



Go 4 Girls

MARCH 2020-DECEMBER 2021



**SOUTH RIVERSIDE COMMUNITY DEVELOPMENT
CENTRE, BRUNEL ST, RIVERSIDE, CARDIFF CF11 6ES
02920220309**

THE PLAN

THE INTENDED PLAN WAS TO WORK WITH 120 GIRLS FROM THE COMMUNITY AND AS A RESULT OF THE CHALLENGES OF COVID 19 AND 2 LOCKDOWNS WE WERE ABLE TO WORK WITH 24 GIRLS AND YOUNG WOMEN AND ENGAGE THEM IN 8 DIFFERENT SPORTING ACTIVITIES AND 1 EVENT. SO IN ESSENCE WE WORKED WITH THE 24 YOUNG WOMEN WHO ATTENDED 10 FOOTBALL SESSIONS, 10 BASKETBALL SESSIONS, 12 CRICKET SESSIONS, 28 ROCK CLIMBING SESSIONS, 6 HIGH ROPE SESSIONS, 4 NINJA WARRIOR SESSIONS AND 2 FLUIDITY FREE RUN ACADEMY SESSIONS BETWEEN MARCH 2020 AND NOVEMBER 2021.

THIS PERIOD WAS AGREED TO BE EXTENDED DUE TO THE IMPACT OF THE PANDEMIC AND THE LOCKDOWNS AND WE ARE EXTREMELY GRATEFUL FOR THE SUPPORT OF FUNDERS FOR THIS.



IMPACT

24 BLACK, ASIAN AND ETHNIC MINORITY GIRLS HAVE BEEN INVOLVED IN THE PROJECT DURING THE TIMESCALE.

3 TASTERS ARRANGED-CYCLING, FOOTBALL AND CRICKET

7 SPORTS ACTIVITIES HAVE BEEN FACILITATED THESE INCLUDE FOOTBALL, BASKETBALL, CRICKET, ROCK CLIMBING, HIGH ROPES, NINJA WARRIORS AND FLUIDITY FREE RUNNING.

1 TRIP TO WATCH CARDIFF DEVILS.

NETWORKING HAS TAKEN PLACE WITH LLANDAFF CRICKET CLUB- GIRLS GROUP AND THE GIRLS FROM RIVERSIDE HAVE BEEN INVITED TO JOIN THIS CLUB.

ONE YOUNG WOMAN HAS JOINED A HOCKEY CLUB AS A RESULT OF THIS GROUP.

THE PROJECT WORKERS ARE NOW CONSIDERING CONTINUOUS PROFESSIONAL DEVELOPMENT AND ATTENDING TRAINING TO BECOME SPORTS COACHES AND YOUTH & COMMUNITY WORKERS.

THE BLACK AND ASIAN WORKERS ALSO FEEL THAT THEY HAVE HAD AN OPPORTUNITY TO DEVELOP AND CHALLENGE THEMSELVES OUTSIDE OF THEIR COMFORT ZONE.

5 OF THE YOUNG WOMEN SAY THEY WOULD CONSIDER BECOMING SPORTS COACHES IN THE FUTURE.

RELATIONSHIPS AND NETWORKS HAVE BEEN BUILT WITH:

SPORTS WALES

CRICKET WALES

PEDAL POWER

CARDIFF WHITE WATER CENTRE

BOULDERS

CARDIFF ICE ARENA

FLUIDITY FREE RUN ACADEMY

NINJA WARRIORS UK ADVENTURE



BUILD SKILLS & CONFIDENCE

THE OVERALL FEEDBACK HAS BEEN VERY POSITIVE AND BOTH PARENTS AND THE YOUNG WOMEN REPORT THAT THIS HAS BEEN A FANTASTIC OPPORTUNITY FOR THE GIRLS TO TRY NEW CHALLENGES AND ACTIVITIES THAT THEY PERHAPS WOULD NOT ORDINARILY AND THIS HAS GIVEN THEM CONFIDENCE AND A “CAN DO” ATTITUDE. THE WORKERS HAVE PROVIDED A SAFE, FUN AND SUPPORTIVE ENVIRONMENT AND ALWAYS” GREETED THE GIRLS WITH A SMILE”.

