

# Community Tennis Programme

## What is our Community Tennis Programme?

We deliver and plan regular weekly sessions which target specific communities in partnership with local community organisations and support services. These sessions focus their delivery to address health inequalities and provide opportunities for underrepresented groups to play tennis in their local green space.

We offer complimentary membership to the park courts and provision of equipment for community organisations so they can enable people to access the courts at a time that suits them, which sustains and increases participation.



## 2021 Summer Holiday Sessions

Weekly sessions were organised for young people from culturally diverse communities through partnerships with Imayla and Barton Hill Activity Club.

Over 100 young people got to play tennis in the park for the very first time. We have now launched a regular weekly session for these young people at St George Park.



## Current Delivery

- Walking Tennis
- Inclusive Tennis
- Mental Well-Being Tennis
- Women's Only Community Tennis
- Youth Community Tennis



We had a great time with the children who took part in the tennis sessions and they said they really enjoyed it. (Volunteer)

Our children said they loved the tennis sessions. They have never had the experience of playing tennis and we would like to see more sessions. (Parent)



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- 7 complimentary memberships provided to organisations so far, including:
- Barton Hill Activity Club
  - Bridges for Communities
  - Unseen
  - Wellbridge House

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I was delighted to find an activity that I thought might be suitable for my daughter. She has many complex needs which are not met in mainstream activities so finding something for children with additional needs was fantastic. Jonny and Helen are so patient with Hannah and if something doesn't work then they take a different approach without question. It's fabulous to see Hannah gaining skills she didn't even know she had and is so excited when she accomplishes a move. I hope she continues to improve and is clearly enjoying every minute. Watch out Wimbledon here we come!

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I find the walking tennis sessions very therapeutic. Not only as a social event, but primarily for me as a form of outdoor exercise. I always feel invigorated after the session mentally and physically.

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I really enjoy the sessions with Jonny who is always patient and encouraging. As I have health problems this gets me moving and out in the fresh air, so all positive.

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The sessions are entertaining, fun, energising and honest. They allow me to have a sense of belonging. What is good is that in spite of my mental health and back issues I have come consistently enough to feel part of the group.

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