



Telling the story of the Together Fund

Leicestershire, Leicester and
Rutland

INTRODUCTION

The Together Fund was part of Sport England's support package to help the sport and physical activity sector through the coronavirus [Covid-19] crisis. The fund saw £20 million of National Lottery funding committed to help the groups that were being disproportionately affected by the pandemic and it was significantly impacting their ability to be physically active.

There were 4 priority audiences targeted with this funding:

- Lower socio-economic groups
- Culturally diverse communities
- Disabled people
- People with long-term health conditions.

This was a targeted fund that was designed to deal with the issues caused as a result of coronavirus and aimed to support community organisations working with priority audiences, so they had a future to plan for.

Active Together were committed to supporting as many local organisations and groups as possible to access this funding, with a particular focus on new organisations and groups that hadn't been in receipt of similar funding previously and may have been less experienced in applying for funding in the past. Our promotion was specifically targeted towards those organisations and groups which fell into the 4 Sport England target audiences, rather than operating it as an 'open fund' for all.

A simple application form was created for organisations and groups to complete, with additional support offered to those that needed it. Our aim was to ensure that as many relevant local groups and organisations received access to this funding, with speed of application and assessment as quick as possible, usually between 2-4 weeks.

HEADLINES

69 projects funded

*some organisations with multiple projects



↳ 20 registered charities.

↳ 18 formally constituted clubs/associations/trusts.

↳ 15 community interest companies.

£259,352

total investment into local projects.

↳ 37% of investment going towards coach fees/ expenses.



↳ 15% of investment going towards equipment hire/purchase and 15% toward facilities [15%].



5,926

participants engaged

Primary activities

Exercise

Walking

Multi-Sport

Multi-Sports

Cricket

Zumba

Yoga

Activities

Low-impact

Swimming

Karate

Bowls

Judo

Qigong

Wrestling

MMA

Pilates

Fitness

Rugby

Rock-Climbing

Football

Tennis

Oriental

Equestrian

Multi

Arts Croquet

Gym

Movement

Table-Tennis

Boxercise

Running Mixed

Tai-Chi

Dance

Boxing

54

projects benefitted lower socio-economic groups.

51

projects benefitted culturally diverse communities.

42

projects benefitted people with long term health conditions.

30

projects benefitted disabled people.



