



Sport England's Potentials Fund

The **Potentials Fund** targets children and young people aged 10 to 20 who want to do something to benefit their community, through social action. To reach this younger audience, Sport England has teamed up with the [#iwill Fund](#).

Girlguiding North West England

Location: North West England

Grant: £135,360

Girlguiding North West England has a vision of an equal world where all girls can make a positive difference, be happy, safe and fulfil their potential.

Their target audience will be Young members (aged 10-18) and Young Leader members (aged 14-18); they will provide the Young Leader members with skills to deliver training sessions on how members aged between 10-18 could be involved in sport-related social action locally. Their Young Leaders aged 14-18 years will be recruited onto a newly-developed Sports Young Leader programme. Girls will be provided with a local support system and training in leadership and sports skills.

Website: www.girlguidingnwe.org.uk

Facebook: www.facebook.com/GirlguidingNorthWestEngland

Twitter: @girlguidingNWE

Leeds City College

Location: Leeds

Grant: £128,200

Leeds City College's mission and values are "to be an exceptional and responsive college providing life changing education, skills and experiences for individuals, businesses and communities".

An 11-week, student-led, social action project is comprised of students completing a series of phases including application, proposal development, interview, implementation and evaluation. This project will provide the opportunity for students to develop skills in a real world setting that will increase future employment prospects and instil the confidence and desire to take on longer-term volunteering commitments.

Website: www.leedscitycollege.ac.uk

Facebook: www.facebook.com/leedscitycollege

Twitter: @leedscitycoll

Groundwork MSSTT

Name of project: Manchester Youth Can

Location: Manchester

Grant: £149,992

The community charity with a green heart. They're passionate about creating a future where everywhere is vibrant and green, every community is strong and able to shape its own destiny and where everyone can reach their potential.

Manchester Youth Can's target audience is young people aged 11-14 in North Manchester. They've explored the proposed project with young people to understand motivations and barriers to both volunteering and sport/ physical activity. Through #ManchesterYouthCan young people will: achieve; increase their local influence and impact; develop more positive attitudes towards sport & physical activity; improve personal resilience and wellbeing; learn new skills and be part of something worthwhile. Communities will see more events and activities and young people will be perceived more positively.

Website: www.groundwork.org.uk/sites/MSSTT

Facebook: www.facebook.com/groundwork.msstt

Twitter: @GW_MSSTT

Football Beyond Borders

Location: South London

Grant: £97,250

Football Beyond Borders is an educational charity which uses football as an engagement tool to support young people from low income backgrounds to re-engage with learning and make their voices heard. They do this through a football themed, literacy curriculum which puts a young person's passion for football at the heart of their education.

The social action project they will deliver will take place in 8 schools each year in deprived areas of South London. To deliver the project they will introduce a new programme that requires each of their school groups to identify a project that will address a need in their local community. In addition to each of the 8 schools delivering their local social action campaigns, their Youth Council will deliver an organisation-wide campaign.

Website: www.footballbeyondborders.org

Facebook: www.facebook.com/footballbeyondborders

Twitter: @FBeyondBorders

Play Gloucestershire

Name of project: My Park

Location: Gloucestershire

Grant: £129,512

Play Gloucestershire's Play Rangers provide active and creative play in urban and rural communities in the Cheltenham, Cotswold, Forest of Dean, Gloucester, Stroud and Tewkesbury districts. Activities are both school and community-based, providing

adventure, friendship and fun for hundreds of young people each year. School aged children and their families are the main beneficiaries. They particularly support children from disadvantaged and rurally isolated communities and those living in challenging circumstances.

My Park is a three-year social action project, based in three disadvantaged communities – Hesters Way, Cheltenham; Matson, Gloucester and Park Estate, Stonehouse. It will be led by 10-14 year olds, who will find ways to make their local green spaces great places for sport and physical activity through volunteering, campaigning and fundraising.

Website: www.playgloucestershire.org.uk

Facebook: www.facebook.com/PlayGloucestershire

Twitter: @Play_Glos

Laureus Sport for Good Foundation

Location: Nottingham

Grant: £150,000

Laureus Sport for Good Foundation is a Sports charity that was established in 2000.

