



Shared Learnings

Together Fund

About

The Together Fund program invested in local community groups engaging non-active audiences. This document outlines partner achievements and reflections, paving the way for future work to promote physical activity and community engagement.



Women & Girls Projects

Funded Projects

Money Invested



Participants Engaged

Long-Term Health Conditions

10 (2.4%)

Girls (Under 18)

19 (4.6%)

Disability

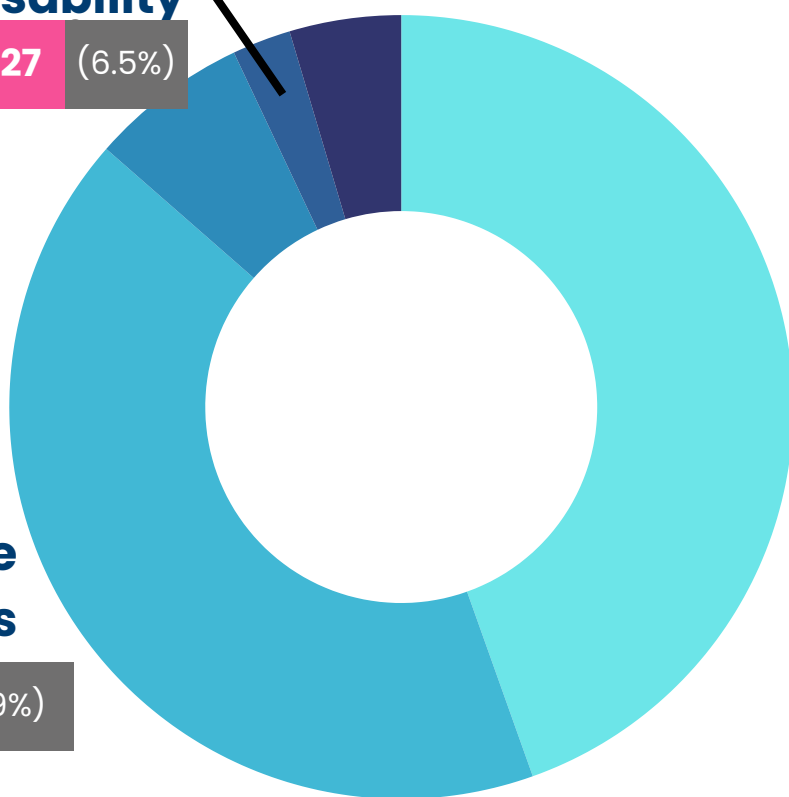
27 (6.5%)

Culturally Diverse Communities

184 (44.6%)

Low-Income Groups

173 (41.9%)





Impact

We worked with **8 women and girls organisations**, all 8 of whom were new funded partners for MSP. We worked with these organisations to understand their needs and their local communities to develop projects that supported their audiences to become more active.

1 Reached Vulnerable Communities

Successfully engaged people from areas of highest deprivation and need.



2 Improved Health Outcomes

Women reported enhanced health and wellbeing outcomes.

3 Advocacy and Connection

Connected with local councillors to advocate for issues specific to marginalized communities.



4 Expanded Services

Women engaged in additional services such as mental health and financial support.

5 Enhanced Wellbeing

Physical and mental wellbeing improved, leading to decreased isolation and increased community engagement.

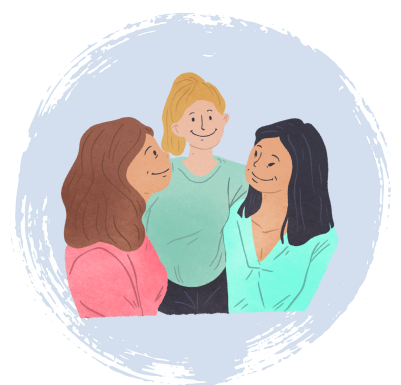


6 Social Benefits

Women reported improved relationships and friendships through attending activities.

7 Enhanced Wellbeing

Physical and mental wellbeing improved, leading to decreased isolation and increased community engagement.





Learnings

1 Sustainability Challenges

Finding alternative funding sources and ensuring continued physical activity post-project.



2 Language Barriers

Overcoming language barriers by focusing on activities requiring minimal English.

3 Seasonal Considerations

Recognising childcare needs, especially outside of summer months, to ensure attendance.



4 Addressing Mental Health

Offering a variety of activities to cater to different needs, including those with severe depression.

5 Overcome Barriers

Providing support to overcome practical barriers to participation improves delivery and participant health.





Sustainable Strategies



Diverse Exercise Options

Introducing various forms of exercise to motivate women towards an active lifestyle.



Collaboration & Support

Working closely with funders and stakeholders to secure future funding and support.



Participant Consultation

Consulting with participants to tailor offerings and ensure continued engagement.



Call to Action



Target Outreach

Increase efforts to reach individuals residing in areas of high deprivation and need, ensuring equitable access to health and wellbeing programs.



Women-Centred Support

Expand initiatives aimed at enhancing the health and wellbeing of women, including mental health and financial support services, tailored to their specific needs and challenges.



Advocacy & Collaboration

Strengthen partnerships with local councillors to advocate for issues relevant to marginalized communities, amplifying voices and driving systemic change.



Holistic Engagement

Encourage women to participate in a range of activities beyond physical exercise, fostering social connections and empowerment within their cultural communities.



Sustainable Empowerment

Develop strategies for long-term sustainability, including sheltering alternative funding sources and actively involving participants in shaping programme offerings to ensure continued impact and participation.