice the VHO for payment. We suggest monthly, or as agreed by both parties.

## DO WE ASK FOR OUR YOGA INSTRUCTORS TO BE FIRST AID QUALIFIED AND DBS CLEARED?

Most instructors are first aid trained and DBS checked but we do not insist on this.

The sessions are simple, relaxing and a gentle yoga flow, therefore participants are unlikely to incur significant injuries. We haven't yet had a major medical incident reported.

Instructors are asked to deal with medical incidents as they might do as a member of the public by calling 999 in an emergency and/or asking if anyone attending the session is medically trained.

[WWW.PARKYOGA.CO](http://WWW.PARKYOGA.CO)

## WHY PARK YOGA?

We'll let our participants and venue hosts help on this one..... the next couple of slides include their feedback from our 2025 evaluation survey.

Data from the survey also highlights why this activity would be a wonderful addition to your local community:

- Improves physical health and activity levels
- Improves mental health and wellbeing
- Connects people with nature and greenspace
- Builds community and reduces isolation
- It's accessible, inclusive and free
- It's delivered by professional, caring and inspiring instructors
- Park Yoga is a strong, well recognised brand

## WHAT IS THE DEADLINE FOR VENUE APPLICATIONS?

Applications need to be submitted to Park Yoga by the end of February ideally, allowing time to onboard the venue and yoga instructor and to give plenty of time to advertise and drive engagement.



2026 SEASON

WHAT OUR  
PARTICIPANTS  
AND VENUE  
HOSTS SAY.

[WWW.PARKYOGA.CO](http://WWW.PARKYOGA.CO)

WHAT OUR PARTICIPANTS AND VENUE  
HOSTS SAY



## 2026 SEASON

I loved it and am so grateful this is something available in my community

It has encouraged me to be more active. I feel stronger and more likely to do more exercise

I have a disability but feel empowered to modify the movements to suit my body, and the instructors ensure that everyone is encouraged to work to their own capabilities and comfort

Bringing over 100 people together outdoors is great – seeing all ages trying yoga is inspiring

## WHAT OUR PARTICIPANTS SAY

Got me outdoors and a healthy start to the day, which has encouraged me to be more active and get outdoors instead of staying inside binge eating and watching TV

It was wonderful to be part of something where you have so much in common with others. It helped boost my confidence. I thoroughly enjoyed the sessions I went to as I can't afford to pay for yoga in gyms etc

2026 SEASON

WHAT OUR VENUE HOSTS SAY

Park Yoga has brought the park to life by attracting new users, supporting our health and wellbeing objectives while strengthening community connections in an inclusive, family friendly way.

It has given park visitors an alternative health and wellbeing activity, led by an experienced instructor. It's enabled people to try something they may have been nervous of in a normal class setting. It's provided the benefits of being surrounded by nature too. Finally it's enhanced the sense of community in the park.

The delivery model ensures sessions are safe, welcoming, and delivered at an accessible level. As a host venue, we can be confident that residents are receiving a high-quality experience that encourages continued participation.

It helps raise awareness of our beautiful green spaces and promotes outdoor activity in a welcoming environment.

We noticed a positive shift in how the local community engages with the park. More people have been visiting, and it appears we're welcoming a broader demographic than before. It's encouraging to see new faces enjoying the space, and it reinforces the value of inclusive, outdoor initiatives in bringing people together and making our green spaces more accessible to all.

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# NEXT STEPS

If you would like to proceed, please complete the new venue application form ([click here](#)). Your application will be reviewed and responded to within 14 days of receipt.





# THANK YOU

[www.parkyoga.co](http://www.parkyoga.co)

[hello@parkyoga.co](mailto:hello@parkyoga.co)

2026 SEASON

# Park Yoga

**Evaluation Report October 2025**



Park Yoga Registered  
Charity No: 1183253



## 2025 Headlines

Park Yoga provides free yoga outdoors in public parks in the UK. The sessions are open to all to attend, regardless of experience, age or gender.

Park Yoga runs for 20 weeks between May and September. Since starting in two parks in 2017, Park Yoga has expanded to deliver at 55 sites, with 16 new venues in 2025.

Park Yoga continues to expand geographically to other areas of England outside the South West.

**83,034**

attendances at Park Yoga during 2025

**99%**

satisfied

**‘I loved it and am so grateful this is something available in my community’**

**31%**

had never or infrequently tried yoga before

**90%**

feel happier

**‘Got me outdoors and a healthy start to the day, which has encouraged me to be more active and get outdoors instead of staying inside binge eating and watching TV’**

**64%**

have taken part in 6 or more sessions

**74%**

are more physically active



# Introduction

Park Yoga provides free yoga outdoors in public parks in the UK. The sessions are open to all to attend, regardless of experience, age or gender. Park Yoga runs for one hour on Sunday mornings, between May and September. Since starting in 2017 in two parks in Dorset, Park Yoga has expanded to deliver at 55 parks, with 16 new venues joining in 2025. Park Yoga has continued to expand beyond the South West (which includes 58% of venues), into the South East (22% of venues), West Midlands (15% of venues), the North West (4% of venues) and East of England (2% of venues). Park Yoga is a registered charity funded through sponsorship, donations and grant giving trusts and foundations. This report reviews the achievements, impact and learning from delivery in the 2025 season across all venues.

Shephard & Moyes Ltd have worked with Park Yoga since 2018, producing annual evaluation reports.

