

case study
**Seashell
Trust**



The Seashell Trust is a charitable organisation for young people and adults with severe and complex communication and learning difficulties. The Seashell Trust Royal School Manchester caters primarily for deaf, but also profoundly disabled children.

Steve Harp, Sports Development Manager

“ When I first became involved with the school the children had minimal access to sport and fitness activities. We have worked to develop these and now they can, not only, access a range of sports and coaching but they can also participate alongside able-bodied children - an approach which encourages genuine integration.

We wanted to incorporate a fitness gym that would be accessible for day and residential students, other community groups and regular exercisers that live locally. HUR equipment enables us to attract and cater safely for this range of ages and abilities. 5 years on it has proven its worth, the machines are very robust. ”

Safe and easy to use

- HUR’s air resistance system reduces harmful stress on joints and connective tissues - making it safe for all levels of ability - whatever that ability may be.
- It produces a more consistent resistance profile that makes the movement feel smoother and easier to execute. Unilateral movements can be executed on most HUR machines.
- The system works opposing muscle groups in one exercise (concentric and eccentric phases) helping balance, strength and coordination.
- A simple to use + and – button sets the resistance level which has a near zero option and can be altered during the exercise where required.
- The private resistance dial, visible only to the user, reduces competitiveness and intimidation.



Equipment Ranges

- Mainline
- Smart Card Option

For less able/mobile and wheelchair users

- IFI Accredited Range
- Easy Access and
- Rehab Line



Bespoke options

Various adjustments, supports and enhanced safety features, such as range limiters, heart rate monitor and isometric testing, are available to suit specific user needs.



Heather Potter, Inclusive Fitness Manager

“ The gym was set up in 2005 but it wasn’t long before we needed to expand it. A lot of people come with carers and need more space; secondly it simply proved very popular. Curriculum and student use was our initial priority and significant numbers of residential students do work out after school. We wanted to make the facility accessible to the local community and work with them. An outreach programme was undertaken and now various local groups, such as MS patients, use it on a regular basis.

We offer a pay per visit option as some people cannot attend regularly because of illness or periods of hospitalisation. Others can only come once a week and they do benefit from this, if membership was the only option they would not come at all.

We believe the success of the gym is to a large extent down to the HUR equipment. There are no weight stacks and its smaller size makes it less scary looking, a lot of people find its visual appearance more appealing. For us the lack of pulleys and weights means less maintenance as there is less to go wrong. ”



Space and cost savings

Smaller, less intimidating machines, some incorporate two exercises for space and cost savings.

Silent operation

The air resistance system works silently, which improves communication for teaching.

Circuits

Quicker circuit workouts reduce demands on curriculum time.

Smart Card

HUR’s integrated IT system provides on screen video guidance and usage/performance monitoring. Exercise data collected can be used for cross curricular study in other subjects such as Maths, IT and Science. Its technology adds a dimension that students relate to.

We will be happy to discuss and/or look at your project. Please call us on 01206 798864



Our Services

- Site visit, survey and report
- Equipment selection and layout advice
- Computer Aided Gym Designs - 2D and 3D
- Provision of cardiovascular equipment and freeweights
- Equipment servicing and maintenance
- On site staff training
- On site engineer and telephone technical support
- Building work and redecoration
- Finance/leasing options