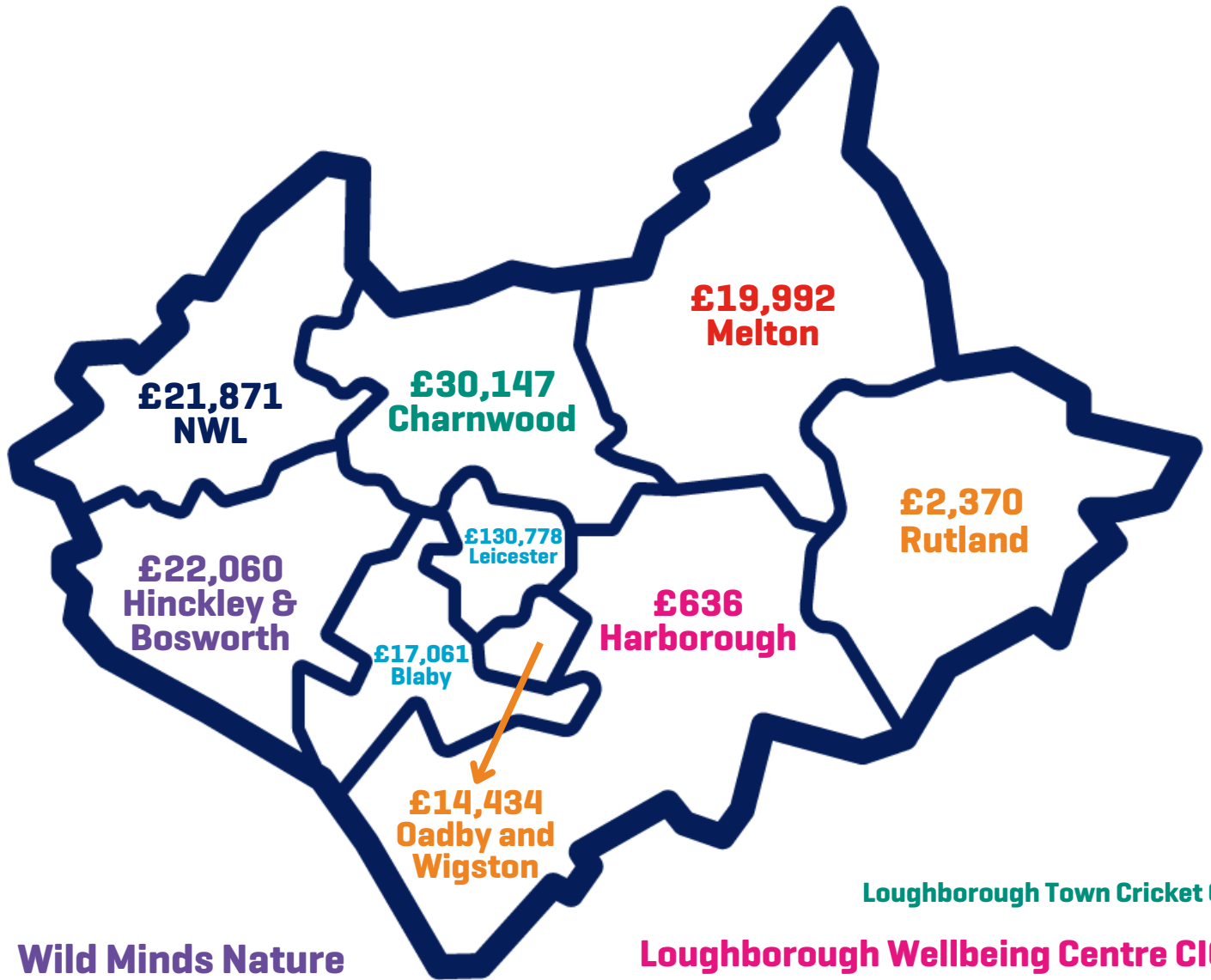
ACTIVE
TOGETHER

LET'S

GET

MOVING

FUNDED ORGANISATIONS



Loughborough Town Cricket Club

Wild Minds Nature Connection CIC

Loughborough Wellbeing Centre CIO

The Shuttlewood Clarke Foundation

Loughborough Female Fitness

Youth Education Project (YEP)