The evaluation aims to:

- Review the effectiveness of the model and explore the potential for improvements
- Demonstrate to potential funders/corporate sponsors the difference the project makes
- Promote the concept to new parks/greenspace landowners
- Support marketing and promotional activities for potential new participants
- Identify the benefits to those attending

To evaluate the project, Park Yoga has collected attendance data via instructors. In addition we created three surveys to capture feedback from participants, venues and instructors. The participant survey had an excellent response rate of 2,200; a minimum of 24% of participants for each park responded. The instructor survey was completed by 58 instructors and the venue survey completed by 22 organisations, representing 39 different venues.

This report summarises the results of the evaluation, and provides some recommendations for consideration when developing the project further.





# Participation

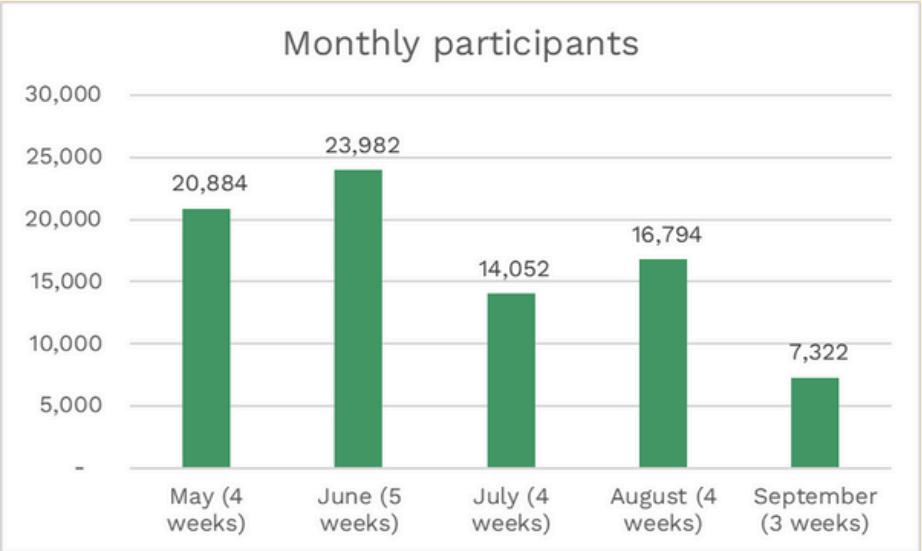
Participation at Park Yoga remains high, with attendance and venues consistently growing over the years, as shown in the chart to the bottom right. Over the 20 weeks of delivery in 2025, 1,010 sessions were delivered, an average of 18 per venue. 89 sessions were cancelled or had no participants due to poor weather or other issues, however this only represents 8% of the maximum number of sessions able to be delivered. A total of a 83,034 attendances were recorded over the season, an average of 1,510 per venue, which is an increase on 1,250 per venue in 2024. New venues saw a slightly lower average attendance (1,198) compared to existing venues (1,649), indicating that it takes time to raise awareness of Park Yoga at new venues.

Average weekly attendances ranged from 19 in Dudley, to 249 in Southampton, and 73% of venues (40) had an average attendance of over 50 participants per week, which is extremely high. 25% of venues (14) saw over 100 participants per week and 4 venues had an incredible average of over 200 participants per week. As in previous years, Park Yoga is more popular in the earlier months of the season, with attendance falling during the school holidays, as shown in the chart top right. The first three weeks of the season saw the highest average weekly attendance, with 20<sup>th</sup> July, which was the start of the school summer holidays and a particularly wet weekend, the lowest.

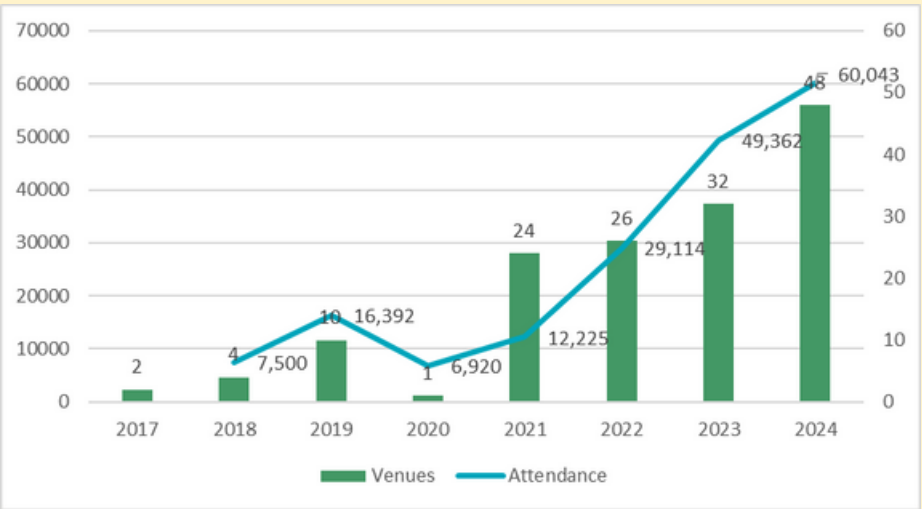
Park Yoga has continued to successfully bring in new audiences, but to also retain participants from previous years. 55% of people who completed our survey were new to Park Yoga in 2025 and 45% had taken part in previous years.

People hear about Park Yoga through three main channels: Facebook (58%), word of mouth (35%) and as a previous participant (24%). All other methods of promoting Park Yoga (e.g. Instagram, posters, local media, via community organisations or referrals) were only noticed by less than 5% of respondents to the survey; for example only 16 respondents (out of 2,122 who completed this question) said they were referred by their GP, social prescriber or another organisation. More efforts to broaden the methods by which Park Yoga is promoted may help to reach a wider range of participants, including those who are less active or who have long-term health conditions.

