



The **European Capital of Sport 2023 Fund** has provided an opportunity for communities to engage with the honour given to the city while creating a positive impact on the health and wellbeing of the population, particularly in the city's most disadvantaged and underrepresented groups.

The fund, delivered by Glasgow Life, aimed to inspire more local people to get active through sport and physical activity in communities across the city by supporting the establishment of new sessions aimed at underrepresented groups and community events to promote local opportunities.

The fund will had 2 strands that allowed community organisations to get involved:

- The **Celebrate** strand supported communities to come together to find out more about opportunities to take part in sport and physical activity in their local area through community events and campaigns.
- The **Innovate** strand supported organisations to create exciting programmes and activities for new audiences into their communities, breaking down the barriers to participation in sport and physical activity, particularly for groups who are underrepresented.

The fund reached all the 23 council wards across the city; each successful organisation received £750 to deliver projects that:

- Support the development of opportunities in sport and physical activity for communities across Glasgow
- Raised awareness of community sport through events and activities celebrating Glasgow as the European Capital of Sport 2023
- Helped to break down the barriers to participation in sport, particularly for underrepresented groups
- Enhance the role of sport and physical activity in the health and wellbeing of Glasgow



Parent Community Sports Trust used the European Capital of Sport Fund to deliver new dance and fitness classes to older adults and young people in their community. Targeting women and girls, the sessions were attended by 82 local people.

To find out more about of the impact the fund in Glasgow please read on.

Glasgow Disability Sport

Funding enabled Disability Sport Glasgow to run a Swimming Championships for swimmers 8+ years with a physical, sensory or learning disability in Glasgow.

117 Swimmers took part in the competition, the swimmers who took part were delighted to be back in the pool competing and meeting up with old friends.

One parent said 'It brought tears to my eyes watching my daughter meet friends she has not seen in such a long time. The excitement on her face was priceless.'



Easterhouse Phoenix Development



This funding enabled us to run a programme of cycling, aiming to increase physical activity within our local community, targeting the inactive, the marginalised and the vulnerable. We offered rides of varying abilities and lengths round the Seven Lochs Wetlands which were enjoyed by a range of ages. For many it was a surprise to find this marvellous scenery on their doorsteps.

The rides were attended by 31 local people. The parent of one participant stated, "They have gained confidence and enjoyed meeting new people, using the bikes to visit new places has been a amazing."

Giggle N Grow

The Giggle N Grow Team of staff and volunteers ran 12 sessions over 3 weeks during the school summer holiday at the Queens Park Summer Event, aimed at families with young children.

More than 1500 people attended events that had a festival atmosphere with families having the opportunity to enjoy the session in an outdoor theatre. Each session had great music where families all joined in to enjoy the music, movement and dance sessions and storytelling through music and imagination.



Glasgow Afghan United

Glasgow Afghan United were supported to establish a badminton programme on Friday mornings at the Glasgow Club Maryhill for women and girls from diverse ethnic communities.

Feedback from Tasnim, a new member of GAU "I absolutely loved the sessions; they were an incredible experience that brought me so much joy! Not only did they provide a wonderful opportunity to stay active, but being part of these activities has genuinely improved my overall well-being."

She continued "The impact has been profound, both physically and mentally. Each session left me feeling energised and motivated, and the regular exercise has significantly boosted my overall health. These sessions were so much more than improving my sports skills. One of the most amazing aspects was the opportunity to form beautiful bonds and make new friends".



Govan Youth Information Project



Govan Youth Information Project provided free football sessions on Sunday evenings for local young people. Giving them the opportunity to engage with peers, be active, improve skills while being supported by trained coaches and youth workers.

The activity allowed young people to make new friendships and bonds as well as provided a fantastic space for free to get young people active.

The sessions were fully inclusive, encouraging new and experienced players to get involved and enjoyed the activities. One 14-year girl commented "That's the most exercise I've done in ages."

