



## January Update

### Headlines

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- **London Sport's Year in Review**
- **Response to Lords Committee call for a National Plan**
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- **Emily Robinson to be London Sport's new CEO**
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## **London Sport Headlines**

### **OPPORTUNITY: Get more Londoners active this RED January**

London Sport has teamed up [with public health campaign RED January](#) to give Londoners more motivation to move during the winter. The campaign empowers people to move every day in January to support their own mental health and raise funds to help others. Sign up for free at [redtogether.co.uk](http://redtogether.co.uk)

### **NEWS: London Sport's Year in Review**

2021 has been a year of varying restrictions due to covid-19 but the commitment and dedication of the sport and physical activity remained undimmed we have seen, once again, the incredible impact of the capital's grassroots physical activity and sport sector united in keeping Londoners active. Look back at [London Sport's most memorable moments](#) of 2021.

### **NEWS: Response to Lords Committee call for a National Plan**

The House of Lords National Plan for Sport and Recreation Committee published its official report calling for a national plan for sport, health and wellbeing. London Sport recognises the need for closer collaboration between the health system and the physical activity and sport sector – which must play a key role in our pandemic recovery. [Read our response.](#)

### **NEWS: Expanded team to help London Sport deliver on ambitions**

Director of Commercial, Marketing and Communications, Tanya Rabin looks at the different roles which will make up her [new and expanded team](#) and how they'll work to fulfil London Sport's LDN Moving strategy.

### **NEWS: Emily Robinson to be London Sport's new CEO**

Emily Robinson has today been announced as London Sport's new Chief Executive Officer and will take up [her new post in February](#). Robinson has a strong track record of working closely with central and local government.

### **NEWS: London Sport Awards winners announced**

Ten winners were presented with their London Sport Awards at the ceremony at London's Guildhall in December. This year's Awards celebrate those that have made a positive impact in grassroots physical activity and sport during the pandemic. [Full list of winners.](#)

### **NEWS: Covid-19 continues to impact young Londoners**

Covid-19 continues to negatively effect the activity levels of children and young people across the capital as new Sport England data demonstrates that getting active is more important than ever. [See the latest data.](#)

## London Sport Calendar

Date		Location	Notes
	<b>January</b>		
Tues 25	Introduction to Grant Funding workshop	Online	<a href="#">Sign-up for free</a>
	<b>February</b>		
Tues 22	Top Tips for Grant Funding Applications	Online	<a href="#">Ticket release end of January</a>

## London Sport Updates

### Funding

#### **LONDON SPORT: Introduction to Grant Funding II**

If you missed us in November, join London Sport Consultancy on 25 January for a free webinar with funding expert Aaron Dunkley. The session will encourage delegates to think creatively about their fundraising strategy, how they can improve their grant-readiness, and bolster their fundraising exploits. [Sign-up for free](#).

#### **FUNDING: Mayor announces grants to help Covid-19 recovery**

Not-for-profit organisations can now apply for their share of a [£900,000 funding pot](#) for projects which foster community strength and connections across Greater London and delivers a range of community-building activities in London. The GLA are hosting two webinars on 11 January (2-3.30pm) and 18 January (10-11:30am). [Email to register](#).

#### **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 in London. The focus is on 'Opening London Up', ensuring that everyone living, working or visiting London has access to the cultural, economic and social opportunities of the city.

#### **FUNDING: Small grants for outdoor activity**

[The Alpkit Foundation](#) are funding projects encouraging outdoor activity with long-lasting 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: The Fore Funding opportunity**

[The Fore](#) is looking to fund small organisations working with marginalised groups and led by people in the community that may have found it hard to access trust and foundation funding in the past. Their funding process is specifically designed to level the playing field and give no advantage to those with fundraising experience or connections.

#### **FUNDING: Support the mental health of children and young people in Camden**

Young Camden Foundation (YCF) is delivering the [Heads Up Mental Health Youth Fund](#) for a third consecutive year. YCF has partnered with John Lyon's Charity (JLC) to

ringfence £40,000 for members with an income of under £250,000 that are not eligible to apply for JLC normal funds or have not previously been funded by JLC.