64% of participants took part in 6 or more sessions of Park Yoga over the summer, which is a similar proportion to previous years. Over a quarter (27%) took part in 10 or more sessions over the summer. This helps indicate that Park Yoga is creating a regular physical activity habit among its participants over the summer months. The main reasons for not being able to attend more often are other interests (65%), the weather (37%) and lack of time (16%).



**‘I’ve only missed 2 sessions so far this year as I know it’s good for my mental and physical health’**



NB - attendance in 2017 was not recorded and only estimated in 2018. in 2020 Park Yoga was delivered virtually due to the Covid-19 pandemic and in 2021 numbers were restricted due to social distancing restrictions

‘Park Yoga has benefitted me and my friends. My friends come to me with their problems so I wanted them to find yoga to help them deal with their own challenges in a more positive way. I’m a driving instructor and sit in a car all day, so my time outside work is important to stay active. Yoga helps me release tension and stretch. I even encourage my pupils to take up yoga if they have anxiety. The instructors are brilliant — they explain the poses, give options for all abilities, and make the whole experience uplifting and inclusive’

‘Park Yoga has been a wonderful boost to my wellbeing and fitness. It’s something I do just for me — an hour dedicated to myself where I can leave family and work worries behind. The setting in the park is inspired. I’ve also used the sessions to meet up with friends I might not otherwise see. It’s great to see such a community-oriented activity that’s free of charge’

‘It’s a wonderful start to a Sunday morning — breathing and stretching just settles the mind and body for the week ahead. I’m a great advocate of Park Yoga and was thrilled it arrived in Worcester. It’s a beautiful opportunity to practice in nature, especially in areas where access to wellbeing activities is limited. Thank you, Park Yoga!’





# Who takes part

One of the aims of Park Yoga is that it is inclusive to all. Demographic data for Park Yoga is collected through the participant survey to give an indication of who takes part. 1,572 respondents to the survey provided their demographic data, which is an excellent sample size, however some groups are more likely to complete surveys than others (e.g. women more likely than men, and young people less likely than adults).

The results show that Park Yoga continues to attract considerably more females (91%) than males (8%) or other genders (<1%) and this continues to be an area where Park Yoga may wish to put a focus.

The majority of Park Yoga participants are also of working age; 85% of people who completed the survey were aged 25-64 (2% were aged under 25 and 12% were over 65), which is similar to previous years. See chart to the right.

Most people attend Park Yoga on their own (52%), however 49% attend with another working age adult, 6% with an older adult, 1% with a child aged 0-3, 4% with a child aged 4-10 and 2% with a young person (aged 11-18). This shows that more young people are taking part in Park Yoga than the survey results indicates, however more could be done to attract younger and older age groups.

10% of participants who completed the survey were from ethnic minority communities (the same as 2024 but a decrease from 13% in 2023) and 21% reported a disability or life limiting health condition, the same as last year. Of those, 13% have a long-standing illness or disability which has an effect on their ability to do normal daily activities.

15% of participants live in areas of deprivation, when matching postcode data to the Index of Deprivation. This is a similar result to previous years. 76% of participants are employed or self-employed, 17% are retired and the remaining 5% are either unemployed, home-makers, students, carers or unable to work.

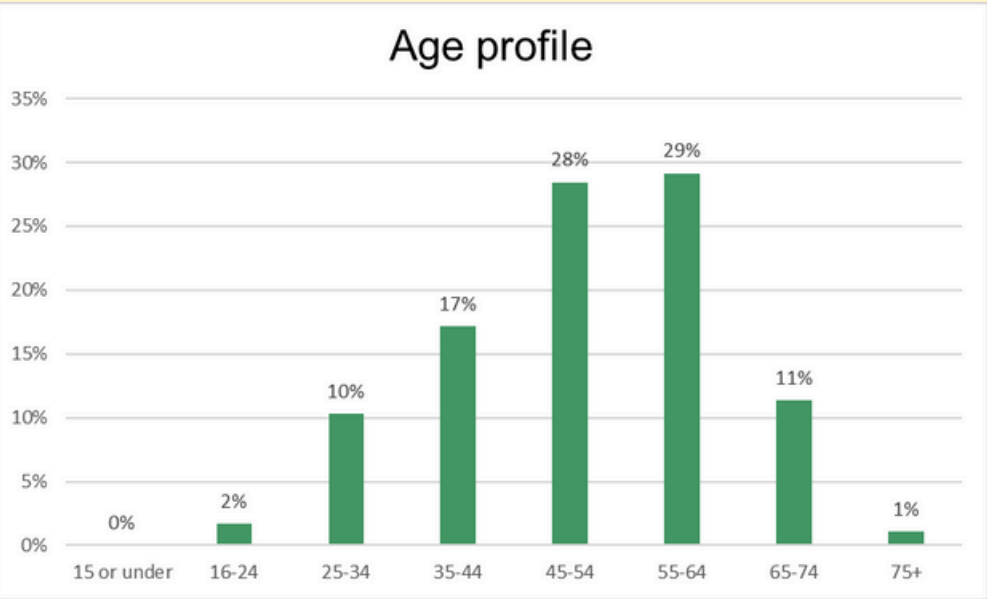
Although dependant on the profile of communities in which Park Yoga operates, more could be done to target people from ethnic minority, deprived communities and people with a disability or long-term health condition.

Work started in 2025 to target these communities through targeted marketing, outreach activities and networking with health referral partners. The results of the participant survey show that more work can be done here (e.g. targeting venues based on proximity to areas with high proportions of people from marginalised communities or low activity levels) as well as acknowledging that these audiences are harder to attract to Park Yoga. Although the percentages have remained the same as in 2024, because participant numbers grow year on year we know a lot more people from these target communities attended Park Yoga in 2025.

