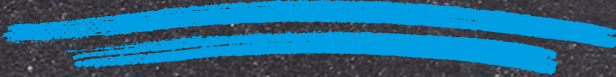


Together Fund

Phase 4 Case Study



Purpose

Woman Arise CIC is a Manchester-based organisation that has been offering Afrofit sessions, funded by GreaterSport, to women in Gorton, an area with long-standing inequalities.

Afrofit is a physical fitness activity that brings together women from various backgrounds to connect, exhale, and engage in physical activity.

The funding provided by GreaterSport has enabled Woman Arise CIC to provide a safe space for women in Gorton to connect, contribute to policy, and engage in physical fitness activities.

The organisation partners with other women-led groups, Angels of Hope for Women and Bollyfit CIC, to create a momentum that increases reach and impact on the community.



Manchester

Outcomes

- Reduced isolation and develop peer friendships of people going through similar circumstances.
- Weekly sessions that created a safe space for women from diverse communities to connect and move.
- Increased physical activity.
- Improved mood and general well-being.



“Afrofit helps me mentally and socially and emotionally. It has helped me to have the motivation and confidence to want to change who I am. The coaches are really friendly and supportive, and everyone is so encouraging to each other.”



“I joined Afrofit and discovered ‘Me’ time, made friends, felt a sense of belonging. I’m more confident and enthusiastic about things. It’s improved my mental health and physically I feel great!”

Impact

The funding provided by GreaterSport has enabled Woman Arise CIC to provide a safe space for women in Gorton to connect, contribute to policy, and engage in physical fitness activities.

The organisation partners with other women-led groups which has been critical to the organisation's success in bringing women together from backgrounds that have faced discrimination and systemic racism.

The programme's impact is especially significant in light of the longstanding inequalities that persist in the area. Afrofit has had a transformative effect on the lives of its participants, increasing participants confidence, and enable them to make friends .

