

Active Leicester: Braunstone and Rowley Fields



Case Study: The Brissett-Saridaki Family

- Mother and two daughters who attend at least 4 ALBRF sessions on a weekly basis
- Struggled to do activity together before due to high gym membership costs and barriers with transport
- Family say they feel much healthier and happier since starting the sessions
- Marina's (the mother) plan is to make activity a 'way of living' for her and her daughters

Marina Brissett-Saridaki is a single mother with two daughters who has lived in Braunstone for 15 years. Before joining Active Leicester: Braunstone and Rowley Fields, Marina did not do much activity individually or with her family. She stated that as she was on a low-income wage, she was unable to pay for a gym membership and even if she could, they were too far away for her to get to.

She saw the project advertised on Facebook and so registered straight away. Her main reasons were that she wanted to get healthier, to help her motivate her children to learn the importance of keeping themselves healthy and active and also to develop a stronger body and build her self-esteem. The free sessions meant that she didn't have to worry about cost and the majority of sessions she was interested in were local to where she lived.



"The project has helped me so much, I am definitely more healthier, much stronger and I have noticed that my confidence has grown. My lifestyle has changed to a degree that is significant. The activities that are being delivered by the fantastic instructor has allowed me and my family to get active together and also have a lot of fun! The project has been a life changer and I plan to make it a way of living for me and my family!"

Marina, local resident



At first, Marina felt slightly self-conscious and only attended the one session (Cardio Combat); but, with support from the ALBRF instructor, the fact that she was enjoying the activities and was making new friends at sessions, she began to attend more weekly sessions. Within weeks of attending sessions, Marina could already see the benefits; she therefore decided to bring her two daughters (Elutheria and Marina) as she felt they needed to do more activity and would benefit from coming along, just as she was! And so the girls started to take part and also began to enjoy the sessions, so much so that they instructed their mum to do more, including Zumba and Legs, Bums & Tums! The Brissett-Saridaki family have now been apart of the ALBRF project for just under a year and a half, and now come along to at least 4 sessions a week (sometimes more if they have time to) and consistently leave positive feedback for the project and its instructors via session evaluations and on social media. Marina has become a real advocate of the project locally and a role model for families wanting to get active!

"We were not too sure if we wanted to come along when Mum asked us, but she managed to persuade us and we're glad she did! We really love the instructor and the moves that she brings into the session, we have done things before but haven't kept it up because we didn't like the instructor, but Mandy is great!"

Elutheria and Marina, local residents