**‘I have a disability but feel empowered to modify the movements to suit my body, and the instructors ensure that everyone is encouraged to work to their own capabilities and comfort’**

**‘Bringing over 100 people together outdoors is great – seeing all ages trying yoga is inspiring’**

**‘It was wonderful to be part of something where you have so much in common with others. It helped boost my confidence. I thoroughly enjoyed the sessions I went to as I can’t afford to pay for yoga in gyms etc’**



# Motivations for taking part

The participant survey asked why people chose to take part. As shown in the chart opposite, the most popular reason was because it is outdoors (87%), has a good instructor (87%) and is free (82%). These motivations have remained consistent across the years and helps illustrate the unique selling points of Park Yoga: high quality instructors in a positive environment and where cost is not a barrier.

These elements were reflected in feedback from participants who highlighted how valuable it was to them the sessions were outdoors.

**‘It’s an amazing way to start your day – a walk in the park followed by yoga in the fresh air’**

The quality of the instructors is also highlighted by many of the participants. They highlight how they are able to make the yoga accessible by offering different options for the poses.

**‘Fab instructor – very professional and inclusive’**

**‘...is an amazing yoga instructor – always makes us feel positive and energised’**

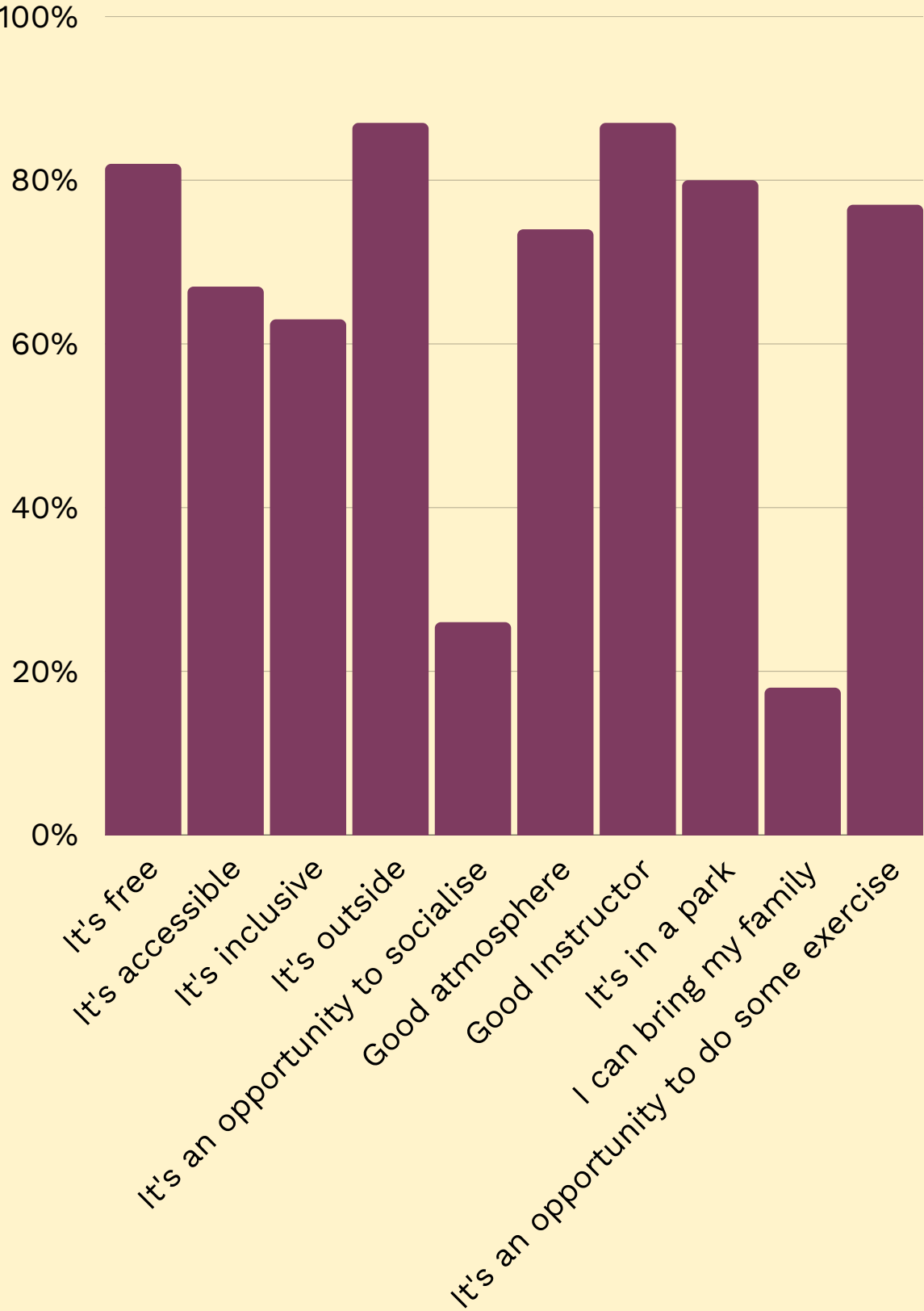
Feedback also highlights how participants value how accessible and inclusive Park Yoga is.

**‘Feel great exercising outside in a great community of people. Everyone feels welcome and it’s very inclusive.’**

31% of Park Yoga participants had never or infrequently tried yoga before, and 31% had never or infrequently visited the park before. 75% had never or infrequently used the park for wellbeing activities before. These results have remained static over the years, demonstrating that year on year Park Yoga continues to reach new audiences to both yoga, local greenspaces and the use of parks as a wellbeing venue.

