

# Meriden Park SLZ

## Sports Legacy Zone for Watford

Client: Watford Borough Council & Watford Trust  
Address: Garsmouth Way, Watford, WF25 9DY  
Budget: £230,000  
Age Range: All Ages

### Project Story

Meriden Park serves a number of high rise and low rise buildings but had few facilities. There was a track record of anti-social behaviour in the region so the announcement of investment into the park attracted a significant amount of negative comment suggesting that it would be 'wasted' on the area.

Proludic worked closely with Watford Borough Council and Watford Community Housing Trust to challenge these perceptions and create a play and sporting legacy project for all ages to mark the Olympic year. The Sports Legacy Zone (SLZ) was designed in partnership with Olympians Steve Backley and Roger Black, the scheme spans 3000m<sup>2</sup> with a wide selection of equipment across six zones, including fitness, ball games and dynamic equipment. To enable users to get the most out of their SLZ experience we developed the innovative Virtual Coach which is accessible via a smartphone and gives users a number of videos showing them how to use the equipment. Since installing the SLZ local residents have rated the park 9 out of 10 which is a great improvement compared to the 2 out of 10 rating before it was installed. Meriden Park has now become a much-loved area by all.



After



For me this is best explained as a kind of super adventure playground for all ages, which focuses on fitness and sport. It will offer residents of all ages and abilities the opportunity to get fit, socialise and have fun.



- Dorothy Thornhill, Elected Mayor of Watford



Opening



Climbing Wall



Design



Vitality Zone



## Funding Health & Wellbeing

There are many reasons why children should play outside, from expressing creativity to running around freely, to making messes without worrying about dirtying the house. In addition to these fun reasons, there are also many health benefits that make outdoor play great for children.

- 1. Improves Vision
- 2. Promotes Social Skills
- 3. Increases Attention Span
- 4. Reduces Stress
- 5. Provides Vitamin D

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