

Use Your Energy Grant Application Form for Groups (up to £500)

Section 1: About your group

1.1 Your Group contact details	
Name of Group:	<i>Use Your Energy Group</i>
Main contact:	<i>Please ensure that the main contact is aware of the application!</i>
Position in the group e.g. Chair, project lead etc:	<i>Project Lead</i>
Contact address for the group:	<i>Use your Energy Road Tameside XX0 0XX</i>
Contact Tel:	<i>Please check and ensure that it is correct!</i>
E-mail:	<i>Please check and ensure that it is correct!</i>
Website if the group has one:	<i>Please check and ensure that it is correct!</i>
Facebook if the group has one:	<i>Please check and ensure that it is correct!</i>
Twitter if the group has one:	<i>Please check and ensure that it is correct!</i>

Section 2: About your idea

2.1 What is your idea called?
<i>Think of a positive punchy title that will appeal to young people!</i>
2.2 How will your idea get children/young people more active?
<i>We are looking for projects that target young people who are not physically active.</i>
(max 300 words)
<i>Ahead of this year's Olympics, we propose to deliver a series of Olympic- Style fun games for young people aged between 8 and 11, in the Energy Town Ward.</i>
<i>The sessions will be held at the at the local Energy Town community centre. We will deliver 6 sessions, one per week, and hope to attract a maximum of 20 children to the sessions.</i>

All sessions will be held on the weekend as we are aware that a significant number of young people in this ward attend religious classes on weekday evenings. These measures of keeping activities local and timely will ensure that the activity is accessible for local young people.

Each session will be theme based (this may be games played in the different Olympic countries, or Olympic games that were played that week) and each game played will focus only on having fun and teamwork rather than ability or competition. At each session, every young person will have the chance to learn a new skill and will take away their 'skill for the week' that they can practice/do when they are at home in the week. This skill can range from practicing catching a ball to doing 10 star jumps in the morning to get the 'happy' hormones going! This will keep the young person engaged and active throughout the week. Each young person will choose their own skill to do which will be something that they have done in the session, with steer from our facilitators. Every participant will be given the option to share a new skill that they have learnt that week and deliver it as part of the session if they wish to.

At the end of the course all children will receive a medal of participation, and this will be awarded in the style of the Olympics. Parents will be invited to take part in this 'ceremony', where they will be given a handbook of all the skills that the young people have learnt and how they can practice these at home. The booklets will also contain the details of physical activity providers in the area that they can access after the sessions.

2.3 How are you going to encourage young people to take part in your activities who do not currently do so?

Think about what barriers to physical activity young people may face and how you will remove these. Think about what you will do to make provision more accessible for young people who do not usually access physical activities.

(max 300 words)

After consulting with some of the local schools we found out that young people between the ages of 8 - 11 start to shy away from physical activities due to confidence in their ability, more awareness of competition and changes to their bodies. We will work with the schools and send home a promotional leaflet with all children of this age so that parents can refer their child into the provision. We will ask parents to complete a short expression of interest questionnaire about their child's physical activity level and interest and invite those young people who are the least active.

It is important that our marketing material attracts children who are not confident in their level of activity so the language we will be using in our promotional material will be focused on the fun element of physical activity, rather than as competitive sports.

We have also identified that young people between these ages do not currently have many physical activity provisions in the Energy Town ward, therefore our activities would be best placed here to attract these young people.

We will market the course through our established relationships with primary schools. A leaflet will be sent to all parents of children in years 3 - 6. We will also carry out a

leaflet drop to homes within a mile of Energy Town Community Centre. We will also advertise on our social media platforms, and we will also promote the sessions via our partner organisations in the local area.

2.4 Where will your idea take place?

The sessions will be held at the local Energy Town community centre.

2.5 How will you make the idea sustainable/continue after the funding has finished?

(max 200 words)

We will strive to make our proposal sustainable initially in the following ways:

- Join the Tameside Physical Activity Network hosted by Active Tameside and work with Action Together to strengthen our governance. We will then be in a stronger position to apply for larger pots of money.*
- Share the results/outcomes of the intervention with the local schools and work with them collaboratively/in a partnership to introduce this as an after-school activity.*
- To ensure that the young people continue to engage in physical activity, each parent/guardian will be given a handbook of all the skills that the young people have learnt and how they can practice these at home. The booklets will also contain the details of physical activity providers in the area that they can access. There will also be a list of family games that they can play in the local park to keep them active.*

2.6 We would like to hear from a person who will directly benefit from this idea.

Can you please tell us why this idea is important to you to be completed by a child/young person? If you prefer you can show how you will benefit through a short 1-minute video shot on your phone, a 1-minute audio clip, over the phone or by drawing a picture.