Most participants live close to the park; 64% live within 2 miles and 33% within a mile. 54% of participants travel to Park Yoga by car, and 35% walk.

Motivations for taking part in Park Yoga





# Communication & Brand Awareness

The 2025 survey explored how Park Yoga participants would prefer to access information about Park Yoga. The preferred method of communication was Facebook (72% of participants ranked this first or second preference) followed by WhatsApp (40%). Communications methods that were least favourable were email and through the website.

There was some interest in a Park Yoga app, however only 27% of survey respondents ranked this as their first or second preference. That said, 62% of respondents said they would download an app if one were available, 19% may do and 11% would only do so if that was the only way to hear if sessions were running.

78% would be happy to do a one-off online registration in order to be part of the Park Yoga community, 18% said maybe and only 2% said no. 55% of host venues thought that pre-registration through an app was a great idea, but 35% weren't sure as it may create a barrier to participating.

The vast majority of Park Yoga participants (94%) were given the opportunity to donate to Park Yoga in 2025.

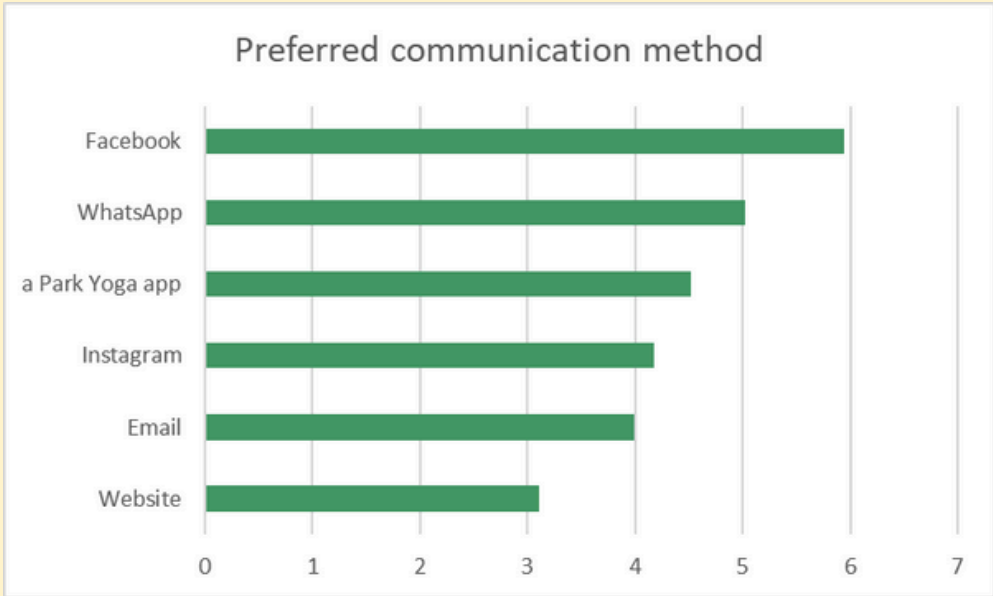
82% of participants and 100% of host venues are aware of Park Yoga's partnership with Yogi Tea. 42% of participants feel that this is a good idea, and the same proportion don't know if it's a good idea or not, but it does not affect how they feel about Park Yoga. 14% don't have a strong opinion and say it doesn't really matter to them and less than 1% (18 respondents) have some concerns or don't think it's a good idea. These views are mirrored by host venues; 29% think it's a good idea, 43% aren't sure but it doesn't affect their opinion of Park Yoga and 19% don't have a strong opinion.

From the feedback provided, most people see the Yogi Tea partnership as appropriate, ethical, and aligned with Park Yoga's values. Respondents describe it as a "good fit" and appreciate that it helps keep Park Yoga free and financially sustainable. Some respondents also liked the free tea samples and valued the additional social benefits that this brings to Park Yoga. The only concerns raised related to the risk of Park Yoga becoming overly commercialised.

**'I think the yoga being free with the option to donate really attracts people and there is no commitment to attend every week. Sponsorship is a great idea as the yoga instructor did an amazing job and deserves to be well paid for her time and expertise'**

**'I appreciate that strategic partnerships between charities and commercial organisations are a necessity to enable charities to continue to do what they do. I don't know much about Yogi Tea but they seem to have the same ethos as Park Yoga'**

**'Having tea after class was a great way to extend sharing and enhance communication'**



## Impact on participants

### Satisfaction:

Satisfaction rates continue to be extremely high, 99% are satisfied with Park Yoga, 98% agree they are enjoying yoga and 85% agree that their yoga skills have improved. 97% rate their park as either excellent or good and 56% also say they are more satisfied with the park as a result of taking part in Park Yoga.

**‘I loved it and am so grateful this is something available in my community’**

Over 97% of participants rate the instructor, the variety of poses/ movements, the timing of the sessions and the ability to take part regardless of ability as excellent or good. 99% rate being able to be made welcome and included as excellent or good and 97% rate the ability to connect with nature as excellent or good. The only challenge for Park Yoga is ensuring that everyone can hear the instructions clearly, a particular challenge for large groups outdoors. However, 80% of participants still rate this as excellent or good.

### Community:

One of the most cited benefits of taking part in Park Yoga is the sense of community it instils in participants. People highlighted how they felt more connected to their community as a result of Park Yoga and 68% of participants felt more connected to their community as a result. In addition, 35% have met new people or made new friends.

