

THE PROJECT PT



The Project PT, through their non-profit Social Justice Movement CIC, received £4000 to support their physical activity sessions for children and young people in Barton.



The activities provided by The Project PT included 39 sessions focused on boxing, weight-lifting, and general physical activity games. These sessions aim to encourage young people to increase their activity levels, develop self-esteem, and build confidence, helping them feel more comfortable in their bodies. Through being a part of the group, young people are also supported in accessing other sporting opportunities. The sessions took place at Barton Neighbourhood Centre every Wednesday, providing a structured and supportive environment for both physical and mental wellbeing.

“I used to be fighting out there and Project PT got me in here... I come every week. I enjoy the games and exercises and know all the people now”



PHYSICAL ACTIVITY SESSIONS

Initially skateboarding and multi-sports were suggested as the activities for the sessions however boxing and weightlifting were preferred options from the young people, so The Project PT changed their offer in response. Project PT also worked with the Targeted Youth Support Services youth workers to encourage more young people to get involved.





WORKING THROUGH CHALLENGES

Having a presence in Barton before launching the project helped build engagement. The Project PT used 9 weeks of detached youth work to encourage local young people to attend the sessions. Building trust with young people engaged in anti-social behaviour has been a key success of this project and has also brought with it some challenges when some participants were excluded from local facilities.



By creating a supportive and structured environment, The Project PT have seen a boost in confidence and self-esteem of participants.

The Project PT recognise the major ongoing challenge of the limited opportunity for children and young people to develop their health and wellbeing in a safe setting with trusted adults. Having built strong relationships with young people in the area, The Project PT is committed to continuing to run the sessions in the area, as funding allows.

“I really enjoyed my visit to see Project PT in action in Barton with the young people. I could see and hear the difference it is making in these young people’s lives.”



Rachel, Well Together Community Capacity Builder



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WEMPOWERED CIC



Hosted by AFiUK, WEMPOWERED CIC received £2500 to run activities for families in Blackbird Leys. The funded activities continued and expanded sessions that have been running since 2023.



Accessibility and inclusivity are at the core of the sessions run by Marta at WEMPOWERED. Offering flexible, child-friendly environments that cater to various fitness levels, the group has focused on creating a welcoming environment for women of diverse backgrounds and abilities. This inclusivity creates a sense of belonging and encourages involvement from mothers who may feel marginalised in traditional fitness spaces.

“Marta’s session is absolutely fantastic. She is such a gifted person and coming here is priceless as a mum with young kids. Amazing for the mind and body! Excellent pace – my son absolutely loved it too! He is 3! This is a priceless service for Oxford mums.”



WINTER FAMILY BRUNCH

Bringing over 25 children together with their families, Marta hosted a get-together with support from Hillsong Oxford.

Held in December 2024, the event was an addition to the core sessions where local families were invited to a “cosy gathering filled with warmth, laughter, and fun activities!” Face painting and crafts engaged children from a diverse range of backgrounds whilst giving the opportunity for mothers to come together.

BUILDING CAPACITY WITHIN THE COMMUNITY

When Marta submitted her expression of interest to Well Together in January 2024, originally under the name “Bee Empowered”, she was keen to continue to provide exercise sessions where mothers could safely and comfortably take part with their children present. She recognised that mothers were often unable to attend adults-only physical activity sessions due to childcare responsibilities.

She also recognised not only the benefits to physical health of the activities, but the impact on mental wellbeing of mothers who often felt isolated who were “wanting a place and space to be”. Mothers who were homeschooling their children, as well as those new to the area, valued the support of the group and the interaction for themselves and their children.

The hosting and support provided by AFiUK enabled Marta to access funding and capacity building support through the Well Together programme, that would have otherwise not been available to the group.

Within the year Marta, along with two other mums who have been regularly attending the session, have incorporated as a Community Interest Company.

“We have exciting plans to empower and help mothers in the Blackbird Leys community develop professionally, socially, and help them put their skills to good use while also benefiting community.”



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