

Together Fund

Phase 4 Case Study



 Sessions	 Adult Males	 Adult Females
20	18	33
 Ages Range	 Young Males	 Young Females
3 years – 61 years	25	51

Yuvanis Family Sports

Greater Manchester Moving > ^ < v

Purpose

The purpose of this project was to engage with parents from the South Asian community of Oldham to tackle the observed increase in inactivity of these communities utilising a cross-generational approach.

The project aims to:

- Improve physical and mental health for adults and young people
- Healthier family relationships
- Increased confidence in both parents and children
- Increased personal sports participation for parents and children
- Increased peer social networking opportunities for a better active community.

Outcomes

- Increased physical activity for both children and parents
- Recruit and retained parents to Adults Group Cycling Project and Mums & Tots
- Healthier family relationships
- Increased confidence in both parents and children

Impact

The Family Sports project has been an extremely useful platform to use for engaging both young and old members of the BME community of Oldham.

While the primary purposes of the project were to encourage taking a family approach to physical and mental health, it also became a platform for signposting people to our other activities and services.

There are many parents who joined us who don't otherwise do any physical exercise throughout the week. There were also many parents for whom this was the first time they ever played any kind of sport with their children.

"I always watch my son playing football and see the joy in his face when he plays. This was the first time I got to join him in playing football, and the joy on his face each week was just different. When I'd score a goal he would jump with joy."



Oldham