**‘Sense of belonging, positivity about where I live...I feel more relaxed going back to caring responsibilities’**





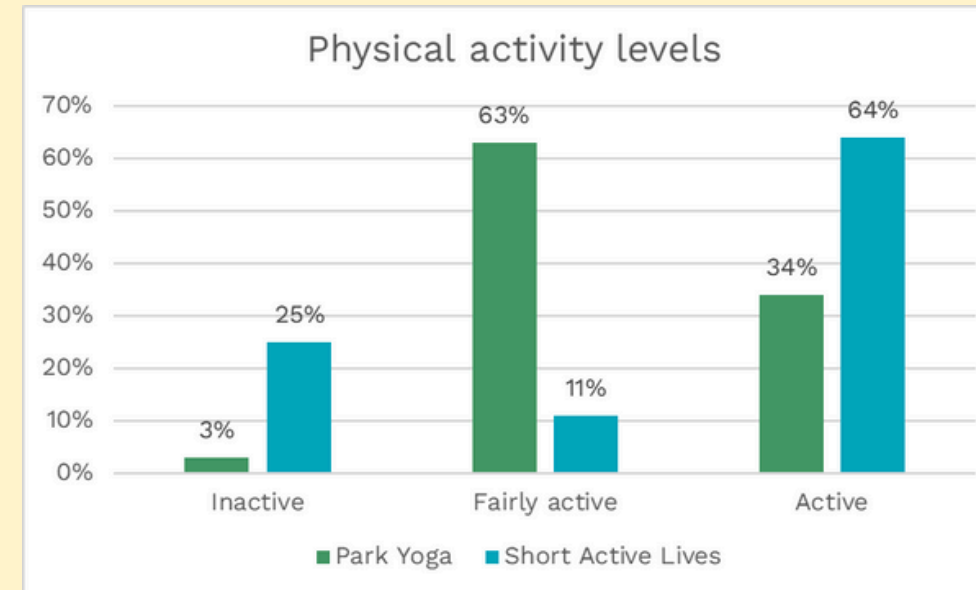
# Impact on participants

## Health:

Yoga has a number of health benefits, including strength, flexibility, bone health, posture, balance, mobility. It can have particular benefits for people who have been inactive. Based on our survey 3% of Park Yoga participants are inactive, 63% are fairly active (1-4 days of exercise per week) and 34% are active (5+ days of exercise per week). When compared to Sport England's Active Lives dataset (23/24) Park Yoga is engaging a greater proportion of people who are fairly active than the general population (11.2%) and a smaller proportion of people who are active than the general population (64%).

The survey results show that, as result of taking part in Park Yoga:

- 82% of participants feel more flexible/mobile
- 78% feel fitter or stronger
- 83% feel healthier
- 74% are more physically active, and
- 47% are feeling less pain or discomfort



**‘I’ve developed better skills and core strength — absolutely loved being in the park under the trees’**

**‘It has encouraged me to become more physically active — it’s brought back my love for yoga. I’ve loved the instructor and seeing everyone on Sundays’**

**‘It has encouraged me to be more active. I feel stronger and more likely to do more exercise’**

**‘Got me outdoors and a healthy start to the day, which has encouraged me to be more active and get outdoors instead of staying inside binge eating and watching TV’**



# Impact on participants

## Wellbeing:

There is a strong evidence base showing the benefits of access to greenspace and in particular outdoor exercise on wellbeing and mental health.

Park Yoga provides an opportunity to connect to nature in a meaningful way, by helping people relax, be mindful and therefore take more notice of the sights and sounds that surround them.

This is reflected in the survey results which shows that as a result of taking part in Park Yoga:

- 90% of participants feel happier
- 89% feel more connected to the outdoors
- 86% feel more connected to nature
- 51% feel more optimistic about the future
- 87% feel more relaxed
- 52% feel better able to deal with problems
- 41% feel less lonely

**‘It has allowed me to connect to the wider environment and be more present’**

**‘Taking up a new hobby has given me a confidence boost. The practice helps me to deal with stress’**

**‘I feel happier and more relaxed, which helps me be in a better emotional state throughout the week.’**

**‘It got me out of the house when I was feeling lonely and helped me connect — I made a new friend which was wonderful.’**

**‘People coming to tell me about how much Park Yoga has helped their health and wellbeing, especially for those with mental health issues. For example one participant told me that going to Park Yoga has given them the confidence to join a local gym and that their mental health has been so much more stable and they no longer feel they live in a downward spiral creating self hate and depression. I nearly cried there and then.’ (instructor)**



## Impact on participants

### Impact on the park

Having Park Yoga has a positive impact on the parks. Our survey identified how 47% are visiting the park more often. 95% of host venues agree that Park Yoga is bringing more people to the park each week, 76% feel it's diversifying the park's visitor base and 100% agree that it is providing something different for park visitors.

**‘Park Yoga has given me the opportunity to notice how wonderful the green space in our town really is and to feel part of something within the local community. It's a lovely way to start a Sunday and I really look forward to each session.’**

### Long term impact

The potential long term impact of Park Yoga is substantial. 99% of people who took part in our survey plan to take part in Park Yoga next year if it is available. In addition:

- 26% plan to try other physical activities
- 82% will encourage friends or family to take part
- 28% will make use of the park more often
- 59% will join a local yoga class or do yoga at home
- 42% will take more notice of nature around them

**‘Having attended all summer and built up my confidence, I have now joined a regular yoga class with the same instructor to carry on the benefits I've gained’**

