

Operated by



Move More Feel Better

Registered Charity No. 800760

TRUSTEE INFORMATION PACK



Visit Our Website:

www.valleyleisure.co.uk





“Valley Leisure is not just two words on a piece of paper, it is a group of people who are dedicated to doing one thing; helping people.”

Gavin Scott-Duncan

Chairman

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...move more...

WELCOME MESSAGE



Chris Attrill

Chief Executive Officer

Thank you for your interest in Valley Leisure and our mission to inspire people to **move more and feel better**. We're looking for new trustees to help shape the next chapter of our journey – people who share our passion for wellbeing, our belief in the power of movement, and our commitment to making life better for the communities we serve.

Movement really is medicine. Whether it's a walk in the park, a swim, a dance class or a tailored exercise programme, everyday activity is one of the most powerful tools we have to protect against poor health and improve quality of life. The best part? It's never too late to start.

For more than 30 years, Valley Leisure has championed this message. Since our beginnings in 1987, we've evolved from managing Test Valley's leisure contract into a bold, independent charity delivering innovative, person-centred services. From the Riverside Activity Zone to the I Can Therapy Centre – and most recently, the launch of I Can Connect – we're reaching more people than ever before, with a focus on those who need our support the most.

This is a defining moment in our story. If you're energised by the idea of combining commercial thinking with social purpose, and want to make a lasting difference to people's lives in Andover and beyond, we'd love to hear from you.





OUR SERVICES

Riverside Activity Zone

An exciting family-orientated leisure entertainment venue in Andover. In November 2024, Valley Leisure signed a new 12-year lease which will see Riverside Bowl transform into Riverside Activity Zone, with the ambition to become Hampshire's number one family entertainment centre.

The lease secures additional floors, allowing phased development. Phase one (including a 36-player, 4D interactive immersive laser tag arena - one of the largest in the south of England) opened in early 2025.

Currently, the site also offers upgraded 8-lane ten-pin bowling, indoor Glo-Golf, Augmented Reality Darts, Shuffleboard, food and drink, and amusement machines.

Outstanding customer service is at the heart of the experience – and it shows in our glowing reviews across Facebook, Google and TripAdvisor. The site presents a unique opportunity for Valley Leisure to be recognised for delivering unparalleled activities all under one roof.

Income from Riverside Activity Zone enables us to fund pivotal community work.



I Can Therapy Centre

The I Can Therapy Centre is more than a gym - it's a vibrant, life-changing community where older adults and those with long-term health conditions rediscover strength, independence and connection through movement.

Customers are welcomed into a supportive, non-judgemental space equipped with safe and adaptable power-assisted exercise machines, specifically designed for those managing mobility issues, disability or chronic illness. It's a proven model that bridges the gap between clinical rehab and mainstream fitness, empowering people to take control of their health, often after they've been told there are no other options.

Every session is underpinned by research-backed practice and behaviour change principles. But it's the results that speak loudest:

- A 24% average improvement in lower limb strength
- A 17% improvement in mobility
- A 14% gain in shoulder flexibility
- And a Net Promoter Score of 75 — more than double the leisure industry average

From those recovering from strokes and falls, to people managing conditions like Parkinson's or arthritis, stories like Peter (95, stronger after a fracture than most people decades younger), Linda ("it gave me back myself and my mental health"), and Noel (who's playing saxophone again at 92) showcase the human impact.

Customers often travel across the region to attend, and referrals are strong - from friends, families, and health professionals alike. Group sessions like 'Steady and Strong' help prevent falls by improving balance, and there's a strong sense of camaraderie as people rebuild confidence and community.

If you want to read some case studies of our work then please follow the below link:

<https://www.icantherapycentre.co.uk/impact/>



I Can Move More 2025 - 2030

Launched as Valley Leisure's next step in active ageing, I Can Move More sets out our vision to be the leading community provider in the South of England. Rooted in the values of Empower, Excellence and Community, the strategy is designed to help adults age positively through education, opportunity and connection.

At its heart is the belief that ageing is changing. More of us are living longer, but not always in good health. By expanding in-person Therapy Centres, developing new online services, and delivering at-home programmes, we'll reach people wherever they are. We'll also grow communities, both local and digital, that inspire confidence, motivation and belonging.

The strategy tackles the big challenges- frailty, falls, isolation, and health inequality -by focusing on functional fitness and behaviour change. It will also equip carers and partners with training to better support older adults.

I Can Move More is about building capability, opportunity and motivation at scale - so that more people can stay active, connected and independent for longer.

LIFE CHANGING IMPACT

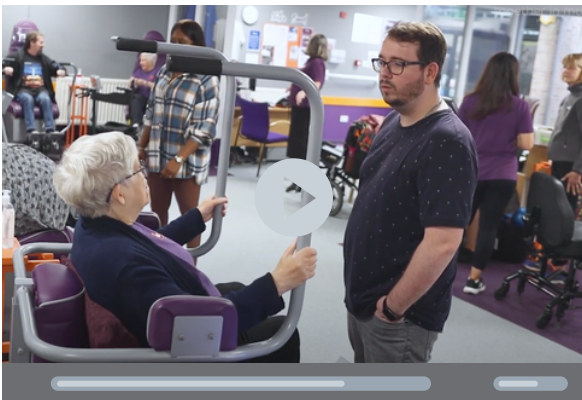
If you are viewing this candidate pack digitally, you should be able to click the videos below to play them directly on your device. If you are having any problems, or have printed this pack, then you can visit the I Can Move More YouTube channel by visiting <https://www.youtube.com/@icanmovemore>