Their project will use sport to support 540 10 – 14 year olds from disadvantaged areas of Nottingham to build life skills, create and deliver social action projects, and support their transition from Primary to Secondary school. By training and upskilling a volunteer workforce in Nottingham, this project will create tangible benefits for the community. Young people, both school aged pupils and the Volunteer Leaders, will have a voice, be empowered, have the opportunity to create projects that will benefit their community through their own actions, and for them to build a behaviour of volunteering and social action that will last.

Website: www.laureus.com/content/sport-for-good-foundation

Facebook: www.facebook.com/LaureusSportforGood

Twitter: @LaureusSport

Pompey in the Community

Name of project: Challenge Pompey

Location: Portsmouth

Grant: £102,670

Pompey in the Community is an independent charitable trust affiliated to Portsmouth Football Club. All their coaches are FA qualified, hold enhanced CRBs as well as Emergency Aid and Safeguarding Children certificates.

‘Challenge Pompey’ is a new, city-wide volunteering intervention that will engage disadvantaged young people, aged 11-13 years old, in school and community settings across Portsmouth and take them through a journey of education, mentoring and inspiration – ultimately encouraging them to take up volunteering and contribute towards addressing local social issues.

Website: www.pompeyitc.co.uk/

Facebook: www.facebook.com/pompeyitc/

Twitter: @PompeyITC

Young Minds

Name of project: Action to Achieve

Location: London

Grant: £147,076

Young Minds is the UK's leading charity committed to improving the wellbeing and mental health of children and young people.

In partnership with Youth Sport Trust, they will deliver a new approach to increase social action amongst boys aged 10-14 from black and minority ethnic communities in Haringey, London, as a means to improve emotional resilience, and mental health and wellbeing. Action to Achieve will provide opportunities for young people to participate in social action - taking beneficiaries on a development journey of engagement, awareness, training, social action, reflection and mentoring. They will establish five school 'hubs', with year 7 pupils trained and supported by school teaching staff to deliver afterschool/lunchtime social action projects within feeder primary schools/local communities. Progression opportunities will be provided throughout the project; participants will be rewarded for engagement, and success will be celebrated through hub events.

Website: www.youngminds.org.uk

Facebook: www.facebook.com/youngmindsuk

Twitter: @YoungMindsUK

Leonard Cheshire Disability

Name of project: Can Do Sport

Location: Merseyside, London, Essex, Manchester and West Yorkshire

Grant: £147,360

Leonard Cheshire Disability is a charity supporting disabled people in the UK and around the world to fulfil their potential and live the lives they choose that was founded in 1948.

The Can Do Sport project aims to empower young disabled people, aged 10-20, to be a catalyst for change in their local community through physical activity, upskilling, and social action. They will harness the potential sport has to make positive changes for young disabled people and give them the confidence to participate in social action. This project will target a younger age group, under-represented in social action, where they've identified a need for earlier intervention.

Website: www.leonardcheshire.org

Facebook: www.facebook.com/LeonardCheshireDisability

Twitter: @LeonardCheshire

YMCA Sutton Coldfield

Location: Sutton Coldfield

Grant: £147,510

YMCA Sutton Coldfield is a charity providing a number of much-needed programmes and services for young people in the North Birmingham area. These range from youth clubs for

young disabled people; support and respite services for young carers through to affordable quality housing provision and much needed outreach work on the streets.

They will work with BAME girls from low socio/economic backgrounds aged 11-15 who are not engaging in Sport/Physical Activity or Social Action, to support them to develop the skills, confidence and motivation to deliver “non-traditional” Sport/Physical Activity sessions to their peers, younger children and wider community in local parks and community settings. The charity aims to prevent girls from being at risk of factors in economic deprived areas which can contribute to poor mental and physical health, wellbeing and social problems.

