**Changing lives through tennis**

We know first hand how tennis can help build confidence and develop skills, both on the court and off. Our Serves programme aims to transform the lives of disadvantaged people by giving them the opportunity to play tennis.

We take tennis into places it’s never been before, equipping local people trusted and rooted in communities with the skills to provide tennis activities for everyone.  As part of Serves, the FREE Tennis Activator course trains anyone aged 16+ with basic fun tennis planning and delivery skills to confidently run sessions  in an informal way. We also provide a range of dynamic and flexible resources including a permanent pop up court, alongside modified kit (soft balls, appropriately sized rackets and nets).

Remember this is not formal tennis – an indoor hall or even a playground can be used – we just require energy to deliver for a max of 30 mins to young people (aged 11 and up).

Here is an example of a site we have supported: [https://www.bbc.co.uk/sport/get-inspired/36714534](https://protect-eu.mimecast.com/s/ctVnC4zpXF50MwtMWBOc?domain=bbc.co.uk)

Costs wise, we advise for this to be part of your existing youth engagement. We arrange the training and equipment for free. And all we ask is you are able to commit to sharing updates online with us each quarter (we don’t ask for names and we are not going to come in each week to check on you – this is about helping you expand the offers you already have!).

Please feel free to get back to me if this of interest – happy to talk more in detail

Best Regards

Samir Sawhney

London Activator

Sporting Equals

Tel: 07891797364

Email: activatorbarkingdag@sportingequals.org.uk

[www.sportingequals.org.uk](https://protect-eu.mimecast.com/s/IOjWC5RqYF9j5rHNF9aG?domain=linkprotect.cudasvc.com)