

Getting Active – the background

Thanks to support from [Sport England](#), [London Marathon Charitable Trust](#) and the [John Lyons Charity](#), we will be supporting 120 London Youth members with funding to deliver weekly sport, dance, physical activity and movement sessions between now and August 2022.

Our approach is underpinned by over a decade of delivery experience and insight working with community youth organisations across the capital. By combining high quality sport/physical activity alongside impactful youth work, together we not only achieve physical activity improvements, but also wider personal development and wellbeing outcomes for young Londoners.

Getting Active – what is it?

How and what you deliver is something we want you and your young people to tell us, be that a new idea or something that's already working. There are a few key areas though that we are looking for London Youth members to respond to:

- **Engage** young people aged 8-13
We recognise this is not an age group all members work with so we will still consider applications from those working with older young people if that is what is needed at your organisation.
- **Focus** on young people that are inactive and/or less active, including those who face the most barriers to participation.
Lower Socio-Economic Groups, People of Colour, Girls and Young Women, Disabled Young People, LGBTQ+
- **Deliver** longer term approaches where possible
Because we are focused on improving how active young people are, we are encouraging organisations to look at longer term delivery approaches (30 weeks x 1 hour a week where possible). Again though, we recognise not all member delivery structures will allow for this so will consider alternative structures on a case-by-case basis.
- **Demonstrate** impact within at least two of the four key outcome areas
Improving Physical and Mental Wellbeing, Strengthening and Supporting Peer Relationships, Improving attitudes and understanding of the importance of being regularly active and Building confidence and capacity within community youth organisations to deliver sport and physical activity.

Getting Active – who's it for?

- **I've been funded by Getting Active before, can I reapply?**
Of course, we are happy to support your organisation again. All we ask is that you focus on a different group of young people with your project idea.
- **I've not been funded by Getting Active before and/or we've never delivered a sports programme at our organisation, can I apply?**
No problem, last year 40% of the organisations we supported fell into this category. We offer our expertise, flexibility, and a safe space to explore how you can use sport and physical activity as an impactful youth work tool
- **Does it matter what London borough I work in?**
No, our remit is to work across all London boroughs. However, we do have 40 places reserved for members working with young people in Barking and Dagenham, Barnet, Bexley, Brent, Croydon, Ealing, Enfield, Harrow, Havering, Hillingdon and Waltham Forest

Getting Active – why get involved?

London Youth members from 2020/2021 told us:

'We have never really tried to incorporate fitness or sport into the young leaders sessions, often concentrating more on arts activities, so it is interesting to focus on fitness and health and it has connected really well to our discussions about mental health and wellbeing'.

'We have found that the lockdown and general uncertainty of this pandemic has had a massive impact on the physical and mental health of our young people within our community. This project will help to support young people to create a sense of new normal and we aim to support our young people who have shown increased: isolation / social anxiety / depression / weight gain'.

'Young people have said they are aware physical activity is meant to be good for them, but sports and exercise sessions are way too 'serious', 'intense', formal, competitive, 'boring' and/or 'sweaty'; they happen in large noisy groups which also puts them off. Those who've been to our youth club or holiday clubs love the fun, welcoming, no-pressure, no-judgement environment and feel more ok getting involved with friends. They find themselves having fun trying out a new activity that they'd never have'.

'We hold regular focus groups with young people to understand what their needs are, they are at the centre of everything that we do, and they have told us that basketball training is what they want'

'Harley is home-schooled and suffers with anxiety. The sessions have made an instant impact on him. Feedback from his mum - He has 'loved the sessions', has been 'buzzing with enthusiasm' 'it's all he talks about these days' 'thank you for giving Harley an opportunity to enjoy some routine, purpose, passion and fitness in his new life of home education, your support is invaluable'.

Getting Active – how we support you?

Per London Youth member:

- **£1500.00 grant funding**
This can support all costs associated with delivering your sessions and demonstrating your impact. The grant can 100% be integrated into other funding you have
- **Regular and on-going support from a dedicated member of our Sports Development Team**
via phone, email, in-person visits, virtual meetings and our LYSports community whatsapp group
- **Opportunities for additional funding, programmes and training opportunities**
e.g - our Jack Petchey holiday event funding, our young leader training with Street Games and our new Sport for Development Learning Grant
- **A personalized end of year impact report you can share with your funders, partners and trustees**

Getting Active – how you support us?

Per London Youth member:

- **Aim to reach 25 unique participants by the end of your sessions**
Improving physical activity levels is important so regular attendance over high engagement is preferred. We don't expect 25 to attend on a weekly basis
- **To submit the programme register on a quarterly basis**
Exact dates TBC but will be December 2021, March 2022, June 2022 and August 2022.
- **To contribute towards the wider programme impact measurement**
Attend x1 share and learn session between June and August 2022 and help the London Youth Sports Team administer short endpoint and longitudinal experience surveys to young people.

Getting Active – How to apply?

- Applications open – Wednesday 08th September 2021
- Applications close – Sunday 24th October 2021

Applications are online. You can find the link [here](#).

Please note, you cannot start and save the application. You will need to complete it in one go or at least leave it open on your browser. There are TWO key questions to answer:

1. Why is Getting Active needed at your organisation? (300 words max)
2. How do you propose to deliver Getting Active at your organisation? (300 words max)

We are encouraging early applications and will be making decisions on a weekly basis (Thursday of each week), starting from Thursday 16th September. Once the 120 places have been allocated, we will close applications even if this is before the closing deadline.

Getting Active – Due Diligence

Per London Youth member, we ask for the following:

Via the initial application:

- Confirm you have the following: Health & Safety policy, GDPR/Data Protection policy and Equal opportunities policy
- Confirm staff are DBS enhanced checked and have received safeguarding training
- Confirm some other basic organisation details (Charity Registration Number, Number of Trustee's, Number of Signatories for cheques and date of last formal accounts submission to Companies House)

Via email if successful:

- Provide copies of your Safeguarding Policy, most recent Bank Statement, Public Liability and Employers Liability Insurance

Getting Active – Contacting the team?

Please feel free to email us for an informal chat about your idea. You can reach us on sports@londonyouth.org and one of the team will get back to you.