



Tackling Inequalities Fund

March 2021 - March 2022

The Process



EMD UK Roles



Set up and planning



Monthly check ins



Partner connections



Evaluation

Learnings



Organisations required more support with the administration behind the projects.



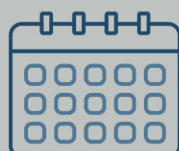
The funding supported organisations to secure further funding to continue delivery and reach more people.



The funding has opened up further opportunities for projects and communities to connect more.



Face to face activity is on the rise, however online and on-demand still has its place as the most vulnerable start to feel more comfortable post covid-19.



Working with local partners and groups who have multiple barriers to participation takes time and can sometimes cause delays to original plans.

The Projects & Overall Impact



(Member organisation)

Online exercise programme for people from lower socio-economic backgrounds to reduce isolation and improve access to sessions during lockdown.

100 participants from lower socio economic backgrounds engaged.

Delivery – Online programme for residents in and around Derbyshire.



(Member organisation)

80 in person exercise and lifestyle classes delivered to women.

50 women from diverse ethnic communities.

Delivery - In person classes for residents of Barnet & Camden.



(Member organisation)

27 online seated dance classes for people with long term health conditions and disabilities.

43 people with long term health conditions.

Delivery - Online classes for residents in Derbyshire and South Yorkshire.



(Member organisation)

10 instructors trained to deliver Sit4Tap (seated dance classes).

Over 100 participants with long term health conditions or a disability took part.

Delivery - In person classes for residents of Surrey.



(Member organisation)

Free exercise classes (dance & yoga) to build confidence and allow easy access for women from diverse ethnic communities and those from lower socio economic backgrounds.

30 participants across 2 projects.

Delivery - In person classes for residents of Birmingham.



(Member organisation)

185 classes/ opportunities delivered.

58 participants - 64% from diverse ethnic communities, 100% from lower socioeconomic backgrounds.

Delivery - In person classes for residents of London & Oxford.



(Member organisation)

20 online live classes for people with a disability.

48 participants.

Delivery – Online classes for residents of London, Hertfordshire, Coulsdon, Glen Parva, Croydon, Surrey, Leicestershire.



(Member organisation)

Gentle chaired based keep fit exercise classes for care home residents.

35% of residents aged 60+ took part in the sessions.

Delivery – In person classes for residents of East Midlands.



(Member organisation)

214 sessions delivered - mixture of online and in-person.

2,360 participants.

Delivery – Online and in person classes for residents of Bishops Stortford, Hertfordshire, Ipswich and Suffolk.

Be Lifted

THE PROJECT



To support women and young girls from diverse ethnic communities to exercise and workout in a safe space. Many who took part were single mums or on benefits and out of work and suffered mental health issues as well as domestic violence.

THE IMPACT



Growth of the organisation within the community.



Upskilling of instructors involved – safeguarding and managing a cohort.



Many stopped working out due to the pandemic or actually didn't work out at all. The sessions have promoted lifestyle changes where participants are working out in their own time.



The healthy eating sessions have resulted in new partnerships to enable access to food parcels to allow participants to make healthy meals on a budget.



Successfully secured further funding from the Sport England Jubilee fund to continue to offer these valuable sessions in the community.

FEEDBACK



"I FEEL HEALTHY AND BETTER AFTER THIS CLASS. I WILL BE COMING AGAIN NEXT WEEK."



"I'VE NOW STARTED TO GO FOR A RUN EACH WEEK. THE CLASSES HAVE MOTIVATED ME."

Dancing for Health CIC



THE PROJECT

- Seated online dance classes for people with long term health conditions.
- 1 online session per week for 27 weeks. This included a dance session as well as time as a group to create a community which supported with mental wellbeing.
- 43 participants and 328 attendances across the 27 weeks.
- Promoted to people in Chesterfield, Sheffield, Wakefield, Bolsover, ClayCross, Dronfield.

THE IMPACT



74%
Women

26%
Men



95%
have a long term health
condition.
33%
were disabled.



492
hours of physical activity.



As well as the physical health conditions participants suffered from, it was clear that mental health issues such as anxiety or depression also affected the group.

FEEDBACK



Losing my husband to Covid has been a lot more difficult than you could image. Everything in my life has changed it has affected everything I do. The daily news about Covid has also emphasised my grief and been a constant reminder that I can't get away from, that my husband died because of Covid. At first I wasn't sure about joining the seated dancing but I found Tracey and the other participants very friendly and welcoming and now I look forward to the sessions each week. I like the dancing, the music and having a chat with everyone. It's really enjoyable, the sessions have been really valuable during these difficult times. I feel more confident and I'm maintaining my fitness levels, which I'm very pleased about.

