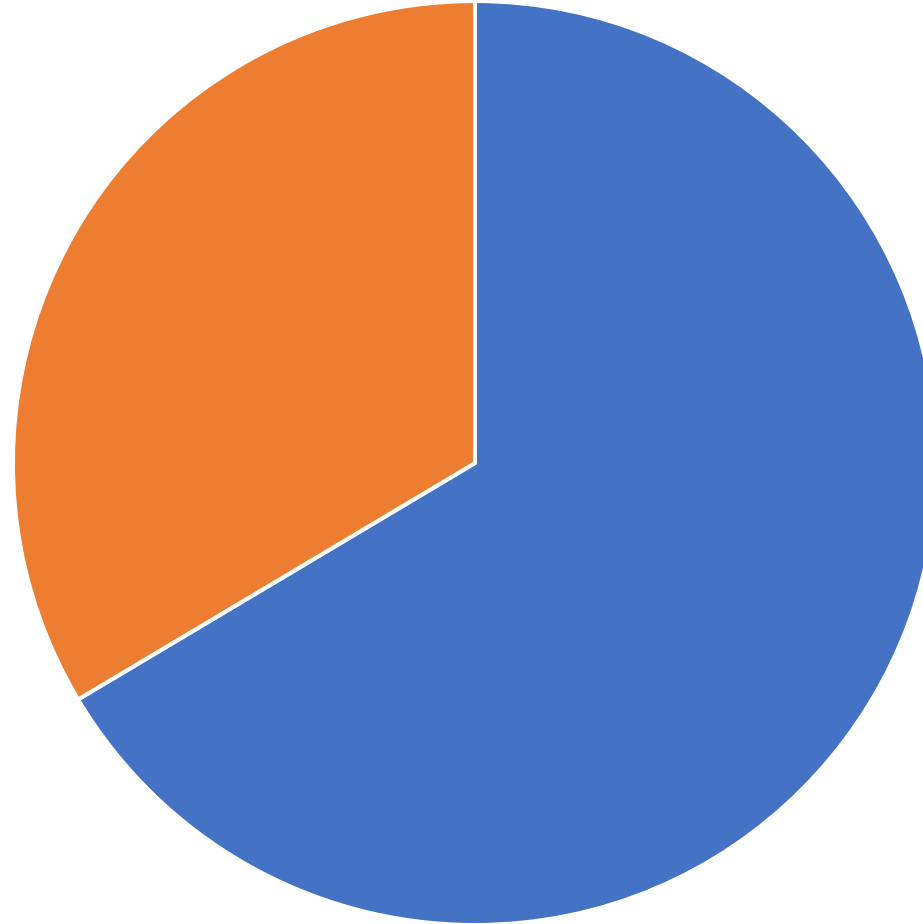


The Leg Up Project CIC

14th March – 30th July

Data Recap

Gender participation

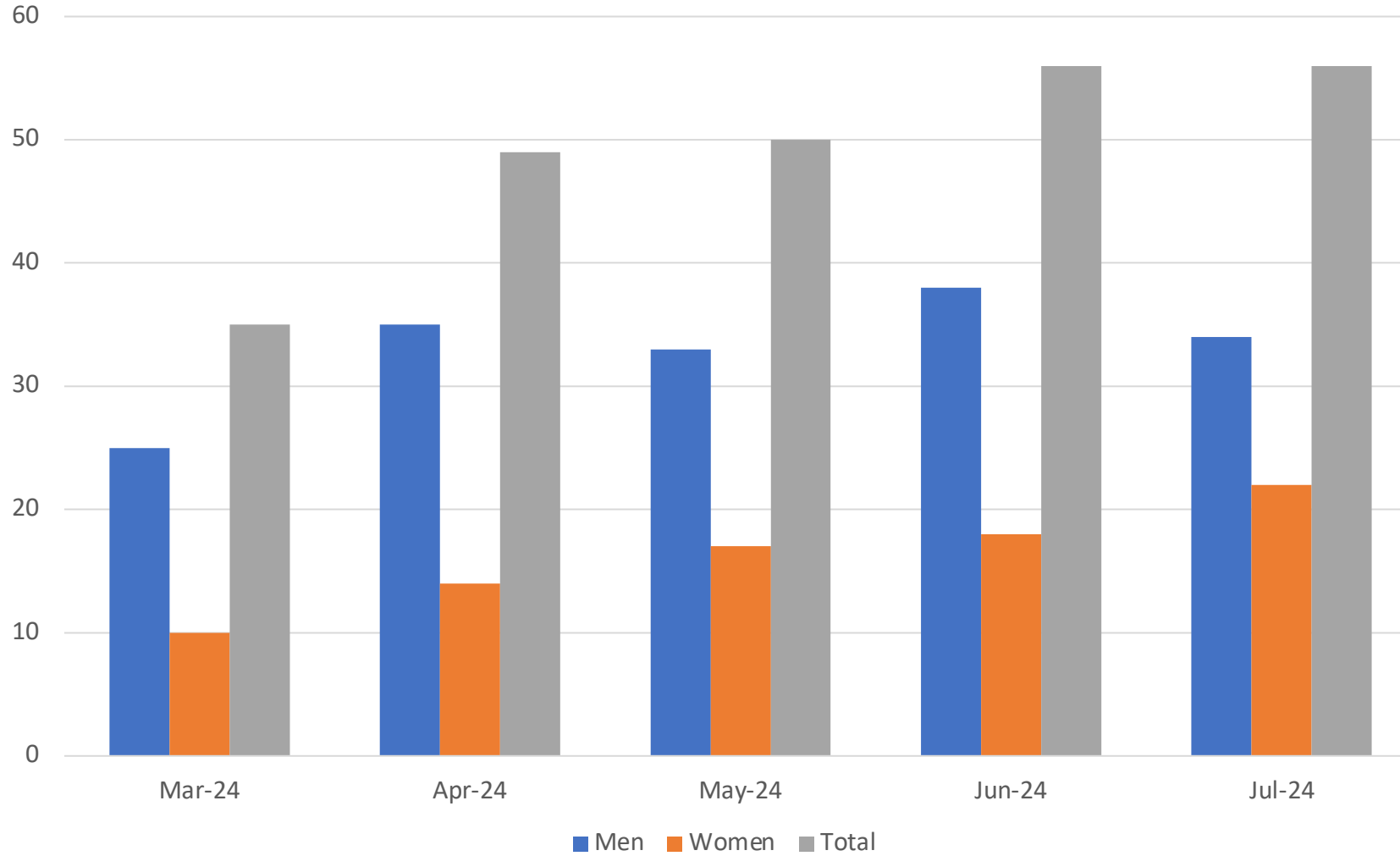


■ Male ■ Female

Male	65.22%
Female	32.93%

