



Glasgow Afghan United

Women's Empowerment Programme

Empowering Women through Sport to Build Stronger Communities

Glasgow Afghan United has been supporting multi-cultural communities for 18 years in Glasgow and actively promotes the values of unity, equality, peace, and diversity by assisting the Afghan community and other diverse ethnic minority groups.

The organisations' Women's Empowerment Programme has been instrumental in changing the lives of local women in the North of the city by offering a safe space to learn and connect. Supported by Maryhill & Summerston Community Sports Hub and funding secured from Glasgow Mental Health and Well-being Fund, the organisation has developed a Multi-Sport Activity and Leadership Programme.

"Thank you GAU, the cycling was wonderful, awesome and a unique time I spent as a group"

GAU Participant

"I have enjoyed the outdoor activity, even with a baby you can make it possible."

GAU Participant



The programme has supported 46 women with opportunities to access Cycling, Badminton and Tennis, which for many it was their first time participating in the activity. As well as the benefits of the women taking part in sport and physical activity for health and wellbeing, the main aim of programme is to invest in learning and to successfully develop and empower a strong female volunteer workforce with sports leadership skills, who can confidently deliver activities to their Peers, families and children and help build stronger healthy and active thriving communities.

Cycling

A partnership with Bike for Good supported the delivery of a 10-week cycling programme to support mental health and well-being and reduce barriers to getting active. All 12 women can now cycle proficiently, with 5 women learning to ride through the project for the first time. The project has enabled GAU to purchase a fleet of bikes, which the women can now access for weekly social cycling sessions as a group. Cycle leader training is planned for 3 women to assist in leading and supporting the group to develop a cycle hub in advance of stage 2 of the project which will support and additional 12 women. Some of the women have expressed their sheer joy at being able to cycle.

Tennis & Badminton

A family Tennis taster event delivered at Firhill Complex in Maryhill, led by Judy Murray for over 80 women and their children was the catalyst for implementing a Multi-Sport activity and leadership programme for the group. 20 women have now commenced a 6-week leadership training programme, delivered by Miss-Hits ambassadors/tutors, Laura Middleton & Shona Ross around Fun, Interactive Family Tennis which the women will be able to share and impart to their children in a community setting. Additionally, a 6-week badminton programme attended by 14 Women, led to badminton Basics Training which will enhance the women skills further in racquets sports and allow them to lead racquet sports activity during the summer programme and after school activity in the new school year.

“Having the opportunity to take part in the cycle sessions has been a dream come true. Back home as a girl we are not allowed to cycle, only boys were allowed” **GAU participant**

“It has been so much fun taking part in the Badminton and meeting up with women from similar backgrounds who have now become my friends”. **GAU Participant**



“GAU Multi-Sport Leadership Programme helps to build skills, overcome barriers to taking part in physical activity. It helps support women with integration, tackle social isolation and reminds women they are not alone and can take control of their futures, and build greater equality for women and girls” GAU

“It has been so much fun taking part in the Badminton, learning a new skill and meeting up with women from similar backgrounds who have now become my friends”. **GAU Participant**

“It was so much fun to be involved in the fun tennis day at Firhill. I am looking forward to learning some new skills to teach my children” **GAU Participant**