**FUNDING: Funding available from Croydon Relief in Need Grants**

[Grants available](#) to organisations working with older people (over 60), young people (up to 25) and those in Croydon's most disadvantaged areas. Grants given to both Croydon residents of all ages in need or facing difficulty, and to local and national organisations which help them. Funding is intended to tackle poverty, hardship and disadvantage.

**FUNDING: Funds available for Health & Wellbeing in Lambeth**

For Lambeth based organisations, [grants of £1,000 to £5,000 per year](#) are available for projects of up to 24 months. The fund contributes to the Lambeth Health and Wellbeing Strategy and aims to improve the health and wellbeing of adults with a priority for ethnically diverse groups and intergenerational work that links older and younger people.

**CASE STUDY: Look at the success of the London Community Fund**

City Bridge Trust [share reflections on the successes and lessons learned](#) from the London Community Response Fund. They share lessons from the success of the fund, including the value of cross-sector collaboration, taking an equitable approach, and flexible grant management; and focus on the learnings that the flexibility, understanding and emphasis on equity meant they reached beyond the 'usual suspects'.

**FUNDING: Small capital grants are 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.

**FUNDING: Grants for sports projects with children and young people**

The [Blue Spark Foundation](#) supports the education and development of children and young people by providing grants for educational, cultural, sporting and other projects. Decisions made on an eight-week rolling basis.

**OPPORTUNITY: Lloyds Banks supporting journeys of positive change**

[Lloyds Bank Foundation](#) funds small and local charities, investing in their work helping people overcome complex social issues. They support charities with a proven track record of helping people on a journey of positive change and offer unrestricted funding, including core costs and tailored development support.

**FUNDING: Transforming young lives through sport and education**

The Hargreaves Foundation is a grant-making charitable foundation with [funding available for projects](#) that give under-18s, those living with a mental health condition, disability, or growing up in poverty, the opportunity to fulfil their potential, improving wellbeing, self-esteem and independence. Online application process and no deadlines.

**FUNDING: The Get Out! to get pupils learning outdoors.**

[The Get Out! Grant](#) is awarded every month to primary, secondary schools, charities or CICs or micro businesses to enable them to purchase equipment; specialist training; travel and resource with the focus on supporting pupils getting outside learning. Applications open on the 1st and close on the 20th of each month.

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## **Children and Young People**

### **OPPORTUNITY: Engaging teenage girls in sport workshop**

[See Inclusion and Disability](#)

### **CASE STUDY: Sported update on Time in Mind project**

Sported's [case study research](#) can help you create structures and activities that support young people's mental health. Research revealed that young people who took part in activities organised by groups in the Time In Mind project benefitted in multiple ways.

### **NEWS: PE and sport premium for primary schools guidance updated**

The Department of Education has recently published an update to their guidance to schools on [use of the PE and Sport Premium](#). Schools are reminded that they must publish details of how they spend their PE and Sport Premium funding by 31 July 2022.

### **NEWS: SGO funding confirmed until end of this academic year**

Government funding for [School Games Organisers \(SGOs\)](#) has been confirmed until 31 August 2022. The Government is currently considering arrangements for the 2022-23 academic year and beyond.

### **NEWS: NHS to set up 15 special clinics in England for severely obese children**

Specialist NHS clinics for severely obese children and young people are to be set up in England as part of an early intervention scheme to help tackle an issue costing about £6bn a year. A [pilot of 15 clinics across the country](#) will provide more than 1,000 children a year, aged between two and 18, specialist treatment to support weight loss.

### **INSIGHT: Sport for better mental health**

Street Games and Brunel University investigate youth sport and mental health through evaluating the impact of the 'Safe, Fit & Well' Doorstep Sport projects in seven urban communities across the UK. [The report](#) details the importance of the sporting workforce and leaders in helping the mental health of young people.

