



February Update

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- Top tips from a grant funding expert
- Children's Mental Health Week comes at crucial time
- Response to potential cut to Healthy Streets funding
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London Sport Headlines

NEWS: Get to know London Sport's new CEO

London Sport's new CEO Emily Robinson sat down with Communications Manager Andrew Lawton to share her hopes for the capital, her ambitions for London Sport, and what she enjoys getting up to when she's not busy with colleagues and partners at House of Sport. [Read the full interview.](#)

RESOURCE: Top tips from a grant funding expert

London Sport Communications Officer Aimée Palmer considers the [main lessons learned](#) from London Sport Consultancy's free webinar on grant funding which took place in January. Next webinar in February.

NEWS: Children's Mental Health Week comes at crucial time

Specialist Advisor for Children and Young People, Gary Palmer, looks at some concerning figures around young people's mental wellbeing and at how physical activity can be a force for good in this area. [Read his blog.](#)

NEWS: Response to potential cut to Healthy Streets funding

London Sport is extremely concerned by reports that Transport for London could cut all uncommitted Healthy Streets funding, approximately £500m. It is feared that such a decision would have a detrimental effect on the levels of Active Travel in the capital. [Read the response from Tim Copley.](#)

NEWS: Response to report on covid-19 impact on PE

A new government-commissioned research report showed a mixed picture for the state of PE in schools. The report looked at how schools have responded to the disruption caused by covid-19 in the last academic year. [Read our response.](#)

NEWS: Support for MAN v FAT from London Sport Consultancy

London Sport Consultancy have been supporting MAN v FAT as they look to engage new audiences and grow participation in new geographical areas across the capital. [Learn more about our work.](#)

London Sport Calendar

Date		Location	Notes
	February		
All month	LGBT+ History Month	UK-wide	More details
w/c 7	Children's Mental Health Week	UK-wide	More details
Tues 22	Top Tips for Grant Funding Applications	Online	Register here
	March		
Tues 8	International Women's Day	Worldwide	More details
Tues 29	Project Planning and Impact Measurement	Online	Registration opens Feb 23

London Sport Updates

Funding

FUNDING: Sport England launch fund to celebrate Jubilee

Sport England are targeting projects which support people with less opportunity to be active living in [areas of deprivation](#) with a focus on collaborative working across communities in order to achieve the greatest impact. There is a funding pot for the [Queen's Platinum Jubilee Activity Fund](#) of £5million and grants of up to £10,000.

FUNDING: DCMS Youth Investment Fund is open

Phase 1 fund is for £10m, covering 'left behind areas' in England, as defined by the DCMS, qualifying areas including Barking & Dagenham, Tower Hamlets. The fund's focus is on 11-18 year olds with provision to include those up to 25 in certain circumstances. [Funding via Children in Need](#)

FUNDING: Andrew Lloyd Webber Foundation Grants

[This round](#) will award grants of up to £25,000 per year for three years and will prioritise applications from organisations and projects increasing diversity in the arts and heritage by breaking down social, economic, and geographical barriers, encouraging engagement and providing high quality training to young people aged under 25.

FUNDING: Jordan Sinnott Foundation for groups supporting under 12s

The Foundation is in place to support vulnerable and under-privileged children and young adults to access healthy recreation and ensure that they have the opportunity to fulfil their potential and enjoy the life changing benefits that comes from sport. Organisations, community groups and clubs can [apply for grants of up to £5,000](#).

FUNDING: Matthew Good Foundation Funding

The [Matthew Good Foundation](#) has empowered employees of the John Good Group to support many good causes by nominating them for funding. Every three months, five shortlisted projects will be voted for by John Good Group employees to receive a share of £10,000 – the more votes a cause receives, the bigger the donation.

FUNDING: Apply for funding to support well-being activities in over 55s

Home Instead have [launched a fund](#) to reduce social isolation and loneliness, through wellbeing activities in over 55s. Small grassroots organisations can apply for funding up to £500 while local registered charities can apply for up to £1,500.