LEAP Sports Scotland

LEAP Sports Scotland worked in partnership with Glasgow Life to host TransSwim Fest Scotland 2023, welcoming 22 trans and/or non-binary members of the public to Glasgow Club Maryhill to enjoy a 2 hour swimming session followed by lunch and networking.

In a first of its kind event, participants were supported to attend by breaking down the barriers that the group has experienced in the past. It is estimated that half of the attendees had a disability, long term health condition, or were neurodiverse and two thirds of the attendees experience mental health problems.



The event was positively received by the community and made a huge impact on the people taking part, one swimmer said, "My body feels so much at one with itself today and reminds me how much I loved swimming". Another participant explained "I haven't been swimming for years before this - it isn't safe for me to. I am so happy I got to go swimming and feel safe. I am so happy I got to go swimming with other trans people."

Newlands Park Community Tennis Centre

The club used the funding to develop a range of tennis coaching opportunities for groups and individuals across the community, including targeted session with Glasgow Association for Mental Health, Neighbourhood Networks for participants with a range of disabilities and Pride in Tennis, making tennis more accessible to LGBTQ+ groups.

Over 520 people took part in the activities and Newlands Park CTC became the first place in the UK to launch and deliver the LTA's new initiative, Tennis for Free.

One adult who has got back into tennis due to the project said "NPCTC has made it easy and accessible for me to get back into a sport I enjoyed as a kid. One thing that held me back before was not knowing many people who played tennis. The community here has been the perfect environment: the lessons are varied, focused, and help me get my skillset back to the level I was once before — really encouraging."



Shaping Life

Shaping Life organised a sports and physical activity event to celebrate Glasgow as the European Capital of Sport 2023 for refugees, asylum seekers and low-income families.

The event brought different communities together through sport, supporting those who feel socially isolated and people with mental health issues. There were football, rounders and fitness activities offered with a particular focus on targeting women through the event.

Habbib Njie attended the event and explained what difference it made "This is what was missing in our lives, thanks to Glasgow Life and Shaping Life for making this event a reality."



Table of supported organisations with project description and target group:

Name of Organisation	Project Description	Target Group
AFRICAN CHALLENGE SCOTLAND	Provide sports and physical activities in our communities	BAME
Argo Boxing Club	Promotion of new gym and recruitment of new boxers including Open Day	Low Income
Belvidere Bowling Club	Come and Try Open Days - equipment to support targeting of people with disability	Disability
Blind golf Scotland (Glasgow)	Golf coaching sessions for new blind participants	Disability
Boots and Beards	Female only badminton sessions	BAME
Bridgeton Community Learning Campus	Healthy Body, Healthy Mind yoga activities for residents	Low Income
Buddies Clubs and Services	Equipment and resources aimed at young people with disabilities	Disabilities
Castlemilk Youth Complex	Multi sports youth sports access worker to engage new young people	Young People
Cathkin Blazes Community Football Club	Create 'open' sessions for women and non-binary people	Women & Girls
Ceann Creige Hurling and Camogie Club	Active summer activities with food	Young People
Chesters Nursery	Develop a gymnastics programme for YP with coach and equipment	Young People
Clyde FC Community Foundation	New Girls Football sessions - equipment, kit and facilities	Women & Girls
Clydesdale Amateur Rowing Club	Equipment to support indoor rowing targeting people with a disability	Disability
Common Wheel	Instructed climbing lessons to people with mental illness	Mental Health
Cranhill Development Trust	Weekly physical activity sessions for older adults	Older Adults
Crossreach Daisy Chain	Play Day focussing on sport in Govanhill	Low Income
Darnley Primary Parent Council	Extracurricular taster sessions with local clubs to encourage new activities	Young People
Disability Sport Glasgow	Swimming event - volunteer, medals and officials	Disability
Drumchapel Lawn Tennis Club	Free Junior Tennis Coaching Programme and Community Sessions for older people	Young People
Drumchapel Pickleball Club	New beginners Pickleball session at GC Donald Dewar	Low Income
Early Years Scotland	Summer Active Play Day in Cuningar Loop for families with children aged 0-5	Low Income
East Pollokshields out of School Care	Summer activity programme for low income families	Young People
Eastbank Netball Club	Celebration Netball Festivals for juniors and adults - links with clubs 30th Anniversary	Low Income
Easterhouse Community Sport Hub	Free event at Easterhouse Sport Centre to celebrate the centre reopening.	Low Income
Easterhouse Phoenix	Cycling activities to the vulnerable, marginalised and inactive in Easterhouse	Low Income
Finding Your Feet	Various sporting programmes for amputees	Disabilities
Firhill Youth Project & CSH	Come and Try Rowing for adults and children in the local area	Low Income
Fortune Works	Organise a festival for local teams for adults with learning difficulties	Disabilities
Foxley Bowling Club	Equipment for Community Open Days - engagement with local residents	Families
Friends of Halfway Community Park	New football activities for 10 -17 year olds in diverse community	Young People
G20 Works	Build a smoothie bike and use it at local events to promote cycling programme	Young People
Gathering Ground Spaces CIC	Host a series of guided cycle rides along the Forth & Clyde canal for BAME community	BAME
Giggle N Grow S.G.C.P.F.SCIO	Move Dance Go sessions in Queens Park fo families with pre 5 children	Families
Glasgow & North Strathclyde Badminton	Glasgow Primary School Badminton Championship	Young People
Glasgow Afghan United	Beginners' badminton activities for underrepresented women	Women & Girls
Glasgow Athletic FC	Weekly football sessions for autistic young people	Disability
Glasgow Disability Alliance	Contribution to the running a sports day for young disabled people	Disabilities

