

Good practices in HEPA

NAME OF THE ACTIVITY

Football Fitness & Strength Training for Women

LEADING ORGANISATION

Girl Power

COUNTRY

 Denmark

HEPA-RELATED TOPIC

Socially disadvantaged groups' access to HEPA, refugee inclusion through sport

TYPE OF ACTIVITY

Training and education

TARGET GROUP

Older migrant and refugee women

OBJECTIVES

One of the main objectives of the programme is to help and encourage older women to stay healthy and, in particular, to manage their mental health and combat depression.

ACTIVITIES

The programme provides strength and fitness training for older women – grandmothers, mothers, older sisters and aunts aged 30+ who have limited access to sport activities due to social or cultural barriers. The programme is led by a female coach for one year in local community locations. For example, in Denmark, these activities take place for women in refugee centres

and in immigrant and refugee communities.

The programme is offered twice a week for two hours (one hour of training and one hour of social networking), with participants listening to guest inspirational speakers and visitors whilst also having opportunities to share their own stories.

Girl Power provides sports activities for asylum seekers in both Sjælland and Sandholm centres in Denmark. The organisation invites asylum seekers to different sports events which take place outside the centre, or sometimes the organisation send its coaches to organise training activities in the centre.

RESULTS / EVALUATION

Khalida Popal, the Founder and Director of Girl Power, received the Fare Network Pioneer Award 2019 at the celebration of Fare's 20th anniversary. The awards were given to the people who dedicate their careers and lives to empowering socially disadvantaged people through the social aspect of football. Among the other legends, Yaya Toure also received the award. The anniversary took place in the city of London, where the Fare Network is based.

WEBSITE

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