

# Girls Win

## Description

### Service Description

Girls Win uses sport to help young women with a disability (ages 16 – 25) set short, medium and long-term goals. It empowers young women to think more positively about their future, how goal setting can develop their prospects for the future and engages young women in activities that keep the body and mind healthy to adopt a growth mind-set.

Our FREE weekly sessions combine a range of sports and physical activity with goal setting workshops, peer support group discussion and a physical challenge that will increase the confidence, independence and expand their friendship networks to reduce social isolation of young women with a disability.

Lots of other fun FREE opportunities including – TRIPS, RESIDENTIALS, FESTIVALS, WORK EXPERIENCE, APPRENTICESHIPS AND MORE ...

When and Where?

Day: Thursdays

Time: 4:30pm – 6:00pm

Location: The Haileybury Youth Centre, Ben Jonson Rd, E1 3FQ

Who can attend? – Young women with SEN or disabilities ages 16 – 25, friends, family and support workers are also welcome to accompany !

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## Additional Information

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It is an on-going programme which runs from September – July every year. The session does not run during school holidays such as half-term or summer / winter holidays.

## Suitable for ages

### Age of Users

From **16 years** to **25 years**

## Costs

### Cost

Free

## Questions & Answers

**Are The Premises Accessible For Wheelchair Users?** Yes

**Can Families Self-Refer To The Service?** Yes

**Do You Have A Waiting List?** No

**Do You Have Child Protection Policies And Procedures** Yes

**Has A Service Description?** Yes

**Is There A Waiting List?** No

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## Further Information

### Provider Type

Sports And Recreation |

Sports And Recreation |

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### Provider

**Sports And Recreation**

The Change Foundation

## Contact Details

### Telephone No

07824 589 443

### Website

<https://www.thechangefoundation.org.uk>

### Email Address

## Address Details

### Street Number

The Haileybury Youth Centre

### Street

Ben Jonson Road

### Town

London

### Postcode

E1 3FQ

[Visit service website](#)

## Opening Times

**Thursday** from 16:30 to 18:00

## Similar Organisations

Mulberry School for Girls

Mulberry School For Girls Sixth Form

Newark Youth London

Collingwood Youth Centre

Our Time - Young People's Information, Advice & Support Service