Aakash Odera Company

Cancer Active Recovery

Elliott Hall for Youth and Community

Zinithiya Ganeshpanchan Trust

St Philip's Centre Ltd

Unity Boxing Club

Diabetes Self-Help Group

Ronin Kyokushin IKKU

Wesley Hall Community Centre

Leicester Community Links

Waterfront Sports & Education Academy

Molly's Gift

MS Society Hinckley & District

Sense Hub

Apnapan Cancer Support Group

Braunstone Golden Gloves

NHS City Care Alliance PCN

Sir Robert Martin Court Retirement Living

Leicester Croquet

Phoenix Judo Club

Buzzing Roots

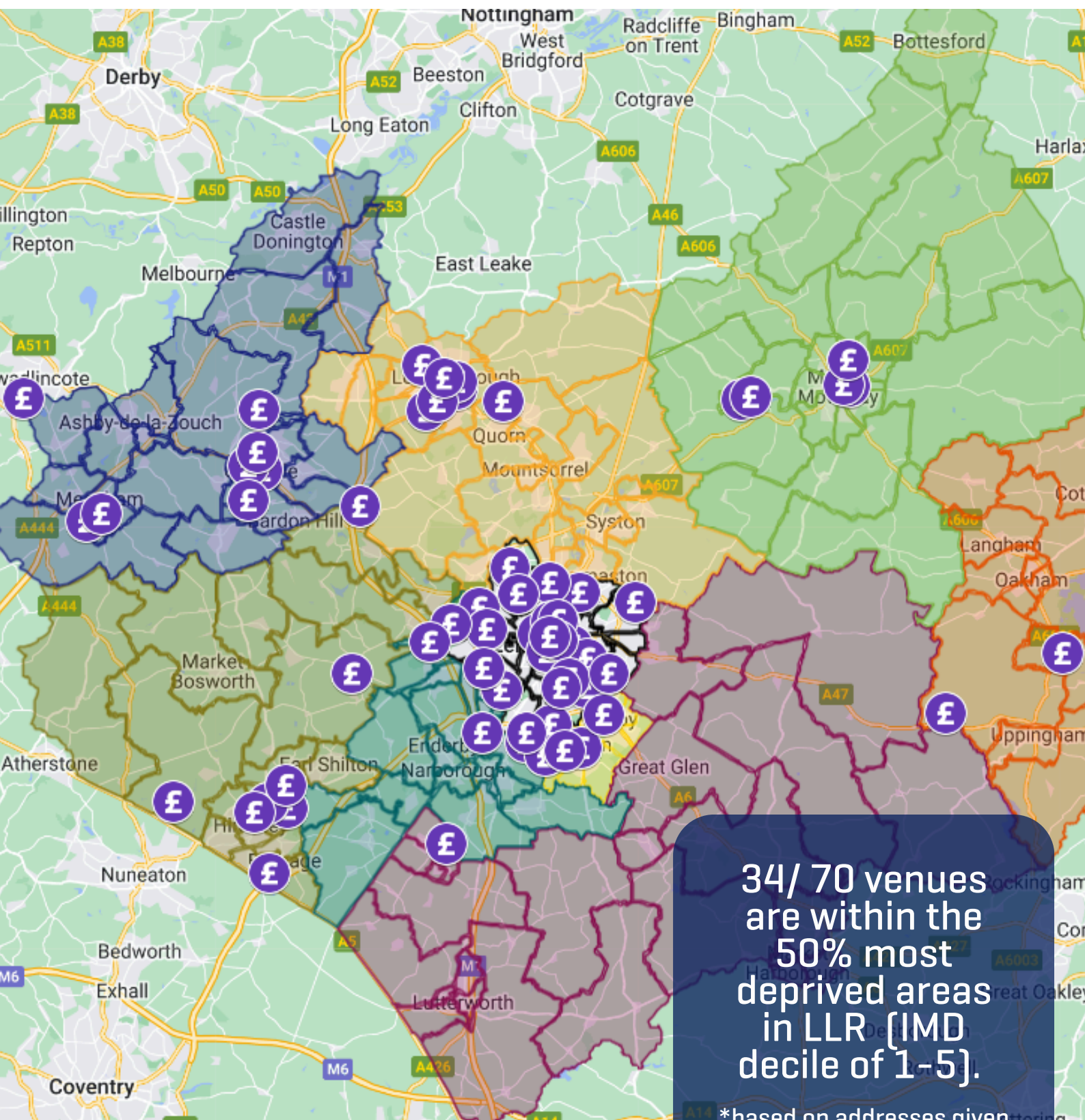
Hinckley Town Tennis Club

Sunny Skies Enterprise CIC

Asfordby Amateurs Ladies, Girls & Inclusive FC

Goldhill Adventure Playground

MAP OF FUNDED LOCATIONS



ORGANISATION FEEDBACK

What benefits has the funding bought your organisation?

70%

said that the funding had helped to upskill people in their organisation.

97%

said that it had increased the organisation's confidence to deliver sport and activity.

33

responses

70%

said that the funding had helped to improve their financial performance.

97%

said that it had helped them to offer more opportunities for people to be active.

97%

said that the funding had helped to attract new participants.

What benefits has the funding bought to the local communities?

100%

said that it had provided the community with more opportunities to be active.

97%

said that it had helped people from different backgrounds to mix and get on.

88%

said that it had helped create a local community with more confidence to be active.

Funding has helped local communities to manage their



Mental Health

&



Physical Health



**ACTIVE
TOGETHER**

**LET'S
GET
MOVING**

PARTICIPANT FEEDBACK

84

responses

81%

rated the project they attended
10/10 - amazing.



100%

of participants enjoyed
participating in the
project.

97%

of participants said that
the project increased their
confidence to be active.

**Did participating in the project have a positive effect
on any of the following?**

Mental Health

98%

'Yes'

Physical Health

98%

'Yes'

Ability to try new activities

97%

'Yes'

Ability to be more active

96%

'Yes'

Ability to make new
friends

94%

'Yes'

Connection to local
community

91%

'Yes'



**ACTIVE
TOGETHER**

LET'S

GET

MOVING

PARTICIPANT FEEDBACK


“The gym has been nothing but positive for my life since joining, it’s given me a sense of belonging that I’ve not had for a long time”

“My son’s confidence has grown massively since joining these sessions and he really looks forward to attending athletics. It means he is more active and has made new friends, which has always been a struggle for him”

After completing the 8-week programme I truly believe I’ve regained and restored my life back after breast cancer and 18 months of treatment and their side effects”

“I think what was offered was well thought out, the staff enjoyed and connected with the children they worked with. They always accommodated the children’s needs and got to know them well. The focus was inclusivity and perseverance, rather than being an athlete and that lifted the pressure from some of the less agile children”

“The coaches are absolutely amazing, so knowledgeable and they give you not just boxing advice on health, fitness, life, and staying out of trouble”



“This donation has made it possible for the group to purchase much needed equipment. Due to the Covid lockdown we were unable to meet with the children or to fundraise for the group. We are very grateful to Active Together and Sport England for the grant which has given the group a kickstart for its services”

**Kimberley House Riding for the
Disabled**

“I've been wheelchair bound for more than 10 years and haven't been involved in much exercise in that time. This class has taught me to be aware of my posture at different times during the day and has helped me with the confidence to try doing things which I haven't been able to for a long time.”

