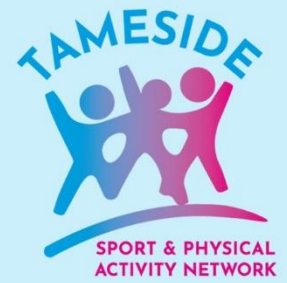


# Tameside Sport & Physical Activity Network - Case Study



## **Subject – Tackling inequality through Physical Activity**

### **Overview**

The Tameside Sport & Physical Activity Network is an independent organisation supported by Active Tameside. Its main aim is to give 1-1 local support and advice to all affiliated members on any aspect of club or group development within the borough of Tameside. The network is now working with over 100 clubs and groups within Tameside.

### **Name of Club/Group – Tameside Women’s Community Cycling Group (TWCCG)**

#### **What you said; -**

“We are keen to develop a friendly women’s only cycling group for of all ages and abilities ‘The aim of the group is to bridge the gender gap in cycling and address social and cultural issues’ and to show people how to ride a bike safely both on and off road using the Bikeability road safety training framework.

We want to get all of our group members to become more physically active and to make physical activity the norm within people lives in a safe environment, this group will also become a social hub for all women to create long term friendships through being part of this new community.

We need to remove barriers to participation by providing provide bikes and equipment and develop our workforce to be able to cater for the demand, we also need to look to secure a regular facility booking which is central within Tameside which for the short term is subsidised or at a very low cost.

#### **What the Network did to support the Club/Groups: -**

The Tameside Women’s Community Cycling Group (TWCCG) formally affiliated into the Tameside Sport & Physical Activity Network (TSPAN) and went through a full group support audit which identified actions for development over a 12-month period, this included funding, group management, governance, training and securing facilities for provision to be delivered.

The Network joint wrote a funding application to the Sport England tackling inequalities fund, this was for equipment, coach education and marketing, this was successful, and the group have been awarded £3,050 to help them develop and grow to become sustainable.

The network linked the group up with the Tameside Reporter to raise its profile and to make more women in Tameside aware of the opportunity to take part in Cycling.

#### **The outcome and result: -**

The group received help from Active Tameside by securing 3 FREE sessions at the Tameside Cycling circuit, the first session was fully booked with over 15 women attending each hourly session, the group will now be holding regular sessions and have identified new group members to become qualified Bikeability instructors to cope with future demand, the group now are fully constituted with the correct governance in place.

The group are going to purchase more equipment using the Sport England grant funding and are looking to develop a 12-month action plan supported by the network to ensure they have key objectives and actions in place to make the group sustainable for future generations.