



SHE GETS SOCIAL

Sports Themed Events

Our Story

Marlon Commock founded Pulse Social in 2018, with the social purpose of increasing involvement, inclusion, and confidence with all participants playing sports throughout London and Hertfordshire.

As a not-for-profit community sports social enterprise, we provide a variety of inclusive sporting activities, for all ages to enjoy with the aim of Creating a Sporting Smile on all the participants' faces.





SHE GETS SOCIAL SERVICES

With 2 million fewer women exercising regularly than men in England. The numbers of inactive participation are greatly lower in BAME and disadvantaged communities in London and Hertfordshire.

Pulse Social will be re-launching the **She Gets Social** community sports project this **July 2021** across multiple boroughs in Greater London. Our aim to break down barriers, that prevent females to participate in physical activities and sports.

We want to focus on developing an inclusive community sports project that achieves:

- Increase the number of females taking part in sport and exercise.
- Change how they feel and think about exercising and playing sports.
- Provide more opportunities for females to become more active from disadvantaged areas across London and Hertfordshire.

DODGEBALL

Dodgeball is a fun, fast paced sport that anyone can play. Two teams try to eliminate opposing players from the game by hitting them with soft balls or making successful catches.

Comfortable clothes and trainers you can run in is all you need.



FOOTBALL

Football is an aerobic sport which can help to improve your heart and lung function, as well as increasing your energy and stamina.

Jogging around the park or pitch can also help reduce tension, anxiety and depression.

Comfy clothes, bottle of water and trainers are all you need.



BASKETBALL

Basketball is played between two teams of five, with the aim being to throw the ball in your opponent's basket:

- Improves agility and fitness
- Great for balance and hand-eye coordination
- Very sociable

Comfortable clothes and trainers you can run in is all you need.



ROUNDERS

Playing **Rounders** can improve your skills, reflexes and cardiovascular health. Getting outside and getting to know a new group of people can also be beneficial to your mental health.

Comfortable clothes, with a bit of stretch.

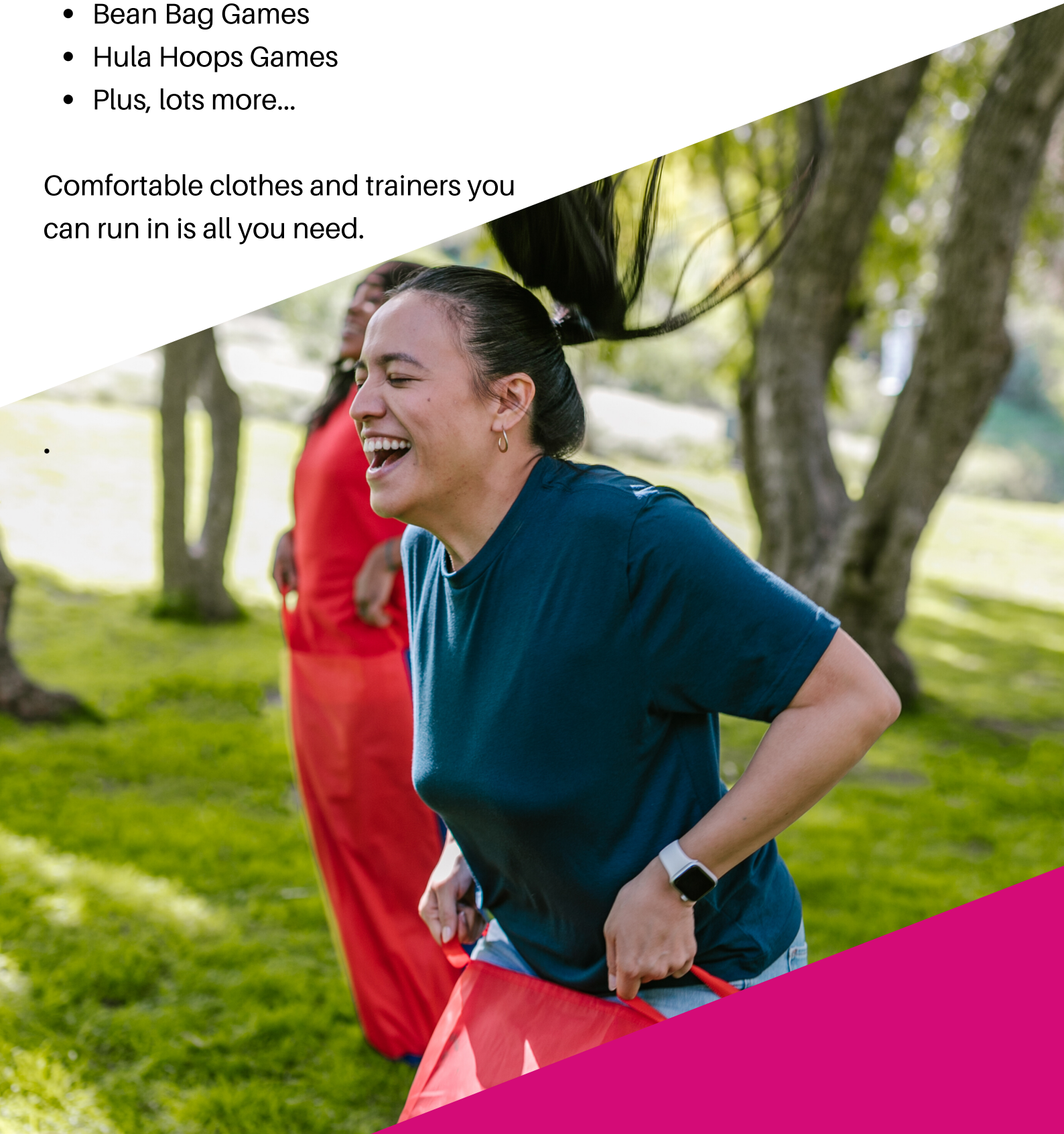


MULTI SPORTS

Get social through dynamic **Multi-Sports** games that have an element of excitement, inclusion and fun.

- Sack Race
- Bean Bag Games
- Hula Hoops Games
- Plus, lots more...

Comfortable clothes and trainers you can run in is all you need.





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