FUNDING: Sported link with the Barclays Community Football Fund

The [Barclays Community Football Fund](#), in partnership with Sported, is a three-year programme which will offer small grants and additional support resources to grassroots groups. The fund aims to make playing football more accessible, inspiring girls and young people from lower socio-economic and under-represented groups.

FUNDING: Greene King support local grassroots sports clubs

Nominate your club to receive grants of up to £3,000 [via Greene King](#). Beneficiaries must be 18 or over. This fund aims to support and promote grassroots sport within local communities by supporting people and projects that run sports activities. Check website for participating areas.

FUNDING: GLL Sport Foundation Applications Open

GLL, the UK's largest charitable leisure social enterprise, is set to assist more than 3,000 athletes, through its athlete support programme, the GLL Sport Foundation. [Applications are open](#) until 20 February 2022.

FUNDING: Hounslow - Summer of Culture funding available

This summer the Borough of Hounslow will host its first Summer of Culture. Hounslow Council is providing the [Summer of Culture Fund](#) and the funding is intended to help broaden understanding of Hounslow's culture, encourage more physical activity and create new, supportive and trusting relationships between residents.

FUNDING: Community funding for Hackney - bringing Hackney together

London Borough of Hackney are looking for projects that can reignite the borough's rich culture, foster the local sense of community, and bring Hackney together. In [the initial round grants](#) of between £5,000 and £100,000 will be made available, with £500,000 being invested in total. Match funding of at least 15% is required.

FUNDING: Vision Foundation's Vision Fund Opens for New Round

[Funding is available](#) for not-for-profit organisations working to improve opportunities and inclusion for the blind and partially sighted. The focus is on 'Opening London Up', ensuring that everyone has access to the cultural, economic and social opportunities.

FUNDING: Small grants for outdoor activity

[The Alpkit Foundation](#) are funding projects encouraging outdoor activity with longlasting benefits, especially for those new to being outdoors. Awards range from £50 to £500 for individuals, community groups, schools and organisations to encourage people to get outdoors. There's a rolling deadline for applications.

FUNDING: Small capital grants available for grassroots football organisations

The [Small Grants programme](#) is provided by the Football Foundation, which aims to transform lives and strengthen communities through the power of football. The Foundation provides funding for smaller capital projects to support grassroots football in England, improving the experience of playing football for everyone involved.

Children and Young People

LONDON SPORT: Why safeguarding must be more than good policy

Gary Palmer [spoke to Levelling the Playing Field](#) about the importance of listening to young people's concerns and build their understanding of safeguarding. The scope of safeguarding has widened and goes beyond keeping young people 'safe from harm'.

EVENT: Developing Children and Young People's Social Prescribing in London

London Plus, Healthy London Partnership and Partnership for Young London are [holding an event to explore Social Prescribing](#) for London organisations considering providing social prescribing activities for Children and Young People on 24 February.

EVENT: The NSPCC's conference How Safe 2022

The NSPCC's conference [How Safe 2022](#) will take place online on 11-12 May and provide information on safeguarding best practices. Key topics include: the impact of physical punishment on children and understanding the Online Safety Bill.

OPPORTUNITY: Youth Sport Trust Inclusive Live week

[See Workforce & Club Development](#)

OPPORTUNITY: Early Years Physical Development Training Course

The Association for Physical Education (afPE) London Region and Binspired have teamed up to bring the [Early Years Physical Development course](#) to infant schools and primary schools in Hackney on Thursday 10 March.

OPPORTUNITY: Bound for Beijing virtual challenge

Bound for Beijing is a behaviour change programme that sets out to inspire families and young people to form active habits, increasing both their physical and mental wellbeing. [A new toolkit](#) has been created to support the new Bound for Beijing's challenge.

OPPORTUNITY: Badminton England recruiting for National Youth Voice Forum

Badminton England (BE) are setting up their first ever [National Youth Voice Forum](#) to ensure the voice of young people is heard. The forum will guide the work BE do, ensuring the sport is an inclusive and welcoming place for all young people.

