

BIG SiSTER

JOIN THE COLLECTIVE
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Join the collective and help us to inspire a generation of teenage girls to find confidence and joy in sport and exercise

The Big Sister programme is offering community and sports leaders (from schools, leisure centres, and community groups and clubs) FREE workshops and resources to support you to engage teenage girls in sport and exercise.

The workshop offer will initially be available to leaders and delivery staff in the three locations we are currently operating within, but we will look to broaden our delivery in the near future. These locations are; Norfolk: Norwich, South Yorkshire: Sheffield & Rotherham and Derbyshire: Amber Valley.

The training will support you to understand the entrenched barriers teenage girls face to living healthy, happy and active lives. We will share knowledge and insight on the impact of puberty on girls and ways you can support them to be active during this life stage. Our educational resources will share lived experiences from girls and provide practical ways to apply the learning.

Our offer consists of a face-to-face and virtual workshop, as well as access to our digital hub including wider resources sharing girls' lived experiences and useful sources of information and advice. Below provides an overview of the training and education that will be available to you:



Please note you need to attend all training workshops as part of our commitment to you.

Our dedicated regional Project Officer team will provide regular support and touch points to help you on your journey and assist you to collaborate with other local stakeholders.

If you'd like to register an interest in attending our workshops, please contact the project officer for your region:

Derbyshire (Amber Valley) – Claire Sweeney – claire.sweeney@placesforpeople.co.uk

Norfolk (Norwich) – Polly Stammers – polly.stammers@placesforpeople.co.uk

South Yorkshire (Sheffield & Rotherham) – Lola McKinnon – lola.mckinnon@placesforpeople.co.uk
– Chloe Mellor – chloe.mellor@placesforpeople.co.uk

DISCOVER MORE ABOUT
THE PROGRAMME ONLINE