



**LONDON
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Tackling Inequalities Fund Success Stories (June 2022)

MAYOR OF LONDON



Bexley Mencap

Project Aims:

- Weekly sessions including Zoom tennis, happy walks, stretch and relax and monthly yoga and tai chi aimed at engaging people with disabilities who were isolated through much of the covid lockdowns
- Improved physical activity levels and increasing confidence and independence as well as connecting service users with the outside world during lockdowns

Project Detail:

- Relaxed regular sessions helping participants to be more active primarily in their homes during the challenging lockdowns.
- Covid has negatively impacted physical and mental wellbeing, rebuilding confidence is key.
- Sessions are adaptable so can be done seated or standing which enabled all members to join
- Virtual groups also made it easier for new members to join as there were less anxieties around what to expect, difficulties with transport or needing additional support to be involved.

Project Partners:

Bexley Mencap, BVSC, LTA

Target Audiences:

Young people

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"I like Zoom tennis because everyone can join in. It's fun and easy, the time goes really quickly" - Liam

"I really enjoy stretch, it makes me feel less worried and calmer" - Lorraine

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Get teenage girls more active through a girls-only gym session

Project Aims:

- Increase the number of opportunities for teenage girls to access physical activity in an environment they are confident to engage in.
- Improved physical activity levels and mental health amongst teenage girls.

Project Detail:

- Collaboration between Coin Street Neighbourhood Trust and Kings College to secure sole access of a gym facility at weekends when the gym utilisation rates were very low.
- 20 week programme consisting of a two hour session per week co-designed with the target audience.
- Session split to deliver an hour of physical activity and an hour of wellness coaching using university students.
- Sessions delivered by Kings College Student Athletes to act as role models/mentors through the programme.

Project Partners:

Coin Street Neighbourhood Trust
Kings College University
Southwark Council

Target Audiences:

Women and Girls
Ethnically Diverse Communities

Mottingham Library Interactive Play

Project Aims:

- Increase the opportunities for children and young people and their families to be active together.
- Understand the ability to use such equipment to enable physical activity to be delivered in a non-traditional setting.

Project Detail:

- Collaboration between London Sport, Bromley Council and Greenwich Leisure Ltd to install interactive play equipment within a children's library.
- Six-month programme with a variety of sessions each week to attract different audiences.
- Engagement of local schools to deliver physical activity around literacy events.
- Sessions delivered by library staff

Project Partners:

Bromley Council, Greenwich Leisure Limited, Exergame

Target Audiences:

Children and young people
Lower socio-economic groups

"The sessions have been a huge success, not only have we have seen more people engaging in physical activity but we have also seen much more interactions within the library generally which makes these spaces much more viable. Given the success, we are exploring how we can roll this out to all our other libraries."

Paula Young

**Director of Culture
Bromley Council**

LEGACY HAYES WOMEN'S CYCLING

Project Aims:

- Increasing cycling amongst women in Hayes
- Creating opportunities that engage women from diverse ethnic communities

Project Detail:

- This club has been running since 2021 and has taught a range of women, local to Hayes, to cycle. What's more, many have been given the confidence to ride on the road and make independent journeys that were previously unthinkable.
- The project aims to engage women from ethnically diverse communities.
- A sense of community amongst women who had not previously met and in some cases lacked a local support network, e.g. women who are victims of modern slavery.
- Legacy has been a huge positive mental and physical impact on many women's lives in the community by providing them with freedom and greater independence socially and collectively.
- Around 90 women, who otherwise would not have cycled together have become regular cyclists

Project Partners:

London Sport
Legacy Hayes Women's Cycling

Target Audiences:

Women who are new to/estranged from cycling

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- "Thank you so much for helping me learn to ride a bike! You taught me in a few weeks what I couldn't get a hold of for years! I really appreciate it and wish you luck."
- "Coming to your cycling sessions and riding with other ladies without any prejudice has given me mental strength and coming out of isolation."

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The logo for London Sport is a white shield-shaped emblem with a pointed bottom. Inside the shield, the words "LONDON" and "SPORT" are stacked vertically in a bold, red, sans-serif font. The background of the entire image is a solid red color.

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