

## Mansfield leisure centres awarded Carer Friendly Organisation Quality Mark

Three leisure facilities in the town have been awarded Carer Friendly Organisation Quality Marks by the Nottinghamshire Carers Association. This accreditation demonstrates that each of the facilities is able to provide support and signposting to people caring for others, as well as offering free sessions to carers.

Carolyn Hallam, Health and Wellbeing Manager for the More Community Leisure Trust, which operates the three centres - Rebecca Adlington Leisure Centre, Water Meadows Leisure Complex and Oak Tree Leisure Centre - said:

“Not every carer recognises that they are actually classed as a carer and that there is help out there for them. They may just think they are looking after a family member but it is impacting on their life as they get less opportunity to come and use our facilities. As a carer-friendly organisation we have the information to pass on to people so they can access more help, if needed.

“We have team members at each of the centres who have gone through training provided by Nottinghamshire Carers Association, which has provided them with the knowledge to better support those people caring for others in this community.

“If you are a carer or know of a carer who needs support to use a leisure centre, please visit one of our facilities. We are very proud as a leisure trust to have achieved this quality mark.”

Any carer coming to the three leisure centres will be able to use the facility free of charge when they are with the person they care for.

David Evans, Head of Health and Communities at Mansfield District Council, said:

“It is welcoming to see this accreditation across all our leisure centre provisions district-wide. This means we have the reach to signpost and help as many residents who are carers as possible with support and sessions.

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"As well as the fantastic leisure provisions on offer at the three centres, this scheme is yet another example of how leisure can impact a community positively. Centres exist to get people physically fit and healthy but also support mental wellbeing and help residents to be better connected to their local community. For people with caring responsibilities, this is incredibly important."

The Nottinghamshire Carers Association added:

"We are delighted to be able to award our Carer Friendly Quality Mark to Mansfield Leisure Centres. The dedication these centres are showing to carers, goes a long way to supporting carers' health and wellbeing.

"Often carers go unnoticed in our communities. Our awareness raising work, and the work of these centres helps to make every carer feel valued."

Rebecca Adlington Leisure Centre, Water Meadows Leisure Complex and Oak Tree Leisure Centre are operated by More Leisure Community Trust, in partnership with Serco Leisure and on behalf of Mansfield District Council.

For more information about the trust's centres, visit the website: <https://www.mansfieldleisure.com/>

For more information about the work of the Nottinghamshire Carers Association, please visit [www.nottinghamshirecarers.co.uk](http://www.nottinghamshirecarers.co.uk)

**Ends**

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**Notes to editors:**

**About More Leisure Community Trust**

More Leisure Community Trust is an independent not for profit legal entity that partners with Serco Leisure Operating Ltd who deliver services on their behalf through a Managing Agency Agreement.

More Leisure Community Trust is committed to promoting a healthier, happier nation, encouraging people to take regular exercise and introduce more activity into their daily lives.

For more information about the trust, visit the website: <https://www.moreleisure.org/>

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