### **INSIGHT: Survey reveals school is major cause of children's mental health issues**

Parentkind recently released its [Parent Voice Report 2021](#), providing new detailed evidence of parents' views on their child's mental health, schooling and education. Findings offer a snapshot of parental opinion across diverse communities. There was a significant rise in parents reporting incidence of mental health and well-being issues.

### **INSIGHT: Backpacks with air sensors help reduce school run emissions**

A project that gave [London pupils backpacks fitted with toxic air sensors](#) resulted in almost a third of families changing how they travelled to school. Teachers in one school said they had recorded more than a 50 per cent decrease in the number of people who travelled to school by car and they had to get more bike sheds.

### **INSIGHT: Child Abuse in Sport: European Statistics UK national report**

The [Child Abuse in Sport: European Statistics](#) (CASES) project assesses the prevalence of interpersonal violence against children in sport and data was collective through an online questionnaire developed by the CASES team to help shape protection for young people moving forward.

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## **Inclusion and Disability**

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

[See Funding.](#)

### **OPPORTUNITY: Engaging teenage girls in sport workshop**

Women in Sport have launched a CIMSPA accredited course with e-coach UK on 10 January 2022. [The course](#) will teach you how to provide an inclusive and positive experience for teenage girls in sport. The course is suitable for NGB's, sports clubs, community associations and leisure providers.

### **OPPORTUNITY: New toolkit to help make sport accessible**

UK Coaching and Thomas Pocklington Trust urge leisure and sports providers to make their facilities more accessible to visually impaired people and have just launched free training to show them how to do just that. The new toolkit, [Inclusive facilities: Supporting people with a visual impairment](#) contains videos and resources to train staff.

### **RESOURCE: New campaign promotes activity to pregnant women and new mums**

A new campaign entitled [Active Mums Start With You](#) has been launched to help equip healthcare professionals with the resources they need to speak about physical activity with pregnant women and new mums. It encourages GPs, midwives and health visitors to talk to and advise pregnant women and new mothers about activity.

### **CASE STUDY: Dallaglio RugbyWorks work to increase female participation**

Dallaglio RugbyWorks are working hard to create safe places to increase female participation in rugby and sport in general, building on the recent success of the Red Roses they hosted a girls only camp at Sutton & Epsom RFC. [Read more here.](#)

### **INSIGHT: BEYOND 30% - Workplace Culture in Sport**

[This report by Women In Sport](#) discusses the impact of a workplace culture that negatively impacts women. It covers discrimination, a negative workplace culture, and under-represented women in senior roles in the sector.

### **INSIGHT: Women's Sport Journey**

[Sporting Journeys](#) is about how, why and when women play sport. Insights include how women's experiences of different sports change through education as well as at key stages of adulthood.

### **INSIGHT: Diversity in Sport Governance Survey 2020**

This [report by Sport England](#) is a brief summary of the diversity in Sports Governance around the UK and London. Statistics and graphs are used to illustrate the percentage of respondents from different communities, identities, and backgrounds to best understand the diversity amongst various sports organisations.

### **NEWS: Engaging more women and girls with Level the Table funding**

Engaging more women and girls into the sport is a key focus for Table Tennis England with the aim of gender parity in the future. As part of the new [#LevelTheTable diversity and inclusion strategy](#), Table Tennis England has committed to making key changes in the sport to make it more accessible and inclusive

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## **Facilities & Space**

### **CASE STUDY: Healthy neighbourhoods case study: Parks for Health**

What would it look like if we put health at the heart of a park service? [The Parks for Health project](#) across Camden and Islington seeks to change green spaces from passive health enablers to play a central role in improving physical and mental health.

### **INSIGHT: Sport England protecting and improving playing fields**

[New statistics](#) show that Sport England has continued to protect and improve playing fields across the country under their remit as a statutory consultee on planning applications. Councils must refer cases to Sport England when any proposed development would affect or lead to the loss of a sports playing field.

### **INSIGHT: Green spaces aren't just for nature – they boost our mental health too**

Understanding how vital access to natural space is for our mental well-being is growing with implications for how we design cities worldwide. Understand [how to green the world's urban spaces](#) the right way and it can boost human well-being, help redress social inequality and be a boon for the biodiversity we all depend on.

