



FIT EXCHANGE



A collaborative project to provide bursaries to support individuals to access and complete fitness, physical activity and sports instructor/coaching qualifications.

Initial Supporters:



Active
Oxfordshire



"with thanks to the Beard Charity Foundation"

Tackling Inequalities by supporting people to:

1 REALISE A DREAM

2 CHANGE DIRECTION

3 GET A FOOT IN THE DOOR

4 HELP OTHERS TO GET ACTIVE

JULY 2021 PROJECT UPDATE



FIT EXCHANGE



We are challenging the lack of diversity in the physical activity workforce and aim to equip the workforce to be more inclusive.

We want to:

- Encourage people from varied backgrounds (including inactive people) into volunteering and paid delivery in the physical activity, sport and fitness sector.
- Develop an understanding of how to engage people in key targeted communities- with clear learning to share.
- Increase visibility of diverse role models and leaders

This opportunity supports people from under represented groups who may have faced additional barriers and challenges to entering the physical activity workforce in a voluntary, part-time or full time capacity.

The project has a specific focus on:

- people on lower incomes
- people from ethnically diverse communities
- disabled people and people with long-term health conditions.

We work with partner organisation to identify individuals, who are offered training bursaries and support them to access and complete fitness and physical activity qualifications and coaching courses.

To discuss the opportunities or to recommend someone you work with please contact Aspire:

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FIT EXCHANGE PARTNERS WORKING WITH US

- Homeless Oxfordshire
- Yellow Submarine
- Refugee Resource
- Adapt Housing
- Oxford Utd in the Community
- Aspire
- Springhill Prison
- Turning Point



COURSES AND OPPORTUNITIES CREATED THROUGH FIT EXCHANGE ... SO FAR...

6 Boxing fitness courses with the Hatton Academy
1 Advanced Boxercise course with Boxercise



6 participants signed up for Personal Training Level 2 courses (3 completed so far)

Community Activator Karate Coach Level 2 complete



1 Laptop for participant to continue to study Sports Science at the Open University

1 work experience placement secured at a local gym.
1 Participant volunteering at Aspire on the Through the Gate (TTG) team
1 Participant Job secured



"FITNESS FOR RECOVERY"

RS was referred to Aspire from Adapt after getting clean from drugs & alcohol. RS was committed to open up his employment opportunities and had an interest in boxing, fitness and gaining new skills and qualifications. RS signed up to do the Hatton Academy boxing course and enjoyed it thoroughly. RS then gained volunteering experience by supporting Aspire's Boxing class by shadowing the Aspire Tutor. RS also started volunteering on an Aspire project as a peer mentor working with people leaving prison. RS's goal is to incorporate mentoring and fitness to help youths divert away from crime and drugs. RS also just passed his Level 2 Physical Training course and got 87% in his test. RS is using his lived experience and motivation for recovery to move forward into employment and help others going through similar experiences as he once had.

"INSPIRE THROUGH KARATE"

LS was referred into Aspire by Yellow Submarine. LS has always enjoyed Karate and has since been attending community classes with Ikkaido. LS' support worker Rachael has been working with LS to find opportunities to help LS build confidence and support others in the community into Karate. Ikkaido run a level 2 community activator course which help individuals build the confidence to become 'activators' in the community and support others to get active. LS has been funded to start her Ikkaido community activator level 2 course with support from Rachael and Ray (CEO at Ikkaido) to build LS' confidence to be a positive role model to others. LS has also just secured a job with a local charity and she is delighted.

"GAINING QUALIFICATIONS"

D enquired about the Fit Exchange programme after hearing about the bursary programme through Refugee Resource. D owned a gym in Brazil and has experience in the fitness industry but never gained any qualifications and didn't have a budget to fund any courses since moving to the UK. D is currently working as a carer and wanted to gain her PT qualification to open up career opportunities. Aspire linked D in with Activate Learning and D has since passed her level 2 PT course. D is delighted and is due to continue working with Aspire to work on a plan going forward to find employment and/or gain additional work experience whilst working towards her employment goal.

"DIGITAL SUPPORT & WORK EXPERIENCE"

Aspire were working with an individual who had just left prison and he wanted to build a new life in Oxford. EA had been studying his final year of Sport's Science online through the Open University, but when he was discharged from prison, he didn't have a laptop or funds to continue. Fit Exchange funded a laptop to ensure EA could continue studying. EA also wanted to gain real-life experience and we worked to secure a volunteering opportunity at a local gym. This will allow EA to work alongside others in the fitness industry, gain experience and work towards EA securing his dream job of becoming a PT.

"DIVERSION FROM CRIME INTO NEW OPPORTUNITIES"

- 4 youngsters referred in through Oxford United in the Community as part of a youth diversion scheme to help youngsters divert away from crime.
- All 4 youngsters explored some options but required some support to find a course. Working with Josh from Ox Utd - Fit Exchange agreed to fund these 4 courses for the youngsters who were starting to get involved in criminality. The course was aimed as a supported, positive alternative that could help build confidence and increase employment options for the youngsters to realise their potential and increase their employment opportunities.

What's next for Fit Exchange?



FUNDING



PARTNERS



PARTICIPANTS



A more diverse physical activity workforce