OPPORTUNITY: Understanding barriers faced by early years settings

Rise are gathering insight to understand what physical activity and active play looks like in early years settings across England. The results will be used to tailor support and to raise the profile of how early years helps children have the best start in life. [Survey here](#).

RESOURCE: A Peer Research Toolkit for involving young people

Partnership for Young London and the GLA have created [a toolkit for youth sector organisations](#) looking to involve young people in research design and delivery. The toolkit brings together learning from various peer research projects with young people.

NEWS: England Boxing developing a new in-schools programme

England Boxing are designing a non-traditional, non-contact programme which can be used in primary and secondary schools. They have [created a short survey](#) to establish how to implement delivery and get views on the sport's place in education.

Inclusion and Disability

OPPORTUNITY: Register for new Sense Activity Community

Sense have just launched a [new online Activity Community](#) to help you discover and register for their activities. Benefits include discovering and booking in-person or virtual activities and receiving updates and latest news, via a news feed or app notifications.

OPPORTUNITY: The Loughborough Challenge

[The Loughborough Challenge](#) is an challenge open to anyone aged 25 to 54 who experiences issues of mental health or of mental, physical or sensory impairment. The award calls for achievements in learning, physical activity and social contribution.

OPPORTUNITY: Boccia England Schools Membership

Boccia England are offering a [schools membership](#) that entitles them to a range of benefits including shop discounts, member newsletter and more. [Contact them here](#).

EVENT: Save the Date - Sporting Equals State of the Sector

[Sporting Equals](#) annual Racial Equality Event: The State of the Sector will take place online on 29 March from 10am.

INSIGHT: Sported's Time in Mind report launch

Sported's [Time in Mind report](#) aims to provide learning into how groups can best support young people's mental health. It reveals what outcomes occur, highlights the role of building relationships, and reveals the innovative practices that have been developed.

INSIGHT: Report highlights importance of person-centred approach and flexibility

Sense Active's new report [Understanding the physical activity needs of families who have children with complex disabilities](#) gives key recommendations for providers delivering accessible activities.

INSIGHT: Moving for Mental Health - Research Report

[This report](#) by the Sport for Development Coalition and partners sets out clear recommendations for policy and practice surrounding physical activity and mental health. The report explores how activity and sport can transform lives after COVID-19.

RESOURCE: PHE Latest Mental Health Toolkit - Help Campaign

This [PHE campaign](#) encourages anyone experiencing feelings of anxiety, depression or other common mental health concerns to seek help through NHS Talking Therapies services (also known as IAPT- Improving Access to Psychological Therapies).

RESOURCE: All About Autism, All About Me online CPD is live and free

Developed by the Youth Sport Trust, this is a [digital and practical toolkit](#), building upon knowledge of autism spectrum conditions and some of the key considerations for making PE and sport inclusive to all. It is free for schools to access throughout 2021-22.

RESOURCE: aswim resources to teach swimming to pupils with additional needs

aswim uk is dedicated to developing resources for swimming teachers, tutors and parents. [The resources](#) include the SwimPix cards, for use both in the classroom and the pool. All aswim resources are developed in association with Swim England.

Facilities & Space

INSIGHT: Lack of facilities failing community sports groups

Sported's latest [Community Facilities thought leadership report](#), reveals that groups without access to facilities has delivery, resilience, and funding implications. The knock-on effect of this situation is that the inequalities that exist between groups with secured facilities and groups who do have their own facilities worsens.

INSIGHT: Streets Ahead Podcast

[Streets Ahead](#) is a podcast dedicated to the world of active travel, liveable streets and urban design. Topics in the past have included integrated transport in Nottingham, why soft measures deserve investment, and how to improve accessibility.

INSIGHT: Valuing London's Urban Forest

This report evaluates the [London i-Tree Eco Project](#) - a project dedicated to the millions of trees and shrubs in London's parks, gardens, woodlands, and open spaces, collectively described as London's 'urban forest'. This report provides a quantitative baseline of the air pollution, carbon storage and sequestration benefits of trees.

