



Pickle

A Community Interest Company
(CIC) offering indoor sports,
leisure and recreational facilities

PicKHle

Who: Local residents of all ages

How: Providing affordable indoor recreational facilities

Why: To promote community wellbeing

Vision

We aim to promote positive health, positive lifestyles, positive employment and positive interactions for the community we serve.

Mission

To provide year-round access to high quality indoor recreational facilities where members of the local community can meet and play.

Community

community led, accessible, collaborative,
open, sustainable

Family friendly
and fun

Enthusiastic, passionate, creative, positive,
inspirational, enjoyment

Inclusion

communication, listening, loyalty, passion,
organisation, reliability

Integrity

trust, loyalty, honesty, team-work

values

The proposal

To erect a sustainable modular building on the field bequeathed to KHPC (located on A59) to provide indoor recreation facilities including cafe and social space, sports hall and gym for the local community

Facility (“PicKHle”) to be owned and managed by the community (CIC) for the community

We are asking the Parish Council to consider this potential opportunity for the recreational field

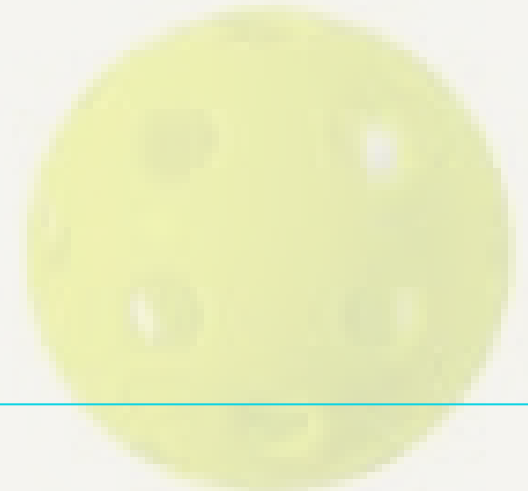
If in agreement, we will progress business plan, site development and planning requirements

Current situation

Fantastic local population which has access to few/no indoor recreation facilities so people have to drive elsewhere

More houses are being built - sympathetic local facilities are needed to meet this growth

Physical exercise and social interaction proven to improve life experiences of both young and old - modern, local facilities would enable this





People travelling long distances for school sports halls which

are in demand/have limited availability

Similar lack of cafe and flexible social spaces

No walkable parent and child wellbeing facilities

The facilities

Four indoor pickleball courts/indoor cricket nets/table tennis

Circuits gym (no treadmill style equipment)

Cafe area

Room(s) to hire (wellbeing groups, classes, charities)



Sports hall

20m x 35m sports hall which will have 4 pickleball (badminton) courts, also suitable for 3 x cricket nets (LTA and ECB approved size)

Flexible use

Many modular sports hall manufacturers and installers with option for long term rental



A gym for all

Gym would be aimed at everyone - accessible, friendly and adaptable aimed at improving physical health for all

Low cost facility that can be enjoyed by and improve health of all ages

No local facility - residents have to travel to membership only gyms

Children friendly sessions



Cafe

Create a welcoming space where our community connects over delicious and healthy food with a preference for locally sourced ingredients

We aim to inspire well-being by celebrating fresh, seasonal ingredients, offered at a sensible price

Our cafe will be an accessible meeting point for our community



Wellbeing/early childhood

Support families through pregnancy, birth and beyond

Improve access to services to provide appropriate and relevant development opportunities for the youngest members of our community - access to health visitors and early development specialists

Our nursery is an asset to the village, but it is childcare - we would like to provide a space where families can have shared experiences i.e. hypnobirthing, baby massage, baby yoga, music groups, baking classes



Social and community hub

Create a community hub for all ages - a safe, warm space for all

Art classes

Board games, dungeons and dragons, warhammer

Learning hub for new skills, i.e. digital support, online shopping

Accessible movement - yoga, pilates

Table tennis

Volunteer opportunities (teens and other community members - be part of creating the hub)