Date from 14th March 2024 – 30th July 2024

Number of new individuals engaged with the project



Total number **246** participants

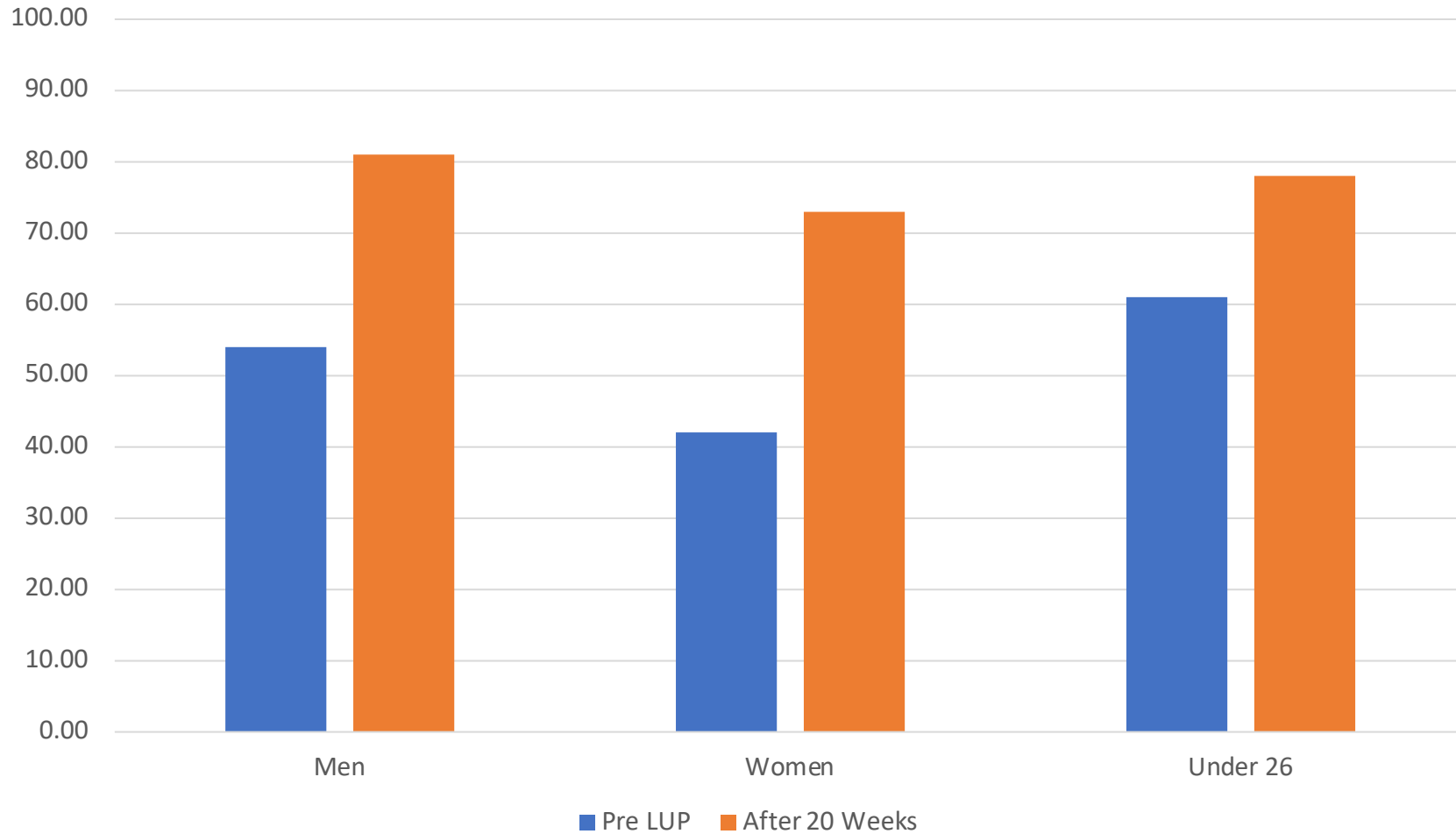
Date from **14th March 2024 – 30th July 2024**

