

Beginner friendly sport sessions for women



ACTIVE
EASTBOURNE & LEWES

ONE YOU
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East Sussex
County Council

Beginner friendly sport sessions play a role in encouraging physical activity among inactive or less active populations. These sessions provide accessible, inclusive, and welcoming environments that help people overcome barriers to participation. Sport England report that people are more likely to be active if the activity is made simple, social and fun. UK Active highlights that accessible, community-based activities are essential to reversing inactivity trends and improving long term health outcomes, particularly among disadvantaged groups.

Across Lewes District and Eastbourne there are 15.8% of adults in Lewes District and 22.4% of adults in Eastbourne who are inactive – doing less than 30 minutes moderate physical activity per week. Sport England 'Get Healthy, Get Active' campaigns which focus on non-intimidating, scalable activities – designed to build confidence in those who have felt excluded from sport, show adherence rates of roughly 50% after 3 months for people who participate in the programme ([Sport England, 2016](#)). These sessions may also support getting women, people living with a disability and people living with long term health conditions more active ([Sport England, 2019](#))

The evidence shows the importance of delivering local, beginner-friendly sport sessions that are inclusive, free or low-cost, and tailored to build confidence and consistency, laying the foundation for long-term behaviour change and improved wellbeing across diverse communities.

Beginner Friendly Sport Sessions for Women

Project Overview

We are seeking expressions of interest from local coaches, clubs, or organisations to deliver beginner friendly sport sessions for women. This fully funded project aims to support women who are new to sport or returning after a long break to build skills, confidence, and enjoyment in a safe and supportive environment.

The session should focus on learning a sport from the very basics building up over a few weeks with emphasis on fun, inclusivity, and encouragement.

Aims and Objectives

The project aims to reduce barriers to participation and increase confidence in women who may not feel comfortable joining regular sessions.

Objectives include:

- Delivering a block of beginner sessions in a specific sport
- Focusing on skills, confidence building and enjoyment
- Creating a safe, non-judgmental, and sociable space for women
- Supporting a long-term engagement pathway into local sport

Scope and Expectations

We are looking for deliverers who can:

- Run a structured block or sessions of 6-12 weekly sessions
- Start from basics – no prior experience should be assumed
- Provide a welcoming, encouraging environment
- Promote session through local networks
- Collect feedback forms

Note: Sessions can be in any sport e.g. football, netball, tennis, cricket, bowls, basketball, stoolball, hockey.

Note: We are open to flexible use of the funding based on the nature of the sport and community need

Who should apply

Expression of interest is welcome from:

- Local sports clubs or teams
- Qualified coaches or session leaders
- Leisure providers and community organisations
- Schools and Colleges who have trained students and facilities
- Women's groups with access to deliverers

Expectations Active Eastbourne and Lewes

With the funding there does come some expectations from us.

- Sustainability. After the funding has come to an end, how will the project continue to run and be affordable to participants.
- Evaluation. Pre and Post project forms will need to be completed by participants in the project and evaluation form by you.
- Reporting. Once the project is completed, we would like you to present at one of the Active Eastbourne and Lewes partner meetings.

Funding

Up to £1,000 is available per project to support:

- Venue hire
- Coach hire
- Equipment
- Marketing and Outreach

How to express interest

- Please complete the following short [proposal form](#).



Next Steps

- Expression Of Interests will be reviewed based on suitability of the space, potential reach, and ability to deliver in a safe and inclusive way. We may contact shortlisted applicants for a brief conversation before confirming support.