Participant



Dancing
for Health CIC

“ I try not to think about my disability and just get on with my everyday life. When the pandemic hit I had to stop my swimming. I hadn't exercised for 5 months when I found the seated dancing classes. What a difference! It stimulates my whole body and my brain. I can't thank you enough. ”

Kay, from Dronfield



Dancing
for Health CIC

“ Because I have been diagnosed with chronic rheumatoid arthritis and unfortunately have also suffered three strokes, my mobility and balance is greatly impaired. Since doing the seated dancing both my physical and emotional well-being is amazing. Both muscle strength, particularly on the left side of my body which was affected by my last stroke, and general mobility through my joints is much improved. ”

Debbie, from Sheffield



THE PROJECT



Fit4Tap provided training for new and existing instructors to upskill and deliver Sit4Tap classes in their communities where a need had been identified to offer an adapted class to support people who were unable to access current Fit4Tap classes due to health reasons.

THE IMPACT



9

instructors trained and delivering classes.



Over **100**
participants.



80%
female



50%

had a long term health condition, 20% from diverse ethnic communities, 10% had a disability and 5% from lower socio economic groups.



Supported instructors to gain further experience to be more inclusive across their delivery and reach a wider audience.



FEEDBACK



Fun and social class where I can keep fit both mentally and physically.

Participant





- Women attending the community group hadn't engaged in exercise in a long time, with barriers around cost and confidence to do so.
- Drum n Bounce offered free exercise classes to the group in a safe and familiar space, working to build confidence.

THE IMPACT



14
classes delivered.

MEMBERS

19 Women involved aged 25+

27% Asian

55% White

18% Multiracial/Multi-ethnic



The main motivation to join in sessions was to:
manage/ improve mental health, closely followed by spending time with others.



Confidence amongst the group has grown, with anxieties caused by covid-19 reducing.

72% wanted to continue with the classes.

10% had already taken the steps to join in with other activities locally after this had given them the confidence to.



Funding obtained by DrumnBounce to continue the sessions for another 32 sessions, including face to face delivery and videos for people to do at home.

FEEDBACK

Uplifting, boosted my mood, fitness, feeling healthier. Motivational.

Thank you so much for sharing your infectious energy and enthusiasm with those who attend your sessions. Today it gave me, someone who has suffered with OCD for over 12 years, the courage to join in with an exercise that involved touching a wall in a public building; something I could normally never dream of doing. What you have to share is so valuable to people like me, I wanted to say thank you and please keep doing what you are doing.
Victoria - Yardley, Birmingham





- Staff at the refuge raised concerns of mental and physical wellbeing amongst the group with limited access to activities due to personal circumstances.
- Drum n Bounce went to the refuge to offer free exercise classes to the group in a safe and familiar space, supporting with improving mental health.

THE IMPACT



Support with mental wellbeing by providing an hour away from day to day stresses and enabling them to smile and dance together.



Many of the women have children and very little time for self care so these classes gave important opportunities for that, along with movements that they can try and incorporate into their everyday to ease some of the trauma experienced by their situation.



Learnt ways to break down the language barriers present through the activity chosen (dance) using the music and moves to communicate with the women.



Reduce isolation.



Flexible instructing to support the needs of the group on the day of the session.



FEEDBACK

“The stress in my head was hurting so much before we started and now it's gone.”
Participant.

“One woman talked about the stress and pain in her head being relieved after an hour of movement. Enjoyment of the different energy created by dancing in the lounge.”
Emma, Instructor

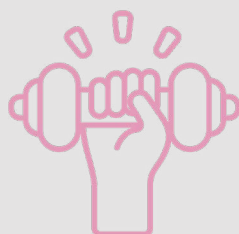
THE PROJECT

- Lack of accessible activities for women of very low socio-economic status who have experienced multiple disadvantages, often including an overlap of poverty, adverse mental health, and persistent exposure to traumatic situations.
- Participants were aged between 25-64 years and from various ethnic communities e.g. Caribbean, British, Asian, African.
- To support to reverse the affect of covid-19 on the participants.

THE IMPACT



Adapted the instructor/volunteer training to online due to covid-19 impacting those who could attend the in-person session.



54%

of participants were inactive before these sessions, with 90% saying the sessions helped to increase the amount of exercise they do.



The sessions equipped the women involved with the tools they need to thrive which has in turn supported to grow confidence, reduce social isolation to open up other exercise opportunities to them.



The need for the services theMovement charity offer has grown in demand from local charities and organisations who work with disadvantaged women.



Tested a pilot model to trial the provision of trauma informed exercise sessions outside of London, which TheMovement charity intend to expand on in other areas this year.

