

# CASE STUDY: LOWER SOCIO-ECONOMIC GROUPS (LSEG)

In partnership with The Grand



People engaged

79



from black, Asian and minority ethnic backgrounds

70%



people with long-term health conditions

9

The Grand delivered four different projects in the community to help address the inequalities and challenges faced during COVID-19 restrictions.

## Food and Fitness

Food and Fitness sessions at the Sikh temple working with attendees aged 60+ from the Sikh community.

## Family Fitness

Working to engage families from black, Asian and minority ethnic backgrounds in Family Fitness sessions based at two local parks near primary schools, and in the Grand using equipment purchased through some of the funding allocated.

## Adult Fitness

Weekly adult fitness sessions have brought all communities together and included those with underlying health conditions.

## Youth Fitness



Working young people aged 14+ from the creative and arts groups and the wider community to engage them in youth fitness.

## The Impact



I have loved my Monday nights – the exercises sessions just make me feel better about myself and I have taken the workouts with me to do at home.

Having a local family group like we do for people from all different countries has been brilliant for the children and myself – with Chris and his games and tips around eating it has been brilliant.



## Challenges

With the continued changing government guidelines, we have had to adapt and each session to meet these guidelines and ensure the participants and staff are kept safe. The other challenges we have faced is with the sessions that take place outdoors and the ever changing weather – ensuring we have facilities and plans in place for the inevitable rainfall and bad weather.