

Together An Active Future

What did we do?

We got the green light for our project in September 2020.

Actively Ready . . . but Prepared to Fail

Since October 2020 One Voice Blackburn has worked with our female groups to ascertain why they were not active and what could get them active.



We learnt that during lockdown most of our meetings took place online. So it was very difficult for the ladies to meet. The ladies talked a lot about barriers to activity, especially during the lockdowns.



We held phone questionnaires. We also held focus groups on Zoom. We supported ladies to utilize digital platforms to become engaged with other ladies from the community. We also loaned out ipads for those that did not have equipment.

So we hit upon our first light bulb moment.

The ladies created a 'Walk and Chat' group. The ladies paired up from different household (no more than two people at a time). They discussed mental health issues and said they felt much better after walking and talking.



We then got our second light bulb moment:

We got our sports coach to run some Zoom sessions with the ladies while they were at home. Many switched off their own cameras but watched our instructor and they duly copied.



More achievements

Once we conducted further focus groups and conversations, and restrictions were eased, more great ideas came to the fore.

Cycling

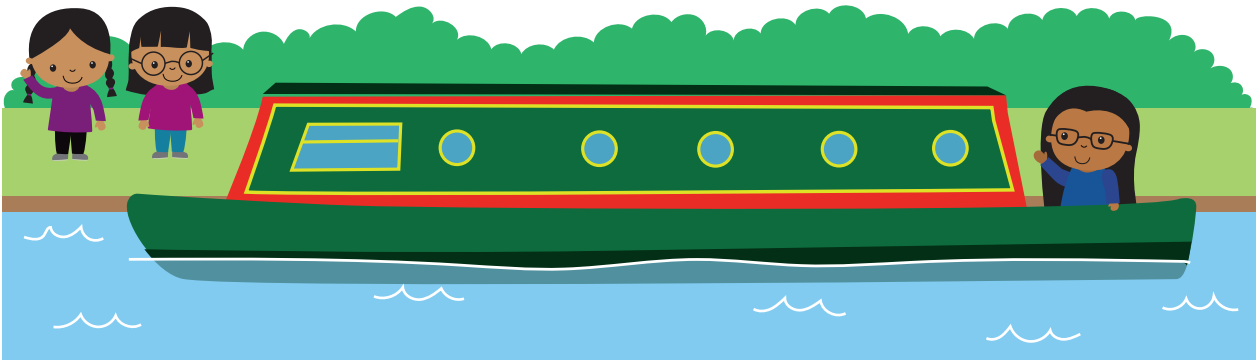
Cycling is frowned upon from some sections of our community, especially for ladies over the age of 30. One of the ladies encouraged others to pick up a bike and have a ride. And they did. It started with a few, and now more than six ladies often meet in empty spaces and have a ride. The results are mighty impressive. Some have even posted themselves riding a bike on social media.



One of the ladies then suggested that they should organise visits to landmarks where they could take part in some walks or also some physical activity.

Barge experience

The ladies then visited the local barge, going along the canal, through visiting the Barge a couple of ladies have taken their children to experience the Barge and a couple have decided to take part in paddling on the board which they would not have done if the group had not visited.



Judo

The ladies had another conversation over a cup of tea in Bangor St Community Centre, Blackburn. One lady suggested trialling judo to take out their anger and frustrations. We held two judo sessions as a result.



The next stage

One Voice Blackburn are wanting to continue to trial further activities over the coming months.

We want to continue engaging with the ladies in the existing activities.

We want to gather feedback on all activities and the ladies will then decide which activities to continue on a long term basis.