**‘Park Yoga has made me more motivated — I now want to continue exercising outdoors’**

**‘I have started walking to the park more often and do yoga at home in between sessions’**

**‘I've used other Park Yoga locations while away from home — it's become part of my life wherever I am’**



‘Park Yoga has been the only thing I’ve carried on going to consistently through my mental health crisis. I was assaulted in June and my mental health took a turn for the worst, but Park Yoga has been the glimmer of light to keep going each week. I like that you can be alone if you want to or reach out to others. I told my mental health team all about Park Yoga and they think it is a great idea. One of my favourite things about Park Yoga is that it really is for everyone — everyone can benefit from it and there aren’t financial barriers to overcome’

‘I have pain in my shoulder that I am currently having physio for and doing Park Yoga has greatly improved mobility, strength and supported pain relief. I am more flexible and feel better both physically and mentally. I love the fact that yoga is in a green space and in fresh air — this massively supports the general feeling of wellbeing in comparison to doing it indoors. I always come away feeling happier and looser. It’s a lovely start to the day, a great way to get vitamin D, and the instructor is really lovely. I’ll miss it when it stops in September, but I’ll continue yoga as this has been a starting point for my love of it.’

‘I’m a stay-at-home mum and home educator. I try to do yoga every day because it makes me a calmer and better parent, but it’s usually just 15–20 minutes while my kids are occupied. Attending Park Yoga has been the first time in a decade that I’ve consistently done something without my kids — I’m so grateful for that opportunity to think and just breathe in peace for a whole hour. These longer classes have made me happier and helped me deal with some really difficult, stressful circumstances this year, so thank you for making this possible’





# Instructor Feedback

In 2025 we designed a short survey to capture feedback from instructors. A total of 58 instructors completed the survey; 64% of them lead instructors and 36% providing cover.

Feedback from the instructors is extremely positive;

- 100% enjoy being a Park Yoga instructor
- 98% are keen to continue.
- 97% understand why they are asked to collect monitoring data and what it is used for
- 88% feel the admin demands are fair and easy to process.
- 89% agree that the venue and space is appropriate for Park Yoga.
- 84% feel a valued member of the Park Yoga team, feel sufficiently supported, have the right equipment and agree that communication to and from Park Yoga works well.
- 93% agree they are paid a fair rate.

Although still high, the area of least satisfaction is instructors feeling listened to and their opinion matters, with 72% agreeing.

Contrary to Park Yoga participants, instructors would prefer to receive information about Park Yoga through email, with 95% ranking this as their first or second preference. This was followed by WhatsApp, with 74% ranking this first or second preference. Facebook files and a file sharing system were least popular options, with only 15% ranking these as their first or second preference.

81% of instructors feel extremely or very confident asking for donations to Park Yoga each week.

The survey asked what additional support instructors would like. The most common were:

- **Equipment:** e.g. better speakers or lapel microphones, wet weather clothing for instructors, better venue signage or roadside banners
- **Communication and admin support:** a central comms pack, faster response times to queries, social media comms guidance
- **Marketing and promotions:** templates, social media content
- **Cover:** more advanced planning, ensure cover instructors have full access to information and equipment

Suggestions for how to improve Park Yoga for participants included better sound systems, spare mats, more and earlier promotion ahead of the season, indoor alternative venues, additional sessions or different times to appeal to different people and ability to make cash donations.

43% of host organisations have contact with their Park Yoga instructors at least once or twice a month, a third more frequently and a third less frequently.

**Very honoured to be part of the park yoga team and to build a community within my area. I see many families coming with their children and elderly people that wouldn't access Yoga so that feels really touching to me.'**

**'My highlight was teaching in the rain. Over 50 people still came and almost all stayed until the rain was too heavy to continue. It showed how much people really care about their practice and how important Park Yoga is.'**

# Venue Feedback

in 2025 we also designed a short survey to capture feedback from host venues. A total of 22 people from 20 different organisations representing 39 separate Park Yoga venues completed the survey. 59% were existing venues prior to 2025 and 41% were new.

Host organisations chose to take part in Park Yoga because it aligns with local health and wellbeing priorities, because it is free, inclusive and accessible and to encourage more people to use parks and greenspace.

**‘It helps raise awareness of our beautiful green spaces and promotes outdoor activity in a welcoming environment’**

82% of venues found it easy to set up Park Yoga, with the main suggestion to improve the set up process being more lead-in time before the season starts.

90% of venues rated communication from Park Yoga during the set up phase as excellent or good, and 82% rated it excellent or good during the delivery phase.

The majority (81%) of venues report that being part of the wider ‘Park Yoga’ family as being important to their organisation. Host organisations value the fact that Park Yoga is free, the comms support and being part of the Park Yoga brand.

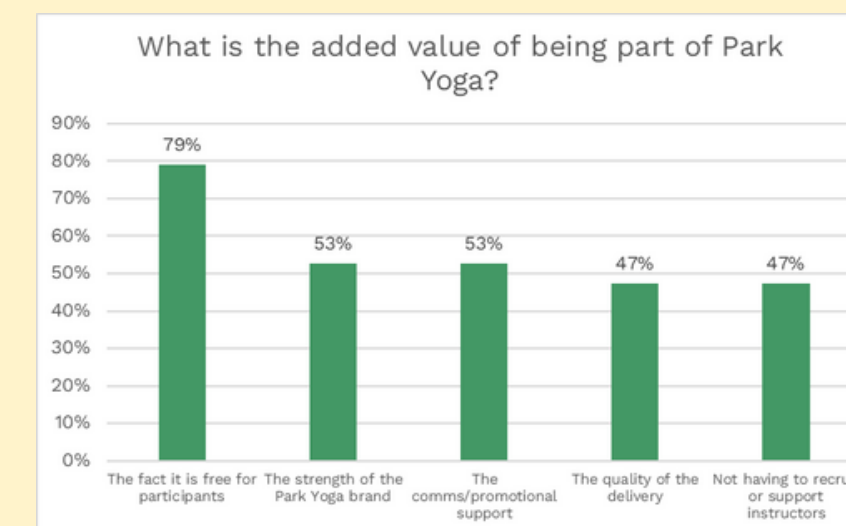
**‘It connects us to a movement and highlights the benefits and importance of Yoga’**