FEEDBACK

The way the instructor made me feel confident in doing things I never thought I could do.

Participant

Meeting the other women and having a supportive laugh.

Participant

The support of understanding what I'm going through and listen and sympathise with me.

Participant



THE PROJECT



- 76% of disabled people have reported a deterioration in their disability during the pandemic.
- Phab initially approached Para Dance UK following their initial TIF project to request live sessions for their members.
- Deliver inclusive dance classes online to disabled people to support them to access suitable classes and ease them back into exercise post covid-19.

THE IMPACT



Reduced isolation for individuals within the disability community across England.



Helping people to stay active and increase their confidence through learning something new.



Increased social engagement through connecting with others on the classes.



Opportunity for instructors to continue working, with one instructor gaining further experience and knowledge to deliver inclusive sessions.



Face to face classes are growing in demand amongst the participants, however there is still a place for online.



FEEDBACK

“The sessions made me feel happy and uplifted and provided a structure to my life. I feel motivated and have found an activity which I can take part in which is inclusive to my disability, and I hope to engage myself in more sessions with Para Dance UK in the future.”

Shahd, 27 female with cerebral palsy.

Community Warriors

THE PROJECT



- To support 100 families from a LSEG background to access group exercise sessions online through a supportive 9 week programme, offering live online classes, on-demand content and a nutrition element to support participants to understand the healthy connection between exercise and nutrition.
- 40% of participants had been ill with or were shielding from covid-19 with a further 25% feeling anxious about it.
- 28% of participants have been made redundant or had their income decreased as a direct result of covid-19.
- 63% were either a key worker or had increased caring responsibilities.
- 81% had never taken part in a sport or fitness activity before this programme.

THE IMPACT



60%

of participants spend 4 or more hours a week participating in the programme through the online portal.



Motivations to join the programme were to lead a healthier lifestyle, lose weight gained from lockdown and support to improve mental health. One participant said:

"Being part of a farm and growing things to eat, whilst showing my food intake and activity minutes everyday has helped me to lose 15lbs in 7 weeks which is an amazing achievement for me as I've struggled to lose weight."

FEEDBACK

I felt supported the whole way through and enjoyed doing it as a group.
Participant

Feeling more active and confident to workout, eating healthier and making better choices.
Participant

The constant support was exactly what I needed and now I've become the best version of myself.
Participant



The Keep Fit Association



THE PROJECT

EAST MIDLANDS

- Gentle chair based keep fit classes delivered at Smithybrook View housing Care residency in Crayford, Chesterfield.
- The project aimed to increase physical and mental wellbeing as well as improving confidence through social interaction.
- Before these sessions there had been no physical activity offered to the care home residents in the last 18 months.

THE IMPACT



35%

of the care home residents took part on the sessions.



Residents were all aged 60+.

75%

of residents said they wouldn't have accessed an opportunity like this if it was set outside of the residential complex.



100%

agreed that the sessions helped them stay active, motivated them to move and supported their wellbeing.



FEEDBACK

“ They felt better in themselves physically and also enjoyed the social side of the classes, with many then staying down in the communal area for coffee and a chat after the sessions. ”

Care Home Manager

“ I've had this physical health condition for 30+ years and this is better than any physio I've had and I've had a lot. I particularly like the leg exercises and try to do them when I'm on my own as well. ”

Participant

CASE STUDY

One tenant moved into Smithybrook View prior to the classes commencing and was struggling to get settled in and make friends. With some gentle encouragement from office staff, walking down with them, they were able to join in sessions and were introduced to other tenants. This then helped them to feel more comfortable and they were also then able to sit in the communal area and chat/have coffee with other tenants on other afternoons, so their confidence increased.

THE PROJECT

- Support people with long term health conditions and disabilities to access seated exercise classes.
- Pilot a falls prevention programme targeting those who have suffered from deconditioning throughout covid-19.

THE IMPACT



2,360
people took part in the classes.



Opportunity to embed content created for this project on their website to support with technology barriers observed.



100% who took part had a long term health condition, with 70% also being from a lower socio economic background, with 38% having a disability.



Improved mental wellbeing and increased social interaction with 'tea/chat' time after each session to combat social isolation following the pandemic.



Valuable connections with organisations and charities in order to continue developing seated and supported programmes in the future.

FEEDBACK

I always go home feeling happy after the class and less stiff after doing the exercises.
Participant

I can definitely feel that my balance has improved. I love the music and dance aspect of the class, I have even been dancing around my kitchen!!!!
Mrs S, Falls prevention pilot participant.

It has made me feel more positive and its far more beneficial than physio.
Participant

