



Inclusive Practice and Provision

Together, we will address inequality & empower **EVERYONE** to be active in a way that works for them



DE23 Active

Helen Britten

How Community Action Derby took the time to understand the South Asian community to develop inclusive provision.



What is a Safe Space?

A safe space is a space:

- where you feel connected – ‘people like me’
- where you’re familiar with the surroundings
- not always a physical space
- you know and connect with the people who are in it
- where you’ve been before- other uses in the space
- you know you can trust
- you can relax in and be 'yourself'
- you have had a part in creating



Our learnings around safe spaces

- Safe spaces meet the needs and requirements of those participants with religious, cultural or personal reasons
- A safe space is not just a physical space
- A safe space is trusted space
- A safe space does not always start that way
- Safe spaces can be created by collaborating and co-designing



Other learnings

- Celebrate differences instead of making them a barrier
- Change will come, it just takes time and trust
- Behaviour change has many positive effects
- Never assume or second guess
- Capture the changes, no matter how small
- Share the learnings





DE23 Active

Nosheen Ali



Swim Sista Swim

Carol Burrell

How Canal & River Trust took the time to understand the barriers to accessing their waterways with a focus on Black women.



Conversation & Action

Questions to consider:

1. Who can we seek out to better understand and build relationships?
2. What can we do to lead change in this work within our place?



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