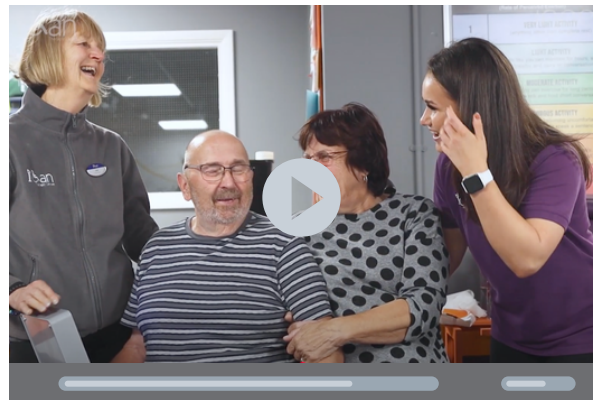
What impact has I Can had on your family and friends?



Meet John - Post Surgery



Meet Martin and his mum Barbara



Meet Kerry - Arthritis and Mobility

LOOKING AHEAD

To realise our ambitions and grow our impact, we're looking for trustees who can help take Valley Leisure to the next level.

The Riverside Activity Centre is brimming with potential – not just as a place where people come to move more and feel better, but as a commercial engine that can fuel our charitable mission. With the right guidance, we believe the Centre's model could be replicated, its reach expanded, and its income streams grown to fund even more life-enhancing work across the community.

This is a charity on the move. We're looking for people with entrepreneurial flair, commercial acumen, financial insight, and a passion for Andover and its people. Whether you're an income generator, a business builder, a strategist, or someone who knows how to turn vision into action, there's a place for you on our board.



We need trustees who bring a wider mix of skills to:

- Drive commercial growth to fund greater social impact
- Shape and deliver an ambitious, community-led strategy
- Strengthen financial oversight and sustainable income generation
- Champion innovation in fundraising, partnerships and services
- Use policy insight to guide strategic decisions
- Leverage digital tools to expand our reach and effectiveness
- Build strong networks and help us unlock new partnerships and possibilities
- Foster a supportive, inclusive culture for staff and volunteers

You might bring professional expertise or lived experience – or both. If you care about helping people lead healthier, happier lives, and you want to help shape a bold, sustainable future for this charity, we'd love to hear from you.

YOUR ROLE AS A TRUSTEE

As a trustee, you'll be part of a passionate team helping to shape the future of Valley Leisure. This is a voluntary role where your insight, experience and enthusiasm will help drive positive change for the people of Andover.

You'll give around half a day each month – enough time to make a real impact, while fitting around your other commitments. Meetings are usually held in person at one of our two vibrant centres, giving you a direct connection to the people and places we serve.

Main responsibilities

As a trustee, you'll play a vital role in guiding Valley Leisure and helping us deliver on our mission. Your responsibilities will include:

- Ensuring sure we comply with our governing documents, charity and company law, and all relevant regulations
- Helping us stay focused on our charitable purpose and long-term goals
- Actively participating in bi-monthly board meetings
- Supporting the Chair in overseeing the CEO's performance and remuneration
- Shaping our strategic direction, reviewing policies, and evaluating our business plans
- Protecting and promoting the charity's values and reputation
- Ensuring we're well-managed, making the best use of our people and resources
- Overseeing financial health and identifying and managing risks
- Acting as an ambassador for Valley Leisure, helping us build strong relationships with partners and stakeholders



About you

You believe in what Valley Leisure stands for - you're respectful, purposeful, and ready to think creatively about how we grow and adapt.

You don't need to know everything on day one, but you're someone who's curious and committed. You take the time to understand the charity's work and goals, come prepared to board meetings, and contribute with energy and insight.

We are looking for trustees of a calibre who, with support, could in time be considered for the role of Chair. That means you'll help us spot opportunities we might miss - using your networks, experience or fresh perspective to open doors, spark ideas, and champion what we do. If you have sound judgement, listen well, think strategically, and care about making a difference, we'd love to hear from you.

We're especially interested in people with experience in areas like supporting people with long-term health conditions, charity leadership, evaluating impact, health innovation, marketing, finance, HR, or the law – but we welcome all backgrounds and perspectives.

If you've never been a trustee before, don't worry – we're here to support you. We're committed to making adjustments where needed and ensuring a smooth, inclusive welcome.

Whether you're rooted in Andover or simply inspired by our mission, your contribution could help shape a healthier future for many.





HOW TO APPLY

Valley Leisure is proud to be working exclusively with Charisma Charity Recruitment on this important appointment.

We warmly welcome applications from people of all backgrounds and experiences. We are committed to inclusive recruitment and do not discriminate on the basis of any protected characteristic.

To apply, please submit your CV and a supporting statement via the [Charisma Charity Recruitment website](#).

If you'd like an informal conversation about the role, please contact Adam Stacey, CEO at Charisma, at info@charismarecruitment.co.uk or on 01962 813300.

Ready to play a part in something meaningful? Apply now and help us shape the future of Valley Leisure.

Closing date: 24 November 2025