Glasgow East Junior Rugby Football Club	School to club link for Rugby	Young People
Glasgow Eco Trust	Cycling and walking taster sessions in local parks	Older Adults
Glasgow Kayak Club	Paddle machine to introduce new participants	Young People
Glasgow Rens Basketball Club	Meet demand of new participants and create competitive opportunities	Young People
Glasgow Riderz SCIO	Bikes for girls at Youth Cycling Club, linking to 'Get into Cycling' programme	Young People
Glasgow Rowing Club	Learn to Row sessions for complete beginners	Young People
Glasgow Southside Basketball Community	3 Summer Jam Basketball Events across the city	Young People
Glasgow Tandem Club	Organise a tandem cycling "come and try" event in Kelvingrove Park	Disabilities
Glasgow West Pickleball Club	Pickleball festival for 120 people at GC Scotstoun	Older Adults
Glasgow Wheelchair Rugby Club	Expand our community outreach program, in order to attract new members	Disabilities
Govan Youth Information Project	Free Sunday evening football session for local young people	Young People
Govanhill Roma Youth Project	New girls football sessions for Roma community	Women & Girls
Hillhead Cricket Club	Introduction to cricket programme with local schools	Young People
Hillhead Sports Club	Host Pride in Touch event for LGBTQi+ community	LGBTQ+
Inclusive Homework Club	Holiday sports club for children from Refugee and Asylum-Seeking backgrounds	New Scots
Indigo Childcare Group	Cycle programme for our preschool children	Young People
Inhouse Event Solutions CIC	Glasgow Games will provide 14 free 1 hour health and wellbeing classes	Low Income
Jiggly Joggers	Develop a new women's walking and jogging groups - equipment and incentives	Women & Girls
Kelvingrove Community Tennis Club	Inclusive adult tennis programme	Mental Health
Kingston Gymnastics Club	Equipment to support toddler, pre-school and recreational gymnastic activities	Young People
Kurdish House Community	New recreational volleyball sessions aimed at women from the Kurdish community	BAME
Langside Sports Club	Support multi-sport programme - girls cricket, targeted tennis and bowls festival	Women & Girls
LEAP Sports Scotland	TransSwim festival and networking event for Trans and Non-binary community	LGBTQ+
Maryhill Community Tennis Club	Tennis coaching session for local young people	Young People
Milnbank Housing Association	Event and programme of health and fitness	Low Income
Mount Vernon Bowling and Tennis Club	Ramp to encourage more players with accessibility needs	Disability
Newlands Park Community Tennis Centre	To make tennis accessible to all, particularly those who have found it hardest to participate	Underrepresented
On The Ball Academy	Fustal activities for hard-to-reach groups in the community	Low Income
Outdoors For You	Volleyball and football for local community especially BAME, asylum seekers & refugees	BAME
Parent Community Sports Trust	Community Dance Fitness classes for over 50s and hard to reach groups	Older Adults
Park Sports Project SCIO	New futsal sessions for local young people (Boys and Girls)	Young People
Park Villa Football Development	Friday night football sessions	Young People
Partick Boxing Club	Boxing Scholarship programme to reduce barriers for local young people	Young People
PEEK	Active Play Programme - National Play Day Event	Families
People of Colour Paddle	Paddle sport sessions for people of colour at Pinkston Water sports	BAME
Pinkston Water sports	Establish a free paddle boarding club for local people	Low Income
Pollok United	Week long sporting event in spring for whole community	Families
Possibilities Ltd	Equipment for indoor gym and exercise classes for elderly and disabled	Older Adults
Safety Awareness Glasgow	Develop a new autism friendly football club - facility, coaching and equipment	Disability
SAPC Community Sports Hub SCIO	Multi-sport event for local school pupils and families	Families
Sapphire Gymnastics Academy	Summer programme for new gymnasts	Low Income
Scottish Civic Trust	3 intergenerational walking tours for members of African and Caribbean heritage	BAME