NEWS: New weight loss support on the high street

People struggling to lose weight will now be offered help from their local high street pharmacy as part of the NHS's radical action to tackle rising obesity levels and type 2 diabetes. Community pharmacy teams can now refer adults living with obesity, and other conditions, to the twelve-week online [NHS weight management programme](#).

People, Places and Communities

RESOURCE: StreetGames Sustainability webinar programme 2022

StreetGames have released details all of their upcoming courses for 2022 which are free to their network. You can book all of the courses [via their new webpage](#).

NEWS: Beyond The Court: Met police officers join forces with England Netball

The Metropolitan Police, England Netball and London Pulse players Funmi Fadoju and Halimat Adio came together in January for the [launch of Beyond The Court](#); a new year-long engagement initiative established to strengthen relationships between young women and police in south London.

NEWS: Mayor welcomes changes to Highway Code - but calls for more action

The Mayor of London, Sadiq Khan, has welcomed [changes to the Highway Code](#) being made to improve road safety for pedestrians and cyclists, saying they will help London move closer towards being the best city in the world to walk and cycle.

NEWS: After care programme for released academy players

Crystal Palace Academy have enhanced their [wide-ranging care programme](#) for players aged 18-23 that are released from the club. A dedicated Player Care Officer will be in contact with all affected players for an extended period of time, to support them on their journey - typically helping them find a new club, education programme or a job.

NEWS: Chris Boardman to lead bid to get more people cycling and walking

Olympic champion Chris Boardman is to lead a new body that aims to encourage cycling and walking. [Active Travel England](#) will seek to improve infrastructure for cyclists and pedestrians as well as funding projects to improve air quality.

Physical Activity for Health

OPPORTUNITY: Creativity and Wellbeing Week – Get Creative, Get Outdoors

The London Arts and Health and the Culture Health and Wellbeing Alliance have just announced that the national festival, [Creativity and Wellbeing Week](#) is back 16-22 May. Partners can champion a range of free or low-cost activities to join in with.

OPPORTUNITY: Join in with Social Prescribing Day on March 22

[Social Prescribing Day](#) is an annual celebration of social prescribing, recognising local community groups and projects which have kept us healthy. The National Academy for Social Prescribing will be sharing resources and hosting events relating to specific topics, including health inequalities, green social prescribing and arts and culture.

OPPORTUNITY: Libraries and Social Prescribing innovation

Join this webinar on 22 February which is part of the National Academy of Social Prescribing's [Thriving Communities webinar series](#). Hear about some of the innovations in literary and library social prescribing practice that have been happening in 2021/22.

RESOURCE: Overcoming barriers and how social prescribing can be a solution

Catch-up with [this webinar](#) from the National Academy for Social Prescribing which, with the Richmond Group of Charities and their 'We Are Undefeatable' campaign, explored how social prescribing can help anyone integrate physical activity into their daily lives.

RESOURCE: A two-year evaluation of the Young People Social Prescribing pilot

The University of East London (UEL) conducted an outcome, process and economic evaluation of [Social Prescribing for Young People Pilot](#) in three sites between September 2018 and September 2020. The initiative was funded by the Department of Health and Social Care and managed by StreetGames.

RESOURCE: London-based social group exercise programme shares impact

Walk + Talk CIC combines group exercise with socialising to encourage older adults to become more active. Sessions are held both online and in Walthamstow. After three-years of research, see their findings [via a documentary](#). The next course starts in March.

INSIGHT: ukactive launch Leading the Change Report

The [Leading the Change report](#) calls for Government to help reduce pressure on NHS by backing social prescribing in fitness and leisure sector. The report makes four key recommendations to develop and grow social prescribing within the fitness and leisure sector so it can play its fullest role in improving the health and wellbeing of the nation.

