

2025-2026 Key Achievements

8,506

Specialist Exercise Sessions Provided

305

Gym Members Supported

"It's not just a gym; it's a community."

– Gym Member

This page highlights some of Ability Bow's accomplishments over the year.
We were also nominated for two Awards to recognise our work.

Scope Award
Nomination

Listed Top 100
Changemakers
The Big Issue

70

Tower Hamlets residents supported to reduce their weight

50

Hackney residents helped to better manage their health

5

New Classes delivered each week by the end of the year

18-88

Is the age range of our gym members, with most being aged 55+

Most prevalent:
Mental Illness
Joint problems
Neurological conditions
Diabetes
Obesity
Osteoarthritis
Stroke

How We Covered Our Costs

-  **Gym Fees**
Income from people using our gym
-  **Fundraising Events**
We took part in The Big Half & London Marathon
-  **Statutory Contracts**
We worked with local authorities to deliver services
-  **Donors & Trusts**
We received support from kind donors and charitable foundations

We believe everyone should have access to exercise, no matter their ability.
Ability Bow is a collective of dedicated staff, volunteers and trustees, supported by a community of local people, donors, and others who believe in what we do.