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# The Women in Sport Podcast - General Election Special: Tackling Heath Inequalities

## Inequalities Episode 39: General Election Special: Tackling Heath Inequalities

Theme:  
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 The Women in Sport Podcast - General Election Special: Tackling Heath Inequalities

## Episode 39: General Election Special: Tackling Heath Inequalities

This year marks Women in Sport's 40th anniversary. We've relaunched our podcast to coincide with the 2024 UK General Election.

Women and girls belong in sport. But we are less active than men and boys at every stage of our lives.

27% of women do less than 30 minutes of sporting activity a week. Just 3% of women play in a sports team. 22% fewer girls than boys take part in team sport.

Stigma, prejudice and taboos about sport, gender and health are holding women and girls back.

This episode of our podcast looks at how we help the UK step up and recognise the value and importance of sport to women and girls.

[Warning: There is a section midway through this episode where there's a bit of swearing]

Presenter:  
Julia George, journalist, broadcaster and former gymnast

Guests:  
Gary Leybourne the CEO of Coach Core, a charity which creates sports coaching apprenticeships across the UK.

Rachel Williams works for Women in Sport in policy and public affairs, managing our relationships with politicians, decision-makers and government.

Dr Bella Smith was labelled 'not particularly sporty' at school now she's a passionate distance runner and is a co-founder of The Well HQ, a movement that aims to help girls and women feel they truly belong in sport.

### About Women in Sport

Women in Sport was founded in 1984 and its vision is that no-one is excluded from the joy, fulfilment and lifelong benefits of sport and exercise.

Recognising that gender stereotypes and institutional bias are holding women back in life and in sport, the charity's purpose is to give every woman and girl the opportunity to take part and inspire her to do so.

DONATE and support our work here

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Thank you to David Prest at Whistledown Productions for the use of the studio to record this podcast.

Recorded and mixed by Steven George

Music: Luna Cantina - A Huevo

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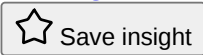
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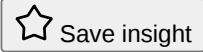
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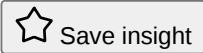
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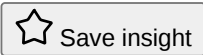
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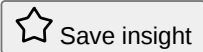
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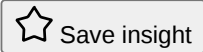
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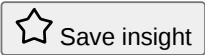
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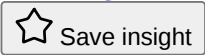
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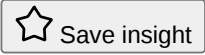
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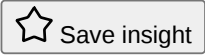
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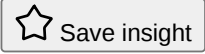
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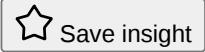
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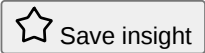
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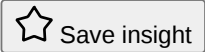
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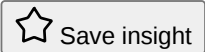
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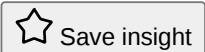
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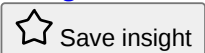
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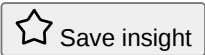
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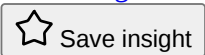
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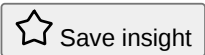
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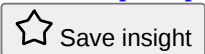
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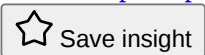
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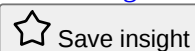


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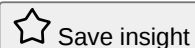


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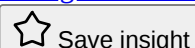


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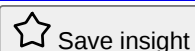


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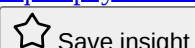
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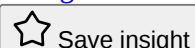


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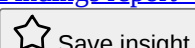
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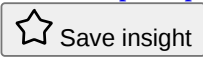
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