MS Society Hinckley & District



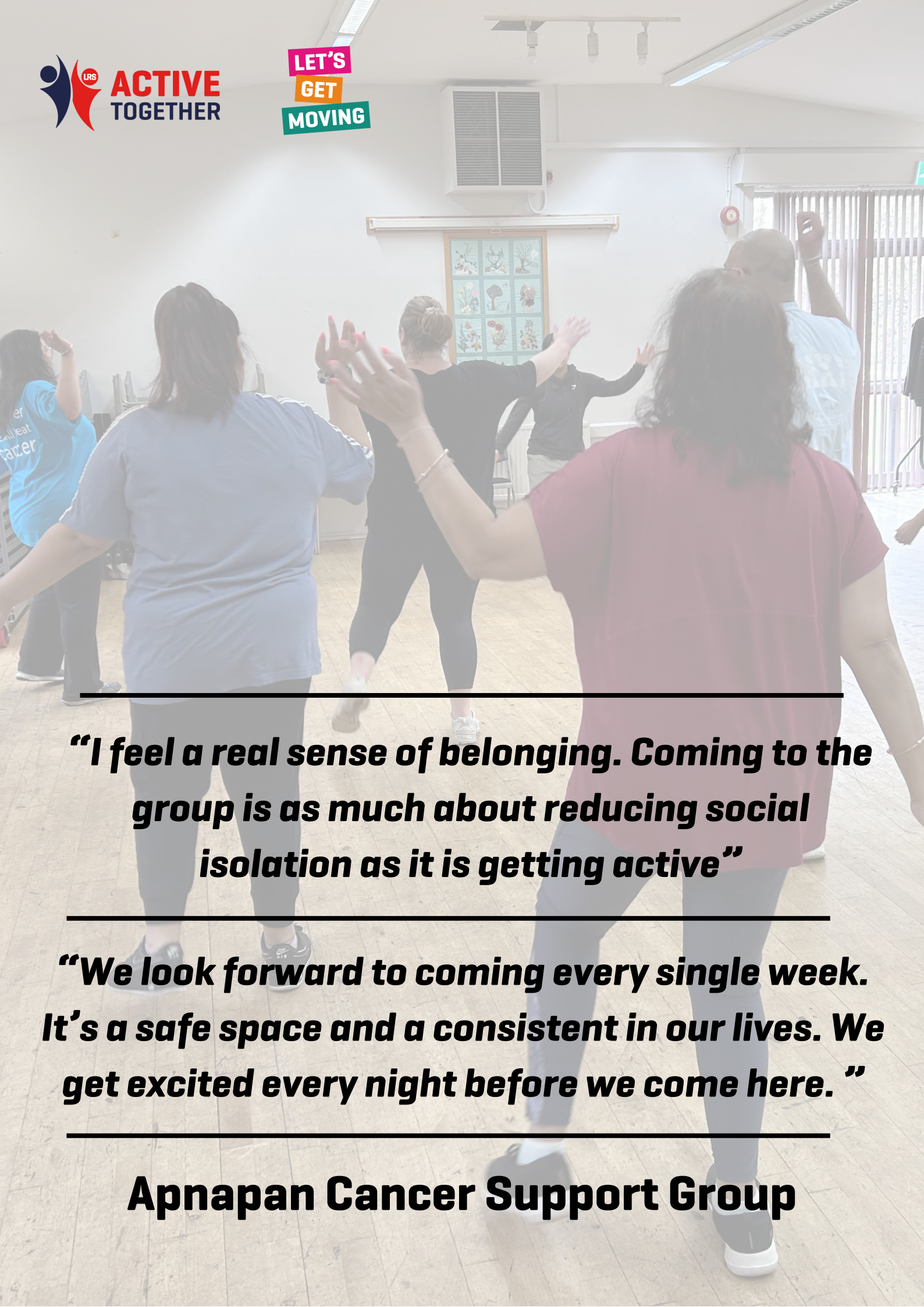
“I honestly believe that In The Pink project motto surviving is thriving to be absolutely true. After completing the 8 week programme I truly believe I’ve regained and restored my life back after breast cancer and 18 months of treatment and their side effects”

**Cancer Active Recovery Support
(C.A.R.S.)**

There is not a day that I has gone by that I didn't want to attend, in fact I miss not going on the days I do not go. I have increased my sessions over the months because it makes such a significant difference to my day to day life.

The GNR8 Academy is a place I am always motivated to want to go to. It makes exercising fun in new and inventive ways.

