

Beyond the Funding, Sustaining your Programmes

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Current Programs

Swimming for Bangladeshi Muslim Women

The funding finished in October 2022, but activity is still running.

Sustainability due to fee paying scheme, training volunteers as lifeguards.

Other communities can hire these lifeguards resulting in financial independence for marginalised women and community resource sharing.



Current Programs

Weekly **Chair Pilates classes** open to men and women from all diverse communities

Extremely popular, with 32–35 people attending every session – reporting improved breathing, posture, joint flexibility and friendship





Current Programs

- **Badminton Club**
- Ran funded family Badminton classes till Nov 2022
- Participants were keen to continue & established Medway Badminton Club themselves
- They became members of a leisure centre, which allowed them to use the courts for a nominal fee.
- Today, Club has 30 members, holding annual tournaments





Recent Programs

- **Moving Together exercise classes** for Eastern European women
- Strengthened community cohesion, connected isolated people & young mothers through physical activities
- Established a peer support group



Steps taken to sustain the activities

- **Ensuring venue is accessible** – parking facility, close to public transport, disability access, car share, room with plenty of light, windows and heating
- Recruiting **multi-lingual tutor** and coordinators
- Initially free but **charging a reasonable fee** post funding. Can be a double-edged sword.
- **Empowering community groups to become trainers.** Helps to save costs and gain useful resource in the community.
- **Encourage BME communities to take ownership of their health and self-care.** To ensure success- deliver a combination of general & bespoke sessions
- It may sound simple – **ALWAYS** reward & acknowledge the contributions of the participants & volunteers- certificate of thanks, Time Credits, newsletters & social media.
- Build partnerships with service providers, leisure centres and voluntary organisations