



LOOKING AHEAD WITH HOPE



Pilot projects currently running through the national Church of England's Sport & Wellbeing project are revealing something exciting:

Commending, facilitating and enjoying sport, exercise and physical self-care is a positive, loving way for churches to connect with new and diverse communities, alongside all that we can offer for spiritual wellness too.

Physical activity is also a wonderful way to help communities address many of the national health and wellbeing issues brought to the fore through the pandemic. Together with public bodies and para sports organisations to help them, churches can change local lives for the better, as well as reach people we often struggle to engage with, such as **younger and more diverse communities**.

Seven pilot dioceses with 21 sport and wellbeing missional initiatives between them have some inspiring stats to share so far:

- 3,627 new contacts have been made
- more than 2,235 are children in schools
- 782 are young people outside of the school context
- 87 are children outside of the school context, along with 9 young leaders and 29 adult volunteers.

COULD YOU DO IT TOO?

These are some indicators that your parish, benefice and/or deanery might be just the sort of place where sport and wellbeing ministry could really take off.

- There is a church building and land that could host a missional sport and wellbeing initiative.
- There are local schools to partner with.
- There is a nearby outdoor recreation ground.
- You have one or more of these nearby – a football cage, gym, sports club, GPs, a Parkrun, leisure centre, a Multi-Use Games Area (MUGA).
- You have people in your church who are involved in a sports club/fitness class/gym who might be called to grow a ministry or become a chaplain in these spaces.
- There are coaches/fitness Instructors/personal trainers in your church or local area looking for work.
- You know of people in your congregation who are keen to support mission in different ways e.g with welcome and hospitality.

Projects will vary depending on your location and facilities.

Examples of projects that work in different contexts are shared on the website, address given below.



If you are interested in knowing more about this work and exploring the opportunities in your context, visit **churchsupporthub.org/sport-and-wellbeing**, where you'll find full details and some inspiring stories of where Sport & Wellbeing projects are having a positive impact.

You can also contact the **Revd. Natalie Andrews**, National Sport and Wellbeing Project Lead, Archbishops' Council on **07435 917066** or **Natalie.andrews@churchofengland.org**

Or, contact your Archdeacon

The Ven Dr Alex Hughes Email: **archdeacon.cambridge@elydiocese.org** Tel: **01353 652719**
The Ven Hugh McCurdy Email: **archdeacon.handw@elydiocese.org** Tel: **01353 652709**