Gener8 Academy

A group of people are participating in a group exercise class in a bright, modern room with large windows. They are all facing away from the camera, performing a synchronized movement with their arms raised. The room has a light-colored wooden floor and white walls. A large window with vertical blinds is visible in the background, and a fire alarm pull station is mounted on the wall.

“I feel a real sense of belonging. Coming to the group is as much about reducing social isolation as it is getting active”

“We look forward to coming every single week. It’s a safe space and a consistent in our lives. We get excited every night before we come here.”

Apnapan Cancer Support Group

SPOTLIGHT ON...

Apnapan Cancer Support Group Living with and beyond cancer

Apnapan Cancer Support Group provide an informal safe space for people living with and beyond Cancer, including care givers, family and friends.

They facilitate gentle seated exercises as well as inviting in external professionals to deliver tai-chi, yoga dance and walking. They run 2 sessions per month. The group not only offers physical activity but has also contributed to combatting isolation and the formation of new friendships.

“The strength in my legs has massively improved. I can now do all the activities unaided and feel confidence that I didn’t have before I started ” - Participant

“I’ve become more independent, and my confidence has grown. I don’t feel judged, and I’ll feel really safe” - Participant



SPOTLIGHT ON...

GNR8 Academy

Transforming lives through boxing

In the heart of Leicester's New Parks community, GNR8 Academy champions inclusivity through sport. With the Together Fund's support, their innovative Scholarship Programme breaks barriers, offering 30 individuals from Leicester access to boxing classes, regardless of financial constraints.

Beyond just physical fitness, participants in the programme experience a profound impact on their overall well-being. Enhanced confidence, improved mental health, and a sense of belonging are just some of the positive outcomes reported by those involved. As membership numbers continue to grow, GNR8 Academy's reach expands, creating a ripple effect of positive change throughout the community.

Through the Scholarship Programme, they are empowering individuals, enriching lives and building a stronger inclusive community- one punch at a time.

"The GNR8 Academy Scholarship Programme has transformed my life. It's not just about boxing; it's about belonging and growth." – Tayah, GNR8 Participant



SPOTLIGHT ON...

HHH

Confidence, physical and general wellbeing booster!

The group members at HHH train up to 5 sessions as week. Some joined a year or so ago, some 5 months ago and another joined just this last week!

The women in the group are predominantly Muslim, some live walking distance away, but others just a few miles from the venue.

They train in a fully equipped boxing gym which has matted floor space, punch bags and a weight area. The space is above a community centre and is totally closed off, with a locked door, to create a safe space for women to be amongst other women, relax, move more and enhance their fitness levels.

These regular, consistent, safe and welcoming fitness sessions are delivering huge rewards for women who need a safe and accessible space, where fitness and boxing are delivered by a qualified and trusted member of the community.

Participants shared, "from struggling up the stairs are the start, to training 4x week, skipping, boxing, lifting weights, it's amazing." Another lady said "It's amazing – I couldn't lift 10 kg's at the start, now I'm on 100kg!!"

*"I used to think I can't do it,
now I feel and know that I CAN. I
tried the gym before, but it
wasn't the same as the group. "*
– Participant



SUMMARY & KEY LEARNINGS

Our Learnings:

Through the Together Fund, Active Together has significantly increased our knowledge and understanding of, and support to, a range of local organisations who's aim is to support people to be physically active for the benefit of their physical and mental health and wellbeing. This knowledge and understanding has also fed through the whole organisation staff (and district partners) as opposed to sitting solely with our funding/clubs lead role.

What went well?

Working with 'new' and alternative 'non-sport' organisations previously not known to us, and who weren't aware of Active Together, and the role we can play in supporting them in a variety of ways, not just funding support. This including organisational governance, workforce development, marketing and communication, and links to local system partners. We were also able to build longer-term and hopefully lasting relationships with these organisations beyond this specific fund.

What went less well?

It felt that the fund was being managed twice. First by Active Together, then repeated by Sport England. The time and capacity it took within Active Together to properly manage the fund and associated additional work and support to local organisations was significant. Although a team of officers supported this programme, it was alongside current day jobs. A dedicated full-time equivalent role(s) could have ensured even more impact across LLR. As a result, less time has been able to be given to following up with organisations regarding the monitoring and evaluation of their projects, including participant numbers and impact case studies. It was a challenge to gather this information from some organisations after they had received their funding.

What did we learn?

There are so many more local organisations driving this work forward within their local communities than we are aware of. There is a huge need for both funding and organisational support. The Active Partnership is best placed to support these organisations and distribute funding accordingly, as well as offer additional associated support. However, we need long-term capacity and financial resources to do this well.





LET'S GET MOVING

