

# TAILORED LEISURE

## TACKLING INEQUALITIES FUND - TAILORED LEISURE



Tailored Leisure Company (TLC) is a Community Interest Company (CIC) dedicated to providing health, well-being and leisure activities for disabled adults, those that support the cared for, young people and families in the North East.

### CHALLENGE

Isolation and uncertainty over clients fitness and wellbeing regime due to Covid-19.

TLC offer a range of services that promote social inclusion, mobility and health and well-being such as seated and standing yoga, boxercise and muscle strengthening exercises.



# RISE.

**FOUR OUT OF FIVE DISABLED PEOPLE WOULD LIKE TO BE MORE ACTIVE.**

**TWO OUT OF FIVE DISABLED PEOPLE FEEL THEY ARE GIVEN THE OPPORTUNITY TO BE AS ACTIVE AS THEY WOULD LIKE TO BE.**

**(ANNUAL DISABILITY AND ACTIVITY SURVEY)**



TLC intend to tackle this issue by working collaboratively with community based organisations to deliver effective, sustainable, enjoyable projects and initiatives, to support vulnerable adults and families that are most at risk and hard to reach.

**“I ALWAYS THOUGHT YOGA WAS AN EXERCISE WHERE YOU HAD TO BE ABLE TO BE VERY FLEXIBLE BUT THE EXERCISES WERE DESIGNED WHERE I COULD DO THIS FROM MY SEAT WHERE I DIDN'T FEEL DIFFERENT TO OTHERS”  
- PARTICIPANT**

With thanks to the funding, TLC have been able to deliver virtual classes across the community and develop positive connections with clients and partners. As Covid-19 restrictions have eased, TLC have targeted clients that have disabilities or would not normally access fitness in the community, resulting in a broader reach of clients that are able to benefit from the services on offer.



## **FUTURE PLANS**

TLC aims to offer other programmes they have developed around fitness and well-being to partner organisations to improve social mobility, health and wellbeing.



**RISE.**