

Friends of Hannah More

Sport England Grant



Overview to date

Since Sep 2019 as a result of the funding we have delivered **32 outdoor and 8 online activity sessions**. We have **engaged 21 women, 96% of whom are of an ethnic minority**. In our first year we were due to engage 20 women which we surpassed. Our plan from Sep 2020 was to develop some of the group to become activity leaders. After contact with our grant manager we agreed we would pivot our grant to respond to supporting the women through an incredibly challenging period. Particularly so for this vulnerable group. For most of them English is a second language, their support structures are limited and their confidence to engage with sport decreased drastically after the first lockdown. Most had just started to reengage with physical activity after having children and for some it was the first time ever. Many of the women really struggled with isolation and often became worried and anxious about leaving the house, and their mental health suffered greatly. Many have also struggled financially due to covid related furlough or job losses. We decided collectively to set up a WhatsApp group all the women could stay in touch and support one another, plus we ran a couple of online coffee mornings to check in on how everyone was doing. During these mornings we consulted with the women about different activities that might



Soumia

“During the pandemic the walks were a lifeline for me.”



Atedal,

“I never thought I would play golf, I loved it and I like being outside”



Nimco

“We had so much fun. I needed a laugh as things have been really tough.”

be available to them that would be covid secure. We also helped those who needed support getting online in the first place. Although this grant was designed for term time delivery only, we felt they needed ongoing support throughout the summer and so we ran a range of activities include summer activity camps for them and their children and starting walking. Some of the walking groups were 1to1 which gave them the chance to talk openly and feel supported.

We established a new partnership with Kendleshire Golf course and took the women to play. We saw an instant difference in their wellbeing by just being together and doing something fun outside.

Plus the sessions were run by a lady coach who made the activity fun and engaging. We also experimented with some outdoor yoga which the women felt really helped them relax. We were able to secure travel for all the women as well as creche places for those who had no childcare, so the mothers had time for themselves, which was greatly appreciated.

During the second lockdown we piloted online yoga and by this time the women were used to accessing zoom and this has become a social activity as well each week. We continued to run creche for those who required it.



LOOKING AHEAD.

Although we are only 3 months into year 2 of a 3 year project we only have £2,618 left of our initial £6998 grant. Our cost breakdown is as follows:

Coaches Fees and Expenses £2340, Childcare £1940, Transport cost £100, **Total £4,380**

We have made savings around refreshments, publicity and training through donations and partnership working, but we require further funding to maintain the participation for a further 2 years so that we can consolidate the programme and up skill the leaders as planned.

With your support we would like to continue to offer sessions for these women as it has been a lifeline for them. We do not feel these women are ready to undertake the leadership element yet, but there will be volunteers in time who may like to take this on. We have made links with other community programmes in Bristol who can offer training for us so that will be a cost saving. We would also like to begin the cycling programme in the spring as the women have also expressed an interest in that too.

We wish to request additional £1,762 for 2021 plus a further £4,380 for 2022 to ensure we can increase our reach and sustain the participation levels and develop pathways for volunteers and newly trained coaches from the group.



As a small organisation we are incredibly grateful to Sport England for your flexibility and willingness to help us navigate such challenging times and support the local communities we serve. Below are some of the comments we have received on WhatsApp or during/after the sessions.

“...I have made friends and get to practise my English too. I do sport now for the first time in years and in a pandemic!”

“Being part of this project has given me hope.”

“I stop thinking about all my problems for a while when I play.”

“I felt very alone in lockdown, but knowing the group was there to support me helped so much.”



“I never did any activity and now I’m doing two things a week, sometimes three, I feel so much better .”

We have also included regular updates on about the programme on our twitter handle @FriendsHannahM