The location

Land bequeathed to KHPC for purposes of community recreation, not currently used

Access from A59 so no increased traffic to village

Remained flood free during exceedingly wet winter 2023/4

Walkable from both KH and GH

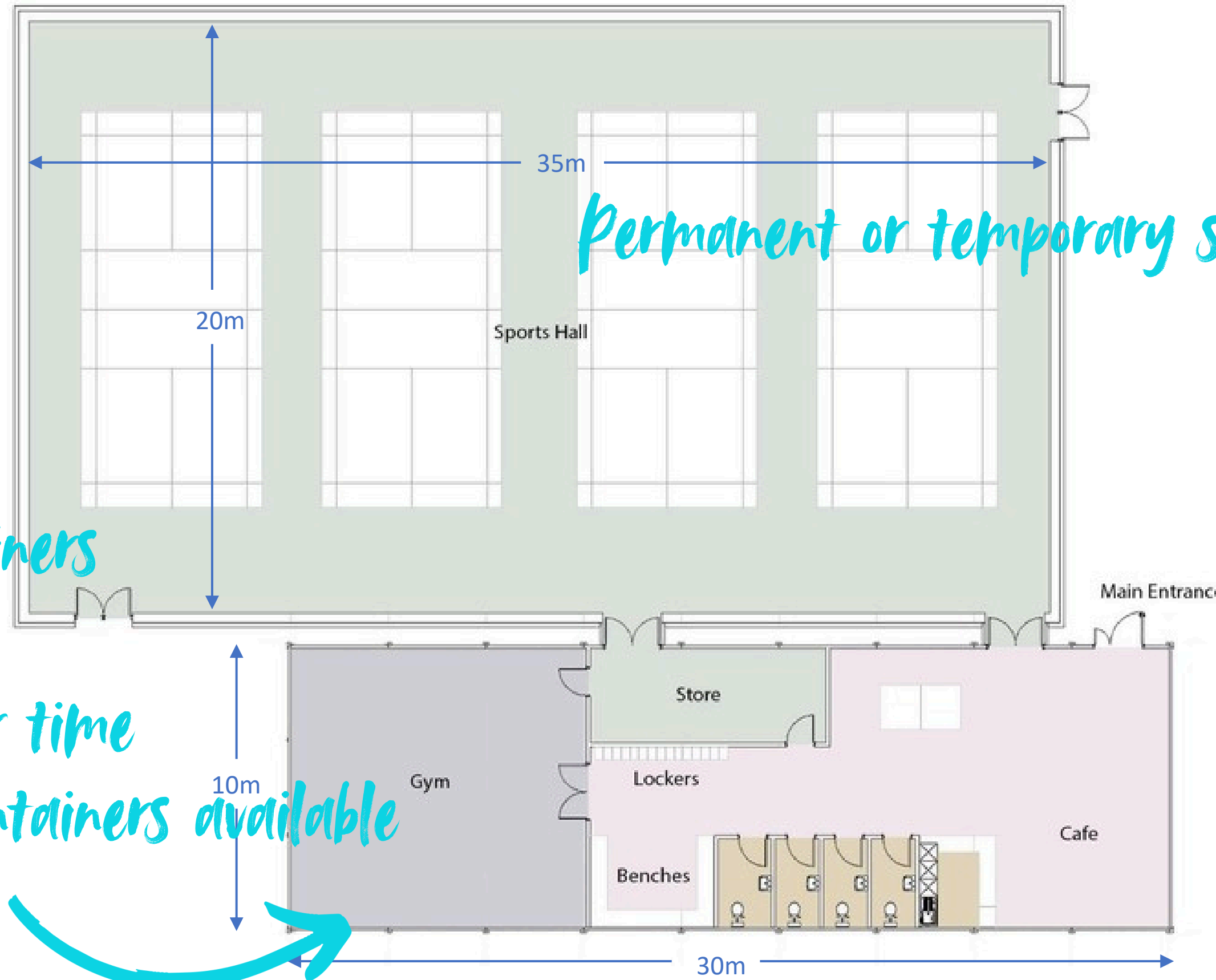
Provides a local facility reducing need to travel

Not overlooked by housing



Photo taken 9 Feb 2024
Field remained flood free
during exceedingly wet winter





Permanent or temporary structure

Shipping containers
option to hire
can modify over time
second hand containers available

Outline business model

Use of facility provided at lower cost to those living in local area - facility aimed to be accessible to all

Hire community space to local wellbeing groups

Commercially run with all profits invested back into business and local community

Local employment opportunities



An abstract background on the left side of the slide featuring various colorful geometric shapes and patterns. There are circular and semi-circular elements in shades of blue, orange, and green, some with internal patterns like stripes or checkers. The overall composition is layered and vibrant.

