Sally is a fitness instructor with LLeisure, who led classes for women as part of the Work It Out Together project.

“After a number of weeks I visibly saw the confidence in the exercise and movement improve...

The scheduled sessions reinforced social behaviour and a sense of belonging, i.e. showing up for me and the group...

The movement improved their well-being, self-esteem, feeling in control, as well as their strength physically and mentally.”

CONTACT US

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Visit our website for links to further reading.

HOW TO MAKE SERVICES SAFER FOR WOMEN

A GUIDE FOR THE LEISURE INDUSTRY

Work It Out Together

Broxtowe Women's Project partnered with local sports and leisure venues managed by LLeisure to deliver the Work It Out Together project - funded by Active Partners Trust.

The scheme provided safe spaces to deliver group sessions aimed at reducing isolation and loneliness for women affected by Domestic Abuse, as well as increasing physical activity.

The project led to important learning outcomes for the leisure industry on how to make their services safer for all women. This includes leisure centres, community-run activities and private businesses.

Making services safer

Making activity spaces safe

Consider female-only areas or sessions and be clear on expectations.
Demand for female-only gyms continues to rise as some women feel more confident about signing up. You should provide clear guidelines and signage explaining that inappropriate conduct will not be tolerated.

Domestic Abuse training

Ensure all staff have received training about Domestic Abuse and VAWG (Violence Against Women and Girls).
Staff will feel more confident to speak to and support women who may be experiencing domestic abuse or violence. They will understand different types of abuse which they may witness whilst at work, for example, stalking.

Female-led sessions and inductions

Clearly publicise classes which have female instructors.
Some women feel more confident attending classes led by female instructors so make sure these are available and clearly advertised. Female-led sports inductions should be available for women to book. Consider training female mentors - people who are available to accompany a woman to their first session at the gym or class to make them feel more comfortable.

Communication and signposting

Display information about safety and where to go for support.
Women's toilets and changing areas are ideal places to display posters and contact information for local support services. This could include domestic abuse, sexual assault or harassment.