INSIGHT: National Child Measurement Programme 2020/21

The NHS has published the [National Child Measurement Programme data](#) for the 2020/21 academic year. Nationally, in reception, obesity prevalence has increased by 4.5% to 14.4%, with London increasing from 5.3% to 15.3%. In Year Six, obesity prevalence has also increased by 4.5% to 25.5%, with London increasing 6.3% to 30%.

Technology for Participation

LONDON SPORT: Sport and Fitness Tech trends for 2022

What tech trends in 2022 will be key to supporting people to be active? The team at Sport Tech Hub are seeing many opportunities in the sport and fitness technology space, in which many of the ventures within our Sport Tech Hub Community are excelling in. [Aimée Palmer investigates in the first of a series of blogs.](#)

LONDON SPORT: Time to Talk about Employee Wellbeing

On Time to Talk Day, London Sport Project Support Intern, Shannon Hall opens up the conversation around wellbeing, highlighting the great opportunity for employers to review their policies and culture against best employee wellbeing practices. [Read the blog.](#)

EVENT: Sport Tech Hub to lead opening session of Fit for the Future Convention

Head of Sport Tech Hub, Alex Zurita, Ben Wilkins, co-founder and CEO of Good Boost, and Swim England will discuss how sports tech ventures can work together with governing bodies, local authorities and sporting organisations to encourage more people to become and stay active. [Join them at Fit for the Future 2022](#) in Birmingham in April.

INSIGHT: Head of Sport Tech Hub stars on Stethoscopes & Rugby Balls podcast

[Alex Zurita chats to Stephen Carter](#) about Sport Tech Hub and London Sport's vision to make London the most physically active city in the world. There's also discussions on the support that Sport Tech Hub offer to innovative businesses, from start-ups validating their initial product right through to scale-ups looking to grow in the UK or beyond.

INSIGHT: Looking differently at leisure centres chronic pain management

Ben Wilkins, CEO of Good Boost and winner of a London Sport Award in 2020, writes about the role of the [fitness and leisure sector working with health and social care](#) as a place for supporting chronic pain management.

INSIGHT: Digital Futures report shows need for digital revolution

ukactive and Sport England [have announced plans](#) to design a new knowledge programme to help fitness and leisure operators improve their digital maturity, after the sector's first Digital Futures report identified a gap in skills and strategies..

CASE STUDY: Keeping Londoners active with Lupa, the mindful running app

Sport Tech Hub are proud to work with organisations who support Londoners to become more active and, in turn, support positive mental health. [They sat down with Conor Stone, Community Lead at Lupa](#), to hear about their work in building communities across London, who value the importance of exercise in managing their mental health.

NEWS: Pitch Booking in top 20 SportsTech ideas to invest in now

Sport Tech Hub community member Pitch Booking has been named in Sports Pro's list of '20 Sports Tech ideas to invest in now'. [See the full list of SportsTech start-ups](#) whose products and solutions should be on every investor's radar.

Workforce & Club Development

FUNDING: UK Coaching Initiative to Retrain those impacted by the pandemic

The [ReTrain to ReTain initiative](#) will provide a route back into coaching for volunteers who have lost their connection to coaching through the disruption caused by the pandemic. UK Coaching recognises that the recovery of our volunteer workforce is critical to the nation's recovery and are providing funded support packages for coaches.

OPPORTUNITY: 33% discount on Mental Health Awareness course

To mark Time to Talk Day (3 February), Mind, UK Coaching, 1st4Sport and Sport England are running a limited time offer on the [Mental Health Awareness for Sport & Physical Activity+ eLearning course](#). Until the 17 March 2022, learners can take advantage of a 33% discount on the online course using the discount code MH33.

OPPORTUNITY: Youth Sport Trust Inclusive Live week

The Youth Sport Trust's [Inclusion 2024 Live](#) will be on every afternoon from 7 February till 11 February. Marjorie McClure Specialist School will host a discussion on inclusive school swimming and water safety with a host of other live sessions.

OPPORTUNITY: Training for Swim Teachers

ABC swim school have a passion for teaching swimming to all ages adapting to the needs of the pupils whilst having fun. They are running a series of training workshops for swimming teachers, [available here](#).