What is a CIC?

Special type of company for social enterprises with a social mission

Profits and assets used solely for public good

Social Purpose: Commercial activities to benefit the community

Legal Structure: Registered company with additional social mission regulation

Governance: Directors balance stakeholder interests and social mission



Local investment

We will seek local investment from local businesses,
communities and individuals

Funding

Grant funding

national lottery, sport england, peoples postcode
lottery, local grant funds



SPORT
ENGLAND



plant wild flowers around field

The environment

use local produce and suppliers

encourage sustainable travel

Walkable from KH and GH

Reduces need to travel to other indoor locations

Sustainable buildings

Would attract passing commuter traffic without increasing traffic to villages themselves

Proposed installation of EV charging points and bike racks

a space for charities...

<https://www.sportingmemories.uk>

Aimed at reducing isolation and promoting mental and physical health in older age

<https://northyorkshiresport.co.uk>

creating happy and thriving communities that mean people are living more healthily for longer in a fairer, more equal society

<https://www.game-therapy.co.uk>

provides innovative, evidence-based therapeutic games (“Dungeons and Dragons Therapy”) to groups at risk of social isolation.

What now?

We are asking the Parish Council to consider whether it could potentially support this opportunity for the recreational field

If so, we will engage with the community about our plans and put together a formal business plan and planning application

Is there anything you would like considered in that plan?

Thank you

Appendix

What is pickleball?

STATS

Combines elements of tennis, badminton, and table tennis.

Played on a badminton-sized court using solid paddles and a perforated plastic ball; typically played as doubles

Fastest-growing sport in the United States, and UK popularity increasing quickly

US participation growth rate of 223.5% over last 3 years

3rd largest sport in US in 2023 based on participation in (behind only running and cycling)

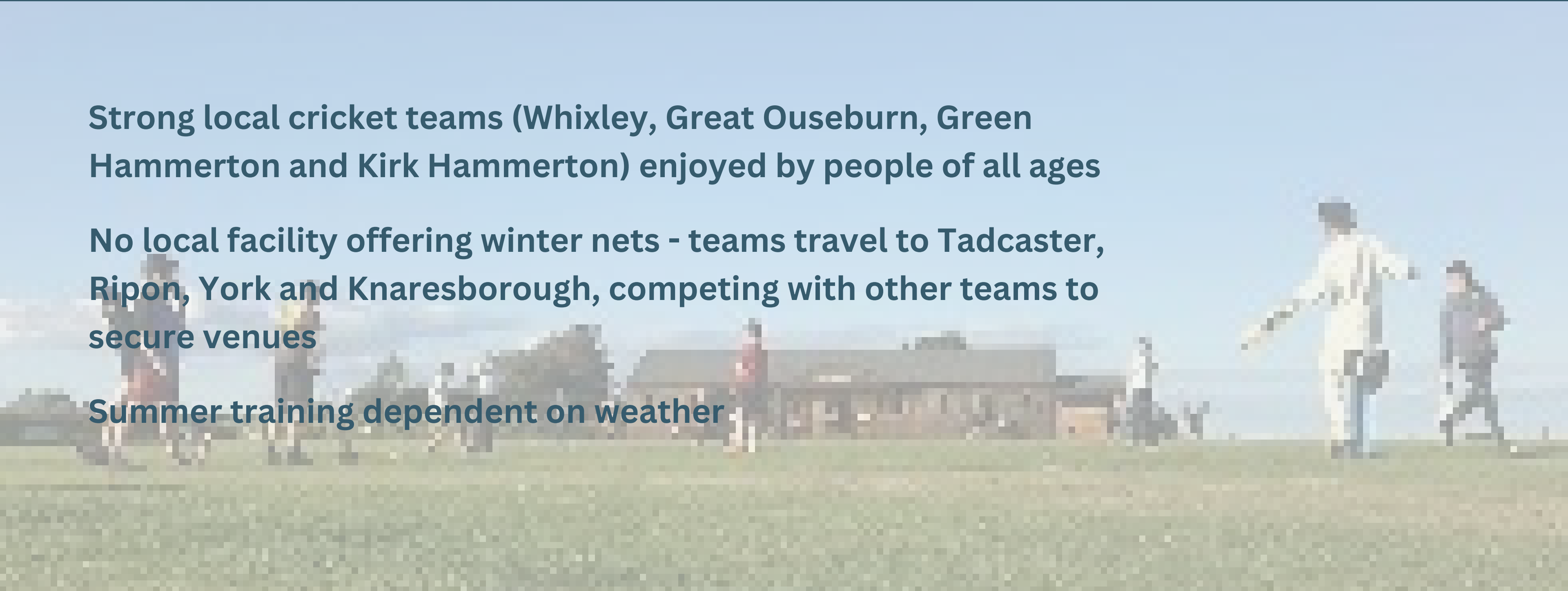
Played by wide age range of people with players aged 55 and over largest single age bracket (20% of total participants)

