



BRIDGE OF EARN TENNIS CLUB

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“A big thanks to Zoe and Barbara for getting us on the courts today. Thoroughly enjoyed it. Well done everyone. See you next week.”

“I love how much he loves tennis”



- The club ran sessions for over 50s attempting to improve physical and mental wellbeing for attendees
- Targeted groups were those who were inactive or out of sport for a while
- The club also ran an introduction to tennis for local children with the aim of getting young people socialising through structured sport, and more involved in their community



CLUB SUCCESSES

- There were 10 consistent members of the over 50s group, 4 men 6 women. This turnout meant that the session is now incorporated into the general coaching structure of the tennis club, with two of the group participants signing up as full club members as a result of the sessions. In addition, others are now organising their own match time and coming to the club to socialise.
- A mixture of between 2 and 7 boys and girls came along to free to attend sessions (without the need for commitment across the full program). This has lead to a more formalised structure and the sessions continuing into spring 2024. With 12 participants are now signed up, showing growth in membership

**SPORT FOR CHANGE INCLUSION THEME - SOCIAL ISOLATION
PARTNER - TENNIS SCOTLAND**