Scottish Sports Futures	Street work sport sessions focussed on young people engaged in anti-social behaviour	Young People
Scottish Veterans Harriers Club	British & Irish International Cross Country event at Tollcross Park Glasgow	Older Adults
SEMSA	Develop football, badminton and cricket activities for BAME women	BAME
Shaping Life	Sports event for low-income families, refugees, asylum seekers, kids, and adults.	Low Income
Shawlands Shuttles	Badminton equipment for club - attracting new young people	Young People
Shoot For Success SCIO	ASN Basketball Festival - develop new links to ASN clubs	Disability
South Community Recovery Network	Team building activities for adults in recovery	Adults in Recovery
South East Area Lifestyle Community Health Project	Free and fun Ability Health & Fitness Outdoor/Indoor Exercise Group	Underrepresented
Southside Boxing Academy & Community Hub	Series of free open gym sessions to introduce new participants	Low Income
Sped Lead Tonderai Charity	Support a range of activities including basketball, football, swimming and jogging	BAME
Sporting Chances Alba	Launch new judo club in the Carntyne area of Glasgow	Young People
St Matthew's Centre	Muay Thai fitness classes for low income and women	Low Income
St. Cuthbert's Primary Parents Council	Sports events for families in area of low income - linking to local clubs	Low Income
Storm Gymnastics CIC	Free club spaces for young people from low-income families	Low Income
Summerston YFC	Range of football programmes to underrepresented groups in the community	Underrepresented
The Feel Good Women's Group	Host exercise classes for women from BAME community	BAME
The G15 Youth Project	Provide a weekly 2-hour Pickleball Session for young people aged 12-18 in Drumchapel	Low Income
The Hidden Gardens Trust	Taster sessions of sports activities with local organisations during an events in the Garden	Underrepresented
The Pyramid	Family event and sports programme to support reopening of redeveloped venue	Families
The Scotstoun Eagles	Junior squash sessions, aiming to reach the young people in the local community	Young People
The Wee Retreat CIC	After-school yoga programme for young people	Young People
Whitacres Wolves	Deliver free football sessions to girls and ethnic minorities in the area	Women & Girls/BAME