

CASE STUDY

ENGLISH+

Helping asylum seekers in Norfolk integrate with their communities through sport and physical activity.

THE ENGLISH+ PROGRAMME

IDENTIFYING THE NEED

When Active Norfolk helped local community charities, English+ and New Routes, coordinate and commission a multi-sport course at the Sportspark for asylum seekers and refugees, it quickly emerged that many participants were unable to swim and lacked confidence in water. Many of the attendees were unable to afford swimming lessons or would be unwilling to participate in swimming groups for cultural reasons.

THE PROGRAMME

English+ secured funding from the Norfolk Community Foundation to create a programme of swimming lessons designed around the individual needs of the women who attended the multi-sport course. The funding was used to hire a private pool and an instructor to deliver the sessions.



OUTCOMES

In total, six women attended the course and made surprisingly quick progress over a seven-week course. Prior to the course, half of the group had never been in a swimming pool, but by the end all participants were able to swim at least 10m without assistance. The instructors were amazed by the speed of progress as well as the women's eagerness and determination to learn. Active Norfolk recognised the success of the programme by donating t-shirts bearing the 'This Girl Can' campaign logo.

GOING FORWARD

Since this course began, many other women within the refugee and asylum seeker community have expressed interest in learning to swim. English+ is now looking for further funding to run another course in the Autumn as well as female volunteers and instructors to help deliver future courses.

“I couldn't believe the progress made each week. It has been such a rewarding experience to be part of this course and see the ladies grow in confidence and ability.”

Lauren Henery,
English+ Activity Coordinator