PARENTS HAVE SEEN CHANGES IN THEIR DAUGHTERS WHEREBY TAKEN PART IN THE PROJECT HAS HELPED THEM TO GROW IN CONFIDENCE, WHICH HAS BEEN A WORK IN PROGRESS OVER A FEW YEARS.

SOME OF THE YOUNG WOMEN SAY THAT THEY WOULD CONSIDER BECOMING SPORTS COACHES IN THE FUTURE AND THIS IS VERY ENCOURAGING BEING THAT THERE IS A SHORTAGE OF BLACK WOMEN IN SPORTS.



IMPROVE HEALTH & WELLBEING

YOUNG WOMEN REPORT THAT THEY HAVE ENJOYED THE COMPANY OF EACH OTHER AND HOW THEY HAVE ENCOURAGED AND MOTIVATED EACH OTHER TO COMPLETE SOME OF THE ACTIVITIES WHICH WERE SOMETIMES DAUNTING SUCH AS THE HIGH ROPES.

THE PROJECT WAS MEANT TO START IN 2020 AND DUE TO THE WORLD PANDEMIC WAS HALTED TWICE DUE TO THE TWO LOCKDOWNS. HOWEVER, THE PROJECT HAS BEEN RE- STARTED ON THREE OCCASIONS DUE TO THIS AND A MEMBER OF STAFF LEAVING AND THIS HAS BEEN OF GREAT VALUE TO THE GIRLS AFTER SUCH A LONG PERIOD OF HAVING TO STAY AWAY FROM SCHOOL, FRIENDS AND NOT BEING ABLE TO INTERACT DUE TO THE COVID 19 RESTRICTIONS.

WE KNOW THAT THE PANDEMIC AND THE MURDER OF GEORGE FLOYD HAS HAD HUGE IMPLICATIONS ON EVERYONE’S EMOTIONAL WELLBEING AND THIS WOULD BE ESPECIALLY THE CASE FOR THE BLACK, ASIAN AND ETHNIC MINORITY COMMUNITIES. BRINGING THE GIRLS AND YOUNG WOMEN TOGETHER IN A SAFE SUPPORTIVE ENVIRONMENT AND TAKING PART IN THE SPORTS ACTIVITIES HAS CLEARLY IMPROVED AND SUPPORTED THEM COMING OUT OF LOCKDOWN.



BUILD SOCIAL NETWORKS FOR WOMEN & GIRLS.

THE GIRLS AND YOUNG WOMEN REPORT “HOW WE MADE IT TOGETHER BY ENCOURAGING EACH OTHER”.

THE YOUNG WOMEN HAVE DEVELOPED NEW FRIENDSHIPS FROM BEING PART OF THIS PROJECT.

AN ALL-GIRLS ENVIRONMENT HAS BEEN VERY IMPORTANT IN THIS PROJECT WHICH WAS VERY FRIENDLY AND SUPPORTIVE OF ONE ANOTHER.

FEEDBACK

“IT`S FAIR TO SAY IN ALL MY TIME WORKING WITH CRICKET WALES, I HAVE NEVER MET ANYONE AS CULTURALLY AWARE AS YOU ARE, IT`S EXTREMELY REFRESHING” CRICKET WALES.

“THANK YOU TO EVERYONE AND HOPE TO HAVE MORE EVENTS LIKE THIS “.

“SHE HAS LOVED IT, REALLY ENJOYED MEETING THE OTHER GIRLS AND DEVELOPED FRIENDSHIPS AND ALSO THE ACTIVITY”.





this project was funded by the
Tampon Tax