

BICESTER

LEISURE CENTRE

BICESTER LEISURE CENTRE

COMMUNITY MEMBER SOPHIE

Working in Partnership
with your Local Authority



[LegacyLeisure.org.uk](https://www.legacyleisure.org.uk)



BACKGROUND

Community grant funding from Legacy Leisure supports Sophie, a member at Bicester Leisure Centre in her ongoing recovery from COVID.

For the last six years, Sophie, a member at Bicester Leisure Centre, has been a regular gym user. But after recovering from COVID in February, she has struggled with acute, severe breathing difficulties, which has made returning to regular exercise extremely difficult.

"Staying active has been a fundamental part of my life," said Sophie. "The active lifestyle has really improved my wellbeing, and provides a sense of purpose. This grant from Legacy Leisure will help to safely support me to get back into exercising regularly."

Funding from Legacy Leisure will be used to create a specialised training programme for Sophie, enabling her to build tolerance within a range of exercises, specifically resistance training and swimming.