### **INSIGHT: The value of public parks**

The Bennett Institute has previously looked at valuing green spaces for the straightforward reason that if this is not attempted, they are not factored into policy decisions: the implicit value is put at zero. Is it possible to put an economic value on these much-loved amenities - and why would we want to do so? [Find out here.](#)

### **INSIGHT: Valuing the mental health benefits of woodlands**

Access to woodlands is very important for individuals to support their mental health and well-being. However, these benefits have yet to be included in natural capital accounts at national level. [This study](#) is the first attempt to provide national estimates of the natural capital value of the mental health benefits provided by UK woodlands.

### **INSIGHT: State of UK Public Parks 2021**

The 2016 'State of the UK Public Parks' report identified that there was a need for central government, local authorities and a variety of partners to work together to address the problem of declining budgets, and the loss of finance on the quality, availability and sustainability of the UK's parks. [In the 2021 report](#), these were a repetition of the warnings made five years ago, with a loss of £690m in parks funding.

### **INSIGHT: Woodland walks save UK £185m a year in mental health costs**

[Forest Research's new report](#) estimates the amount that woodlands save the NHS through fewer GP visits and prescriptions, reduced hospital and social service care, and the costs of lost days of work. The report also identifies the £16m a year savings on antidepressant costs achieved via street trees in towns and cities.

### **CASE STUDY: Discover how green social prescribing can support more activity**

The National Academy of Social Prescribing (NASP) have recently highlighted the work of the Argyle Community Trust who work with Plymouth City Council and Green Minds, as well as many other partners, to help [run a green social prescribing project](#) with the aim of getting people back into nature and helping to boost their mental health.

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## **People, Places and Communities**

### **EVENT: Help set the Sport for Development Coalitions 2022 priorities**

Leading co-ordinators and contributors to the Sport for Development Coalition's [collective action](#) will come together to review progress and set priorities at its 'Spotlight on 2022' Forum on Friday 28 January (10am). More than one third of the Coalition's 200-plus member organisations are currently actively involved in its governance through participation or support for its Board, sub-committees, and working or advisory groups.

### **RESOURCE: 'Health Check' tool launched for community sports groups**

Sport England's Club Matters initiative [have launched a brand-new tool](#), designed to help anyone that runs community sport clubs, groups or organisations. The tool, which takes around 15 minutes to complete, will help you to understand your strengths and identify any areas for development to ensure you are providing a safe environment.

### **RESOURCE: Exercise programme helping older Black adults be active**

[The Gwendolene Project](#) is designed to encourage people to participate at their own pace and increase intensity when ready, with workouts based on a traffic light system. There are three different sections to each colour with the cool-down and relaxation sections being the same for all, allowing 27 possible combinations to create bespoke exercise plans, which can be done standing or in a chair.

### **INSIGHT: Voluntary sector partnerships a vital cornerstone of integrated care**

The Social Care Institute for Excellence [recently ran an webinar](#) exploring the importance of the voluntary, community and social enterprise sector's contribution in developing and implementing plans to tackle the wider determinants of health.

### **RESOURCE: Ideas into Action latest Design Council and Sport England podcast**

The Design Council have released their latest [ideas into action podcast](#) with Sport England to bring conversations with community-led designers to the sector. The [website](#) also shares the stories of the 13 organisations that have been working with the design council to explore how design can help overcome inequalities in physical activity.

### **RESOURCE: Build inclusion and cohesion into your programmes**

The [Power of Sport toolkit](#) from the Belong Network offers guidance on how to design your physical activity and sport programmes with inclusion and cohesion in mind. The toolkit includes best practice examples, guidance, practical tools to design and evaluation programmes. With step-by-steps guides to design and evaluation.