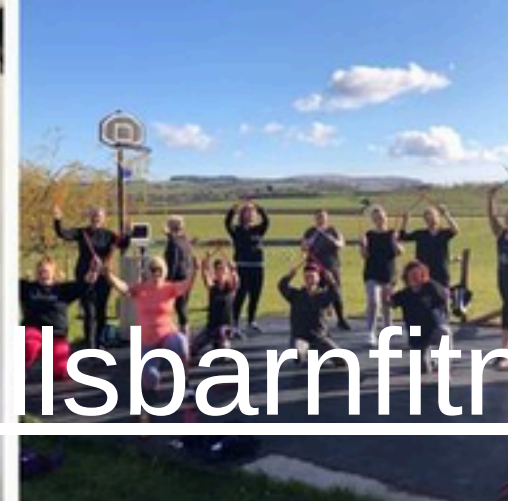
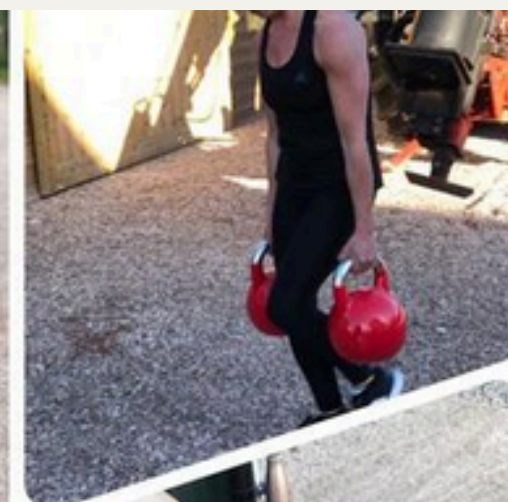
Cricket nets

Strong local cricket teams (Whixley, Great Ouseburn, Green Hammerton and Kirk Hammerton) enjoyed by people of all ages

No local facility offering winter nets - teams travel to Tadcaster, Ripon, York and Knaresborough, competing with other teams to secure venues

Summer training dependent on weather





A gym for all

<https://www.redhillsbarnfitness.com>

CIC governance

The primary duty of CIC directors is to serve the CIC's community purpose and ensure its operations will help it achieve its intended outcomes.

We will build trust and confidence through being open and transparent to the community and stakeholders that the CIC serves

Board will include community representatives.

Adults and older adults:

protects against cardiovascular disease, stroke, diabetes, and some cancers
improves mental health, decrease in stress and anxiety
can improve memory, help prevent cognitive decline and enhances brain function
social connection promotes independent living and feelings of wellbeing

Parents:

ability to drop in with babies/classes with babies
use the equipment whilst children are in the nets/on the way home
drop in sessions really important for flexibility

Young people:

promotes feeling of belonging and contributing to a community
ease and independence of access promotes life long active living
provides year round social connections reducing anxiety and low mood - helps
young people meet life's challenges

“As a local resident and cricket coach this facility would be incredibly exciting. We have over 60 juniors and 40 seniors at Whixley, numbers which are replicated at other clubs around the area and there is nowhere for winter nets or rainy day training. Players have to travel far and wide for indoor facilities and gyms - we are a thriving cricket area and could do so much more for the local sporting community.”

Richard Lumb - Whixley and NY cricket coach

This is a fantastic local opportunity for community, health and social bonds. Movement can help people feel more independent, more productive, can facilitate social relationships and help people feel happier. We would be very fortunate to have this facility on our doorstep.

Dr Jackie Hargreaves, Senior Lecturer in Exercise and Health, Leeds Beckett University.