

Nominee's Name:

Annalisa Cellini

Organisation Name:

GLL

Your Nominee's place of work/volunteering:

GLL - Barnet Copthall Leisure Centre

Please provide a narrative (500 words max) about your nominee:

Annalisa is a breath of fresh air for the Barnet partnership. Not only does she have a 'wicked' sense of humour, she has grown in both her role and grown the club programme with regular seminars, themed coffee mornings and a host of other activities. She is confident, approachable, fun and exceeds expectations. She has developed her knowledge of Barnet as a community and has made over 15 partnerships with local community groups. Annalisa has also developed herself by starting to extend her Club Lead role into other centres off her own back. Annalisa is keen to grow the Club programme in Barnet, to date Club (55+) memberships have increased by 6% since Jan 2017.

Annalisa was tasked with supporting the community team with a funded project to engage older people over 65 to become physically active. Annalisa went from strength to strength during this project, without her the project would not have engaged 672 older people into physical activity with over 3,600 visits throughout the Club Barnet Project (Jan 2017 – July 2017). Annalisa researched her target audience and worked tirelessly to make this project a success. All of her outreach events were well planned and extremely well attended allowing regular satellite sessions to be set up in the community and sustained to date. Over 50% of regular sessions have been sustained and she continues to look for new community venues to support physical activity in older people.

Another one of Annalisa's strengths is her successful coffee mornings which are held every month at Copthall Leisure Centre with a different theme (nutrition, beauty, gut health, cholesterol, diabetes, dementia etc.). On average Annalisa has approximately 40 people attending, most of which are non members. These then become leads which has directly positively impacted the of growth of the Club Membership.

Annalisa has developed her own Dance Performance Group who have toured Barnet by performing at local community events including Barnet's Silver Sunday afternoon tea, coffee mornings for Barnet Homes, Church hall events and Brent Cross Shopping Centre. The Dance Performance group's biggest GLL showcase was when they opened the Annual Club Games last year.

Feedback from participants has shown how Annalisa has supported the local community into improving their health via physical activity:

"Annalisa's class has changed my life; I feel confident, healthier, fitter and have never felt better about myself".

"Annalisa has provided me with the confidence to complete exercises I haven't been able to complete in years which has supported me to being more stable and I now have a positive attitude towards physical activity".

"I am now able to walk for more than 30 minutes a day thanks to Annalisa's encouragement and faith in me".

Annalisa is very popular in the community, not only do the local residents recognise her, local Councillors are now recognising her at local events and are working with her to increase physical activity for older people.