### **NEWS: LGA response to The House of Lords Committee report**

The House of Lords Committee released a report on the national plan for sport and recreation in December 2021 following months of select committee meetings and consultation. The Local Government Association has responded positively to the recommendations. [Read the response and the report.](#)



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## **Physical Activity for Health**

### **RESOURCE: New campaign reveals six major health benefits to losing weight**

A new [Better Health marketing campaign](#) has been launched to help people prevent risks of developing serious illness and help reduce the risk of being hospitalised with covid-19. Better Health is working in partnership with 15 weight management and physical activity partners who are providing both free and discounted offers.

### **EVENT: MIND exploring a healthy relationship with physical activity webinar**

[This webinar](#) on 18 January will explore developing a healthy relationship with physical activity through people with experts by experience of mental health problems and professionals sharing their experiences and introducing you to resources and tools.

### **EVENT: Priorities for NICE in health and social care event**

Organised by the Westminster Health Forum, [this event on February 28](#), will be an opportunity to discuss the role of the National Institute for Health and Care Excellence (NICE) in a changing health and social care landscape. It will also cover proposals in the NICE Strategy which sets out a vision and priorities for transformation.

### **CASE STUDY: How Social Prescribing can benefit you**

The National Academy for Social Prescribing have released a [new film featuring Kamal Hyman](#) who explains how social prescribing can benefit our health and wellbeing.

### **CASE STUDY: Discover how green social prescribing can support more activity**

[See Facilities and Space](#)

### **NEWS: Consensus statement on the risks of physical activity**

The Royal College of GPs with the Office for Health Improvement and Disparities, Sport England and the Faculty of Sport and Exercise Medicine UK have [released a consensus statement](#) identifying that 'the benefits of physical activity far outweigh the risks and it is safe, even for people living with symptoms of multiple long term conditions to be active'.

### **NEWS: An approach to reducing health inequalities**

[Core20PLUS5](#) is a new, national NHS England and NHS Improvement approach to support the reduction of health inequalities at both national and system level. The approach defines a target population cohort – the 'Core20PLUS' – and identifies five focus clinical areas requiring accelerated improvement.

### **NEWS: The Mayor's Health Inequalities Strategy Implementation Plan**

The GLA's Health and Wellbeing team hosted an event in December to update on the implementation of the Mayor's Health Inequalities Strategy. The Strategy Implementation Plan (21-24) can be [found here](#) with an overview of work being conducted to deliver against the Strategy [is also available](#).

### **NEWS: Join the campaign to support those with a health condition to get active**

The [We Are Undefeatable](#) campaign, which aims to support those with a health condition to be more physically active, reached millions of people through their TV advertising and social media in 2021. Six 'new faces' joined the campaign, sharing their real stories of getting active with a health condition.

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## **Technology for Participation**

### **LONDON SPORT: RED January is LIVE**

Since joining the Sport Tech Hub Innovation programme, REDJanuary have been keeping people active everyday to beat the winter blues. They are now live with their 2022 campaign, keeping thousands of people moving this January. [Sign-up here](#).

### **RESOURCE: Digital revolution in fitness and leisure needed**

Active and Sport England have announced plans to design a new knowledge programme to help fitness and leisure operators improve their digital maturity and effectiveness, in response to the sector's [first 'Digital Futures' report's findings](#). The programme includes a digital resource marketplace to bring experts closer to the sector, themed papers and seminars to support learning and a new self-assessment tool.

### **CASE STUDY: Building a business as a Black founder**

Sport Tech Hub sat down with Joshua Uwadiae, CEO and Founder of WeGym, to hear about his journey of navigating his company through a pandemic, and his advice for other black founders. [Read the full interview here](#).

### **NEWS: Tech keeps us on track with healthy eating and exercise routines**

A [new study on fitness wearables and tracker apps](#) that log physical activity for millions of Brits trying to improve their fitness found that: 76% of Brits use technology to keep tabs on things like what they eat & daily activities, 73% think wearables are responsible for keeping them healthy and 61% find it would help them to spot health issues faster.

### **NEWS: FitSwarm keeping frontline workers active with virtual wellbeing platform**

[FitSwarm](#) have worked with many organisations to help support their employees with tangible health and wellbeing benefits, including Harlequins Foundation and East London NHS trust and the RAF.