OPPORTUNITY: Find your perfect volunteer via Team London

We know how essential volunteers are in helping the voluntary, community and social enterprise sector support London's communities. The [Team London volunteering website](#) is free and open to non-profit organisations across London.

RESOURCE: New Inclusive Volunteer Programme

Created in partnership with Volunteering Matters, the new [Get Out Get Active](#) Volunteer Management Toolkit provides organisations with a step-by-step guide to building an inclusive volunteer programme.

RESOURCE: 'Include Me' – brand new video from Club Matters

Everybody should feel comfortable to take part in sport and physical activity in whatever way works for them. However, we know this isn't always the case. That's where the new ['Include Me' video](#) comes in. Club Matters look at concerns about joining a club or group for the first time, why inclusion is important and what it feels like to be included.

General News

OPPORTUNITY: Batonbearer nominations open for Commonwealths

The [Birmingham 2022 Commonwealth Games](#) are looking for individuals from England that: are always willing to take on a challenge and has a unique and inspiring story; has made a meaningful contribution to sport, education, the arts, culture, or charity; or is a figure of inspiration that positively challenges others to achieve their best.

CASE STUDY: Creating safer cultures in sport podcast

[In this podcast](#), former professional footballer Paul Stewart talks about the impact that childhood abuse has had on him and how we can all help to create a safer culture in sport for young people.

NEWS: London Sport Awards guest speaks out against 'outdated' views

[Ebony Rainford-Brent](#) led criticism of Middlesex chairman Mike O'Farrell following his comments to the Digital, Culture, Media and Sport (DCMS) select committee hearing into how cricket plans to tackle racism in the sport. [Read in full here](#).

NEWS: Paris 2024 launches Move More campaign to tackle inactive children

Paris 2024 has launched their [Move More](#) initiative with the aim of combatting inactive lifestyles among thousands of French children. Currently, more than 80 per cent of French pupils have failed to exercise for at least 60 minutes as per WHO guidelines.

INSIGHT: Eating disorders and disordered eating in sport

[This report](#) by the National Centre for Sport and Exercise Medicine and Loughborough University discusses eating disorders and disordered eating in athletes. It provides practical advice for identifying eating problems in the sporting context and covers different types of eating disorders, the risks, identifying the problems and treatments.

INSIGHT: The online information environment

[This report by the Royal Society](#) seeks to understand how the internet shapes people's engagement with scientific information. Information about Covid-19 is spread rapidly online, which can be great to inform people of current news surrounding the virus- however this report highlights the dangers that come alongside this.

INSIGHT: How climate change is threatening the Winter Olympics

This [report by Loughborough University](#) provides insight into the impact of climate change on major sporting events such as the 2022 Beijing Winter Olympics. This event is the first Winter Olympics with 100% artificial snow with the report detailing how climate change is impacting the ability for snow and ice sports to use natural conditions.

OPPORTUNITY: Join us at House of Sport

Looking to downsize your office but not your office experience? Or seeking desk space away from the work-from-home? [House of Sport](#) have a number of opportunities to join our co-working space in Borough alongside other organisations harnessing the power of physical activity and sport for social good.

Jobs

London FA has a new opportunity to join its safeguarding team as an [Assistant Designated Safeguarding Officer](#). Application deadline 5pm on Friday 11th February.

Surrey FA is recruiting for a [Referee Development Assistant](#) and a [Marketing Intern](#).

Rackets cubed are recruiting a new [Area Programme Manager](#) to organise and coordinate new and existing programmes within the London and the South of England.

Keeping up to date with London Sport

These updates are sent on the first week of each calendar month. If you would like us to consider content for inclusion, ensure this has been sent by the first of each month.

For other news visit the [London Sport website](#). Our social media accounts provide live updates and engagement on [Twitter](#), [Facebook](#), [LinkedIn](#) and [Instagram](#) while the London Sport newsletter provides highlights from across the sport sector: [sign up](#).