

EVALUATION OF THIS GIRL CAN NEWCASTLE

CASE STUDIES



RISE.



CASE STUDIES

TGCN has facilitated early ripples of change in the ecosystem over the past 15 months, much of which will have long-term impacts beyond the timeline of this evaluation. However, there are four case studies that demonstrate the early ripples from the programme across leadership, collaboration and community-led action.

Exploring new trails

CASE STUDIES

Partner	The Cycle Hub
Timeline	Summer - Autumn 2025
Leadership	The Cycle Hub had a goal to better understand the needs of the community, to enhance their offer. Mid-summer 2025 they made a strategic shift to focusing on women’s cycling, specifically learn-to-ride programmes.
Collaboration	By the end of the summer, they met with the TGCN Coordinator who created connections between the Hub and ethnically diverse community-groups, including the Angelou Centre, to explore opportunities to run a learn to cycle programme. “ [The TGCN Coordinator] was absolutely amazing at connecting us with really hard to reach groups that we would otherwise have struggled to engage with.”
Community-led action	The TGCN Coordinator worked with the Cycle Hub to design the sessions to address any barriers women and girls from ethnically diverse communities may face. Insights from the focus group guided the design process. This includes helping them to safely wear their cultural and religious clothing while biking, choosing a locality which is safe to learn to cycle and providing an experienced instructor for the women. The TGCN Coordinator then helped promote the pilot cycling session in women’s only online groups. 20 women started the ‘Learn to Ride a Bike’ programme in October 2025. The TGCN Coordinator assisted with delivery on the first day. The Cycle Hub ran a total of six sessions in Autumn 2025 which included social time, with a hot drink and piece of cake. “ We asked [the women] for reasons why they felt that their emotional well-being had improved. And the main reason was the social aspect of the cycling groups ... they felt that they were part of something, they felt that they had made friendships, that they had made buddies that they could cycle with.”

Teeing up opportunities

CASE STUDIES

Partner	St Vincent de Paul (SVP) Deaf Centre
Timeline	Spring 2025 – Winter 2026
Leadership	SVP Deaf Centre has demonstrated commitment to empowering young leaders through inclusive sport. One staff member from the Centre participated in the PACC training in June 2025. Following on from the training three young leaders from SVP Deaf Centre attended a Safeguarding in Sport event at St James’ Park, Newcastle, alongside a Sports Inclusion event hosted by Newcastle Eagles. The young leaders proactively engaged with guest speakers from both events and arranged for them to visit SVP Deaf Centre, allowing them to see first-hand how further engagement with the deaf and hard of hearing community could be developed.
Collaboration	Following these visits, the young leaders organised a golfing experience at Beamish Golf Club. A group of 8–9 young leaders attended the session, where they explored a range of golfing activities including putting, mini competitions, and long-drive practice.
Community-led action	The initial session focused on understanding what Beamish Golf Club can offer for disabled and deaf participants, ensuring accessibility and inclusion were central to the experience. As a result of the successful pilot, one of the young leaders will lead a group of seven hard of hearing / deaf teenagers aged 12+ through a session at Beamish Golf Club in January 2026. Plans are also underway to introduce golfing sessions for children under the age of 10 at SVP Deaf Centre. To support this, Beamish Golf Club visited SVP Deaf Centre in December 2026 to review facilities and discuss session delivery. Furthermore, the Centre is helping Beamish Golf Club engage older adults, with the aim of developing suitable golfing activities for the older deaf community.

Inspiring action from insights

Partner	Greenwich Leisure Limited (GLL)
Timeline	Winter 2025 – Winter 2026
Leadership	GLL was involved in TGCN from the beginning through meeting with the TGCN Coordinator and attending the first REM session in February 2025. The TGCN Coordinator shared insights from three focus groups aiming to understand the barriers and enablers to being physically active for the programme’s priority groups (pregnant women and new mums, women 55+ and women in ethnic minority communities). Having reviewed these insights, GLL wanted to provide better support for pregnant women and new mums at two of their sites, Newcastle Trampoline Park and Gym and West Denton Centre. They supported two members of staff to undertake level three antenatal and postnatal training courses, to enable the delivery of tailored exercise classes.
Collaboration	The TGCN Coordinator met with GLL and facilitated an initial conversation on increasing footfall in the gym among ethnic minorities. The TGCN Coordinator provided spaces for collaboration and connected them with organisations working with women from ethnic minority communities, including the Angelou Centre. Connections with the Angelou Centre led to a trial gym session for 10 women. Following this success, additional taster sessions have been run with women asking about options for memberships and discounts for Asylum Seekers.
Community-led action	Based on the insights from the focus groups, the TGCN Coordinator also facilitated the delivery of learn to swim and fitness classes tailored to ethnically diverse Muslim women at Walker Activity Dome and East End Pool. As of December 2025, 98 women from low-income backgrounds had signed up for both sessions. A female lifeguard, swim instructor, fitness instructor and dedicated changing room are provided to support their engagement. GLL also made the sessions and the soft play area free for January 2026 to allow relationship building and the creation of healthy habits.

CASE STUDIES

Paddling to new places

CASE STUDIES

Partner	Angelou Centre
Timeline	Winter 2025 – Winter 2026
Leadership	The Angelou Centre has used the opportunities to connect with leisure providers and community services as a catalyst to organise a range of physical activities and skills development opportunities for the women they support.
Collaboration	TGCN Coordinator focused on building connections across Newcastle. Conversations with the Angelou Centre identified three areas their members wanted support with: → Coaching for careers advice. → Opportunities to build skills, employability and confidence for Refugee and Migrant women. → Physical activities for women in a safe environment. Understanding these areas enabled the TGCN Coordinator to connect them to the right people and organisations to support them. This included GLL (physical activities), Newcastle United Foundation (employability skills), Connected Voice (digital inclusion), Elswick Pool (women’s only swimming), SVP Deaf Centre (multiple touch points) and the Cycle Hub (women’s only cycling).
Community-led action	Engagement with TGCN has opened significant opportunities for the Angelou Centre and its underserved and marginalised women’s group. Two of the connections have led to sessions guided by the women’s support needs: → Trial gym sessions for women with GLL with some women expressing interest in membership. → Opportunity for the women to volunteer and take dance classes at SVP Deaf Centre. There are also many planned activities: → Women-only trips with SVP Deaf Centre. → More taster sessions at GLL. → St. Johns Ambulance first aid training. → CV workshops and confidence building sessions.



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