**‘The delivery model ensures sessions are safe, welcoming, and delivered at an accessible level. As a host venue, we can be confident that residents are receiving a high-quality experience that encourages continued participation.’**

If Park Yoga didn’t exist, 43% of host organisations would continue to deliver yoga in their park. While some would continue, many said they lacked the resources or capacity to deliver it without the support of Park Yoga. 76% are keen to continue Park Yoga next year, and 19% said maybe. Host organisations are keen to continue if the impact of Park Yoga is clear, however many would need additional resources to continue.

**‘Some help towards future costs, for example Park Yoga giving us a share of our donations or a financial contribution from the sponsorship company Yogi Tea’**

Host organisations also recognise the benefits that Park Yoga brings to their organisation and the wider community: 67% agree it is bringing in additional income to the park, 86% agree it is helping to build a stronger sense of community and 95% agree that Park Yoga is helping them to achieve their health and wellbeing objectives.



**‘We noticed a positive shift in how the local community engages with the park. More people have been visiting, and it appears we’re welcoming a broader demographic than before. It’s encouraging to see new faces enjoying the space, and it reinforces the value of inclusive, outdoor initiatives in bringing people together and making our green spaces more accessible to all.’**



## Venue feedback continued

The survey with host venues explored the extent to which organisations were aware of the communication resources available to them. The results show high levels of awareness of posters and press releases, but low levels of awareness of all other comms resources; printed posters, case studies, email newsletter copy and tips for promoting venues. There are high levels of interest in all these resources.

90% of host organisations believe that promotion of Park Yoga is best split between themselves and Park Yoga central.

Overall, the majority of host venues would prefer to receive participant numbers on a monthly basis, and half would prefer demographics on a monthly basis whereas half are happy to receive this at the end of the season. The majority would prefer to receive data on donations at the end of the season. A third would like to know about cancellations on a weekly basis, a third on a monthly basis and a third at the end of the season.

**‘It has given park visitors an alternative health and wellbeing activity, led by an experienced instructor. It's enabled people to try something they may have been nervous of in a normal class setting. It's provided the benefits of being surrounded by nature too. Finally it's enhanced the sense of community in the park.’**

**‘Park Yoga has brought the park to life by attracting new users, supporting our health and wellbeing objectives while strengthening community connections in an inclusive, family-friendly way.’**

**‘It helps us bring another health and wellbeing activity to the local community. Having the yoga sessions being part of a bigger brand I think helps make them feel more accessible and appealing.’**



## Conclusions

Park Yoga continues to be a hugely successful activity. It reaches a large number of people every Sunday throughout the summer and creates a positive opportunity for people to improve their health and wellbeing.

The data clearly highlights the key strengths and benefits of Park Yoga:

- Improving physical health and activity levels
- Improving mental health and wellbeing
- Connecting people with nature and greenspace
- Building community and reducing isolation
- It's accessible, inclusive and free
- It's delivered by professional, caring and inspiring instructors
- A strong, well recognised brand

Across all three surveys, the most universal theme is that Park Yoga is simply a joy. People love the combination of being outside, movement and community energy. The simplicity of being able to turn up, join in and no pressure makes it accessible and uplifting. A new online registration process may reduce this accessibility, however the majority of participants and host venues are comfortable with the idea.

As in previous years, the challenge for Park Yoga is reaching people from more targeted groups. This includes people with long term health conditions, inactive people, people from deprived communities and striving for a more equal gender balance.



# Appendix - Yearly Comparisons

We now have a comprehensive dataset from the last 5 years. The tables below show how Park Yoga has evolved. Note that we have only included data where there has been a significant change year on year; many results relating to demographics, satisfaction and impact have remained consistent - as referenced in the main body of the report.

Delivery	2021	2022	2023	2024	2025
No. attendances	12,225	29,114	49,362	60,043	83,034
No. venues	24	26	32	48	55
No. sessions delivered	338	505	616	888	1,010
Ave. sessions p/venue	14.1	19.4	19.3	18.5	18
Ave. weekly participants	611	1456	2468	3,215	4,152
Ave. participants p/week p/venue	25	56	77	67	75
Peak no. weekly participants				4,351	6,153
Highest no. participants at a venue	76	141	175	183	354
Took part in 10+ sessions				23%	27%
Took part in 6+ sessions	37%	44%	69%	62%	64%

Charity / donations	2021	2022	2023	2024	2025
Aware PY is a charity	83%	78%	90%	93%	
Total donations	£ 10,512	£ 3,613	£ 10,472	£ 34,741	£ 39,067
Contactless donation amount			£ 3,945	£ 23,616	£ 25,917
Online donation amount	£ 10,512	£ 3,613	£ 6,527	£ 7,636	£ 9,418
Ave. contactless donation amount					£ 9.25
Ave. online donation amount					£ 13.80
Ave. donation amount per participant	£ 0.86	£ 0.12	£ 0.21	£ 0.58	£ 0.31



# Interested in finding out more?

If you have any questions please get in touch on [hello@parkyoga.co](mailto:hello@parkyoga.co) or  
[claire@shephardandmoyes.co.uk](mailto:claire@shephardandmoyes.co.uk)