Website: www.suttoncoldfieldymca.org.uk

Facebook: www.facebook.com/YMCASuttonColdfield

Twitter: @ymcasutcol

Student Hubs

Location: Oxford

Grant: £146,957

Student Hubs was founded in 2007 by a group of students who just wanted to make the world a better place. The first step was to make the student social action societies of Oxford more effective and collaborative.

Student Hubs will place 440 university students, aged 18-20, with limited or no experience of volunteering into youth social action opportunities. These opportunities will use sport to attract students who would not normally consider giving back to the community. University students will support children and young people in their local community who are in the care system or are underachieving at school.

Website: www.studenthubs.org

Facebook: www.facebook.com/StudentHubs

Twitter: @studenthubs

British Blind Sport

Name of project: See My Voice

Location: England, Nationwide

Grant: £122,480

British Blind Sport helps blind and partially sighted people get active and play sport. Sport and recreational activities can enhance the lives of people with visual impairments, by improving their health and increasing their social interaction. They encourage adults and children to participate in activities at all levels, from grassroots to the Paralympic Games.

The idea for the project is borne out of anecdotal research with many young VI people saying to us that they feel frustrated and are often not ‘seen’ by persons in authority e.g. doctor/teacher and feel that ‘as they cannot see, others often do not hear them’. They will recruit a Young Leaders Officer to drive a three-year programme called ‘See My Voice’ which focuses on developing young (11-18years) visually impaired people through a volunteering, mentoring and leadership programme. The programme will empower Young

Leaders to volunteer in sporting roles, develop life skills, and enable them to share their opinions and experiences to shape the sporting landscape for visually impaired people.

Website: www.britishblindsport.org.uk

Facebook: www.facebook.com/BritishBlindSport

Twitter: @BritBlindSport

Derby County Community Trust

Name of project: Winning Minds Leadership

Location: Derby

Grant: £135,000

Derby County Community Trust's is a charity organisation whose vision is to use the power of Derby County Football Club to improve the lives of the people of Derbyshire, through participation in sport.

The Winning Minds Leadership Project will engage young people ages 11-21 from Derby and neighbouring areas who have experienced or are currently experiencing mental health. Individuals will be engaged through a leadership and community development programme that will develop their sports leadership skills and empower individuals to increase personal skills such as confidence and self-esteem whilst also having a lasting and significant impact on the local community.

Website: www.derbycountycommunitytrust.com

Facebook: www.facebook.com/DerbyCountyCommunityTrust

Twitter: @DCCTOfficial

Volunteer It Yourself

Location: England, Nationwide

Grant: £125,000

Volunteer It Yourself combines volunteering and DIY by challenging young people aged 14-24 to learn trade and building skills, on the job, by committing to fix youth club and community centre buildings in need of repair or improvement. Volunteer It Yourself was launched in 2011 and, to date, more than 160 youth club buildings across England and Wales have been refurbished, involving more than 3,000 young people and more than 600 trade skills mentors.

Their project proposal is to now extend Volunteer It Yourself's services to grassroots and community sports clubs struggling with facilities in need of repair/improvement. In the process, this will enable Volunteer It Yourself, for the first time, to promote and prioritise volunteering progressions for participants alongside training and employment progressions through the better understanding of young people's motivations and goals. Specifically, they would like to enable 15 new VIY sports club refurbishment projects in new locations across England over three years that involve 500+ young people aged 14-20 as volunteers.

Their core target audience for this proposal is young people aged 14-20 who:

- are unemployed/NEET or at risk of becoming NEET (Not in Education, Employment, or Training).
- have not previously volunteered or participated in social action, and/or had any prior

- involvement in sport
- have expressed a desire to volunteer and take part in VIY/social action
- are looking to improve their employability/develop their employment skills

Website: www.volunteeryourself.org

Twitter: @VIYproject

The Federation of London Youth Clubs

Name of project: Active Champions

Location: Cheshire

Grant: £145,036

The Federation of London Youth Club's mission is to support and challenge young people to become the best they can be. They support them to develop the confidence, resilience and relationship skills they need to do this, delivering with and through their network of community youth organisations and at their two residential centres. They work with all young people but place a particular emphasis on those who wouldn't otherwise have access to the kind of opportunities they offer.

