



Sports Relief



Using sport to tackle the exclusion and isolation experienced by some of the poorest and most disadvantaged communities

What is Sport Relief?

Sport Relief was set up by Comic Relief and BBC Sport to use the power and passion of sport to **tackle poverty and disadvantage**, both in the UK and in some of the world's poorest countries. In the UK, Sport Relief will fund work that uses sport and exercise to strengthen communities and provide opportunities for people who are excluded or disadvantaged. This may be through low income, rural or social isolation, age, disability, race, sexuality or gender.

This year (January 2008-December 2008) the focus for Sports Relief funding is on supporting work that has a sustained beneficial impact on people's lives who are excluded or disadvantaged, and the "ideal" grant would be to a locally based community group in an area of disadvantage that really understands the needs of their community and is using sport and exercise as a means of addressing these needs.

Sport Relief want to support projects and activities in Leicestershire and Rutland under the following two themes:

Theme 1: Feeling or being left out.

Sport Relief want to increase access to sport and exercise for people who face social exclusion and isolation. (Below are some examples of the types of projects that may be funded under this theme):

- A group of Asian women meeting for mutual support getting involved in keep fit or other sports activities
- A group of disabled people wanting to undertake sport or a club wanting to increase sporting opportunities for disabled people
- A bowling club wanting to extend its activities to provide short mat bowling to older/disabled people in an area
- Movement to Music classes for isolated older people

Theme 2: Having problems in your life

Sports Relief want to help people who are experiencing difficulties in their lives to regain their confidence and self-esteem. (Below are some examples of the types of projects that may be funded under this theme):

- Women's refuges wanting to undertake sport or exercise with the women or their children
- People with mental health problems wanting to help rebuild their lives through sport
- Refugees or asylum seekers using sport to help cope with traumatic experiences
- Positive sport activities for children with behavioural problems

This Programme will take applications from groups across Leicestershire and Rutland and will now fund grants from £1,000.00 up to a maximum of £10,000.00.

This programme is not about an established club or centre buying a new set of football goals or about the local leisure centre/ group wanting to improve its physical access or surroundings, but is strongly focussed on supporting ideas and projects that use sport and/or exercise creatively to engage communities and combat poverty and disadvantage.

If you have a really good idea but are not sure whether it fits the criteria, do not be put off contact us on 0116 229 3088 or email admin@llrcommunityfoundation.org.uk, and we will talk your project through, give clear guidance, and help you complete an application form if that helps.

What is not eligible?

- A project or activity that benefits only a single individual
- One off sporting events such as sports days
- Statutory organisations and activities (such as school activities)
- Profit making organisations
- Established organisations and clubs needing finance to maintain their range of activities for existing members

- Travel abroad
- Large capital purchases of equipment such as mini buses
- Building costs or access adaptations to buildings
- Funding the minority of a project (less than 50% of total cost of project)

How do you apply for a grant?

Unfortunately at this point in time all funds have been allocated for Sports Relief this year (2008-09).