(max 300 words)

If you are sending a picture, video or audio clip please contact us to arrange transfer of files and ensure that you have permission to do so. If you would like to do this over the phone, please contact us to arrange a good time.

2.7 Timescales - when will your idea start and finish?

Start:	<i>17th July 2021</i>	End:	<i>21st August 2021</i>
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Section 3: Cost of the idea.

Budget heading (e.g. equipment, venue hire, salary etc)	Breakdown of activity and costs	Amount requested
Facilitator costs x 2	6 sessions @ £18 per hour x 2 facilitators	£216
Volunteer travel expenses	1 volunteer @ £5 per session x 6	£30
Venue cost	6 sessions @ £20 per hour	£120
Marketing and publicity - leaflets	1,000 leaflets @ £50	£50
Medals and certificates	20 children @ £20	£20
Bottles of water	20 bottles @ £3 x 6 sessions	£18
Refreshments for parents/family at ceremony (pre-made teas and coffees)	Tea/Coffee/sugar sachets/milk sachets/stirrers/disposable cups for 50 - 60 people.	£30
TOTAL		£484

Section 4: Final questions

4.1. Does anyone on your management committee/board have a prior connection, affiliation, or interest in Action Together? e.g. employee, councillor, affiliate.	Yes/No If yes, please state relationship: <i>No</i>
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Section 5: Supporting information

Please state if your group has the following supporting information. If you are unsure or do not have the documents listed below please contact us for support and advice. We can support you with the development of any policies you do not currently have.

Additional Information we need	YES/NO
Bank account in organisation's name where we can send the monies to. If you do not have a bank account please contact us for support and advice.	✓

Insurance - public liability and employers' liability if you employ staff.	✓
Safeguarding Children Policy.	✓
Safeguarding Vulnerable Adults Policy.	✓
Risk Assessment for the activity and/or Covid Compliance Statement (if restrictions still in place).	✓

Section 6: Conditions of investment

Please review the following before submitting your application. If successful in full or part, we confirm that we accept the following conditions:

- We will only spend the investment money in accordance with this application form. If there is a need to change the use of the investment, we will request permission from Action Together as soon as possible.
- If things change for example, if the main contact on the application leaves the group and another person takes over the investment on behalf of the group we will inform Action Together immediately.
- We will ensure the group makes the project as accessible as possible and agree to implement and ensure equal opportunities.
- We will ensure we have adequate insurance to carry out the investment and that staff, volunteers, trainers, etc are suitably qualified and trained and we will supply copies of documents if requested.
- We acknowledge responsibility for all risk assessments, health and safety checks and Covid safety compliance (if appropriate) for the funded activity.
- We will ensure that all volunteers and staff working with any vulnerable people are DBS checked and adhere to the safeguarding policies and procedures we have as an organisation and we will supply copies of these if requested.
- Action Together can visit the group for monitoring and evaluation purposes.
- At the end of the investment we will provide a case study outlining how the idea benefited individuals and the group. This will include pictures, or video/audio and quotes from participants. We will ensure that the above report and case study is given to Action Together in the required timescales and understand that failure to do so will influence future funding application decisions. **Consent will need to be gained from any participants.**
- We accept that we may be asked to return this investment should Action Together deem the evidence we provided was unsatisfactory. This will also apply if Action Together discovers that money has been spent on items not specified in the original application form and investment offer.
- All original receipts will be kept and copies made available for Action Together.
- We will repay any money unspent during the investment lifetime to Action Together within a month of our project ending.
- We understand that if we don't meet these terms and conditions our investment may be withdrawn.

Declaration

1. I certify that the information contained in this application is correct. I understand that if in any way the information is not correct the application may be disqualified and any monies allocated will need to be returned.
2. If the information changes in any way I will inform Action Together as soon as possible.

Main contact for this project:	<i>This should be the same person as Section 1.1</i>
Role within organisation:	<i>Project Lead</i>
Signature:	<i>xxxxxx</i>
Date:	<i>xxxxxx</i>

Other contact for the group:	<i>This person should be aware of the application!</i>
Role within organisation:	<i>xxxxxx</i>
Signature:	<i>xxxxxx</i>
Date:	<i>xxxxxx</i>

Please send your completed application by email to:
email: funding@actiontogether.org.uk