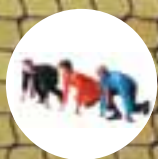


# Winning with Women



EUROPEAN UNION  
European Social Fund

Sarah's story...



ON  
YOUR  
MARKS...

# Winning with Women

## Sarah's story...



*“Without ‘Winning with Women’ I would still be at home staring out of the window thinking about what might be rather than actually living the ‘might be’ dream!”.*

I'm over 50, I've got five kids and the only work I do is as a part-time cleaner. I've had a tough life in many ways and this has made me pretty resilient - I'm not one to just sit back and accept things as they are. Even so, I was stuck. What work could I do with no qualifications, no transport, living in a tough area of Brighton, and at my age? Particularly as I wanted to work in the sports sector. The answer was round the corner for me with 'Winning with Women'.

Why did I decide to go for the course? I'd been feeling low for a long time. I had a sense that there must be a better way to deal with my life than taking antidepressants, but I needed something that realistically fitted what I could cope with. I saw that 'Winning with Women' provided transport, that it ran only during school hours so I could get back home for the kids, and that it was just for women. I joined up straight away.

When I started the course I wasn't really sure what to expect and to begin with I was really nervous. But look at me now! I could end up with a job in my local leisure centre, independent, not on benefits. They're interested too in my idea of setting up a club for older ladies in sports like badminton (my favourite sport). That way I'll be doing something I love, at the same time as helping other people in my community get the benefits of meeting up and keeping fit. Without 'Winning with Women' I would still be at home staring out of the window thinking about what might be rather than actually living the "might be" dream!

(see inside back cover for further information)