### **NEWS: Urban sports and culture platform CityLegends joins Sport Tech Hub**

During the programme, with support by London Sport, [the CityLegends and Sport Tech Hub teams](#) will look to gain an understanding on UK market trends, safeguarding practices and policies. They will also look to grow the usage of the product via partnerships with community groups and relevant organisations.

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## **Workforce & Club Development**

### **INSIGHT: Street Games' Volunteer Action Research project**

A report by Street Games and Sports England covers their [Volunteer Action Research Project](#), which aimed to increase participation in volunteering and social action through sport. The project focused on young females and young people from ethnically diverse backgrounds. A key aim of the project was learning and understanding what can encourage these young people to start volunteering.

### **OPPORTUNITY: Professional development network for women working in sport.**

The [Women's Sport Collective](#) on LinkedIn hosts a rolling programme of online events across a whole range of topics supported by a partnership at Sky who enable membership to the collective to be free of charge to all women working in sport.

### **NEWS: UK Coaching launch the Coach Learning Framework**

Alongside 80+ coaching experts from across the world, UK Coaching examined the foundations that make up a high quality coaching environment and created the [coach learning framework](#), so that regardless of which sport and physical activity you coach the 9 themes can help maximise potential and deliver great experiences for all. [Contact UK Coaching](#) for a pack of assets to help you raise awareness across your coaches and networks.

### **OPPORTUNITY: New group for disabled people working in physical activity**

Dr Chris Whitaker and Lucy Moore (Sport England) are establishing a group of disabled people working in the physical activity and sports sector. The first session on 10 Jan was centered on shaping the focus of the group. [Contact Chris via LinkedIn](#) for more information.

### **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 Club Matters Health Check Tool launched**

Club Matters is excited to release the new Health Check Tool, designed to support anyone that runs community sports clubs, groups and organisations. The interactive self-assessment tool helps users understand their organisation's strengths and identify any areas for development, so they can ensure they are providing a safe environment, whilst meeting legal requirements. The tool can be accessed [here](#).

### **RESOURCE: Innovation in Sports Volunteering**

Across the last 18 months, community sports clubs and organisations have made a number of innovations to their practice as restrictions changed in response to the Covid 19 pandemic. Sport England and the Sports Volunteering Research Network have recently completed a project to explore some of these innovations and will be presenting this insight at a [webinar on 19 January](#).

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## **General News**

### **NEWS: Revised Code for Sports Governance published**

[Governance requirements](#) for all Sport England and UK Sport funded organisations has been updated. As well as focusing on areas for development and best practice in governance, the review drew on internal insights, external consultation and learnings in the years since its launch in 2016. The main change is that everyone in receipt of major public funding will be required to have a Diversity and Inclusion Action Plan (DIAP).

### **OPPORTUNITY: Research opportunity with Loughborough London students**

Partner with MSc Students from Loughborough University London's Institution of Sport Business who will be undertaking their dissertation next year and could be available to carry out a research project that supports your organisation. The research would be at no financial cost but you would need to provide an element of support to enable the student to carry out the research. To find out more, please [email by 21 January](#).

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## **Jobs**

### **London Sport Vacancies:**

[Head of Consultancy & Partnerships](#) (Rolling Deadline)

[Commercial, Marketing & Communications Graduate Intern](#) (Weds 12 Jan)

[Marketing and Communications Officer](#) (Sun 16 Jan)

[Events Officer](#) (Sun 16 Jan)

[Head of Marketing and Communications](#) (Weds 19 Jan)

[Intern programme x2](#), CMC or Insight (Mon 31 Jan)

**HR Sports Academy** are seeking a highly capable [Sports Development Officer](#) who will join their senior management team. This part-time (21 hours/week) maternity cover role is likely to last from February to January, with the potential to extend the contract.

**3Pillars Project** are looking for [London coach and mentor](#) ready for a role where no two days will be the same. The ideal candidate will have an interest and understanding of sport to engage and inspire young people in the Criminal Justice System.

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## **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](#).