

BICESTER

LEISURE CENTRE



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Working in Partnership  
with your Local Authority



[LegacyLeisure.org.uk](https://www.LegacyLeisure.org.uk)



# BACKGROUND

## **Lisa Ward, "Violence Against Women and Girls" expert and activist, receives funding from Legacy Leisure to host charity running club**

With over 10 years' experience in the "Violence Against Women and Girls" sector, including numerous research projects and a master's degree, Lisa Ward is an expert in the field. Lisa is also passionate about running, and participates in ultra-marathons across the country - with her longest being an incredible 54km!

Now, Lisa wants to encourage members of the Bicester community who may not normally feel confident exercising to take part in a support environment of like-minded people.

The programme, in partnership with Bicester Park Run, provides 12 weeks of training to participants, and challenges those taking part to complete a 5k run at the end, all while introducing a social element for members.

The project will be expanded to domestic and sexual violence groups to provide a safe environment for members, and other charitable groups that feel they would benefit from the 12 week programme.

Funding from Legacy Leisure has enabled Lisa to earn the various running and coaching qualifications needed to coach individuals to run. She will be able to use these qualifications to coach other charity groups if they would like to implement similar running programmes for the community.