Activity	Number of events / sessions	Number of participants
Under 26's only walks	15	33
Local Community Walks (Wednesday)	20	38
Local Community Walks (Thursday)	20	28
Performance and Wellbeing Education Sessions	18	56
Group Rock Climbing	2	29
Group Camping	3	28
Group Canoeing	6	34

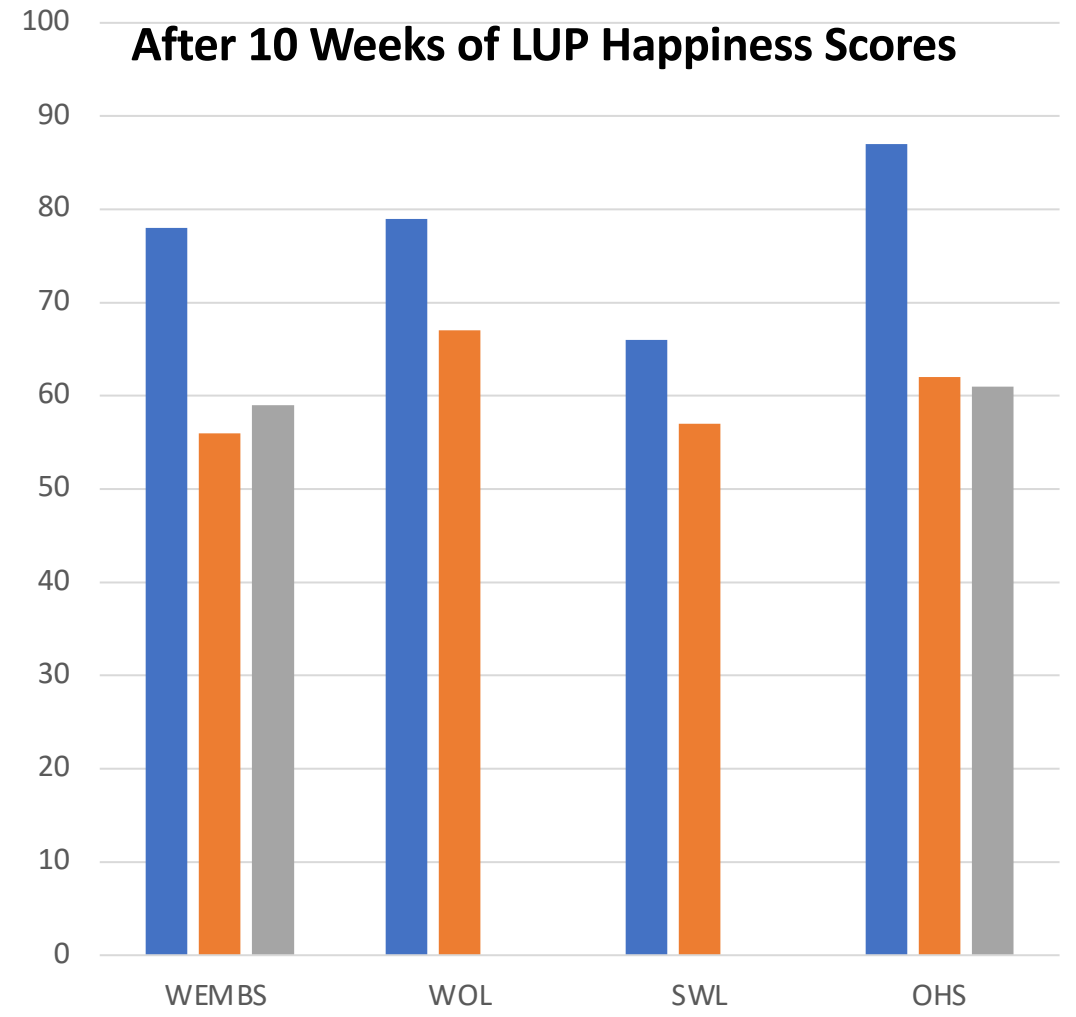
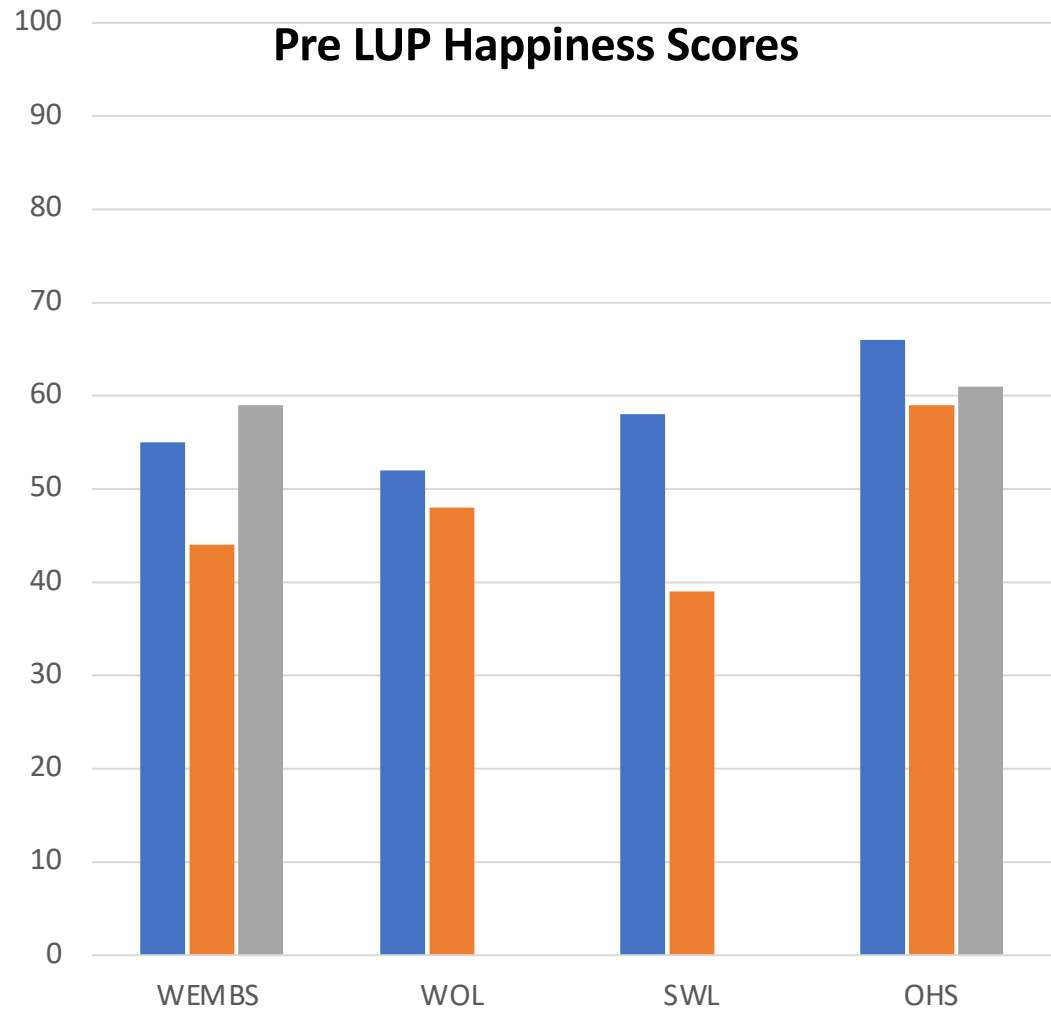
Total number of sessions = 84

Date from 14th March 2024 – 30th July 2024

Mean Self Reported Fitness Scores (out of 10) - Improvement Over 20 weeks



Date from 14th March 2024 – 30th July 2024



■ Men ■ Women ■ Under 26

■ Men ■ Women ■ Under 26

Date from 14th March 2024 – 30th July 2024

Measure	Average Total Percentage Increase
Mood	53%
Physical Health	48%