The Active Champions project will unlock and develop the social action potential of 90 young people across Cheshire. Over three years, our Active Champions will create or support activities bringing sport and social action together in rural areas. Their target audience is 16-20 year olds in Cheshire, in particular from rural communities. In addition, they will also target young people not in education, employment or training or those 'at risk' of falling into those categories.

Their project involves initial comprehensive training to improve skills and personal development, from which the Active Champions will be fully prepared to go on and introduce or support a regular sports or other related activity in their local community.

Website: <http://londonyouth.org>

Facebook: www.facebook.com/LondonYouth

Twitter: @LondonYouth

Active Communities Network Limited

Name of project: Urban Stars

Location: London Boroughs of Lambeth, Southwark, Lewisham, Tower Hamlets, Brent

Grant: £124,322

Founded in 2006, Active Communities Network Limited is a charity organisation with a remit to deliver services in south London, acting as a lead agency for the sports, youth and community development sector. London active communities had four core remits in the first instance: to deliver high quality grass roots sports and youth work projects, to provide a workforce development and training function to improve the skills of the sector and to improve the evidence base of our sector and recognition of sport as a strong method to impact on communities.

Urban Stars targets young people residing in low-socio economic areas, with a high prevalence of crime, gang affiliation and territorialism. Participants will generally be termed inactive at engagement with over 80% of participants coming from a BAME background, they will build on their evidence based model to offer a pathway from sports participation

into social action/volunteering across five London boroughs (Lambeth, Southwark, Lewisham, Tower Hamlets, Brent). Annually they will support 300 young people aged 14-19 to become peer volunteers in their community, challenging them to break down barriers between rival areas and challenge the territorialism which blights the targeted communities.

Website: www.activecommunities.org.uk

Facebook: www.facebook.com/ActiveNetworkCommunities

Twitter: @ActiveCN

Sport England's Opportunity Fund

The Opportunity Fund projects will focus on people, aged 20 and over, from economically disadvantaged communities. There are huge gains to be made by encouraging more volunteering in these areas because of the dual benefit for the individual and the community.

Access sport

Name of project: Team100

Location: Bristol and London

Grant: £147,350

Access Sport has an award-winning track record in engaging volunteers from under-represented-groups in disadvantaged-areas. This three-year project will engage 300 new volunteers aged 20+ from lower-socio-economic-groups in Bristol and London. The project test how 'hyper-local' complimentary roles can engage volunteers from disadvantaged areas and under-represented groups.

100 people from each site will form the 'Team100s' referred to in the project title, providing a variety of volunteering roles to serve clusters of volunteer-led community sports clubs. The aim of each Team100 will be to empower local-people to come together, to be more active, and to maximise their individual and community's potential.

A diverse range of volunteering roles will be co-created with local people, shaped around their needs and may include leading a walking or cycling group to school, helping with transport, being a mentor, helping to organise away trips, administration, coaching or acting as a local advocate for the project. Volunteers will benefit by developing valuable skills and experience and also help to support local clubs and other community services.

They will also receive specialist support from tech partners; TeneoBlueRubicon, BT and Vivo who will develop a digital platform and database to support communication with volunteers and to support volunteer retention.

Website: www.accesssport.org.uk

Facebook: www.facebook.com/AccessSport

Twitter: [@AccessSport](https://twitter.com/AccessSport)

Action together

Location: North West

Grant: £146,071

Action Together is the accredited volunteer centre for both Tameside and Oldham. The charity provides support and advice to individual volunteers, groups and organisations. Its

ambition is to bring about a significant increase in citizen-led action that improves local lives.

Working with local partners Active Tameside, Hyde Community Action and housing association New Charter Group the project will test a partnership approach to provide volunteering opportunities for adults from disadvantaged communities to learn what works and what can be replicated and scaled-up.

The target audience will be Women from BAME Communities across Tameside, one of the 20% most deprived areas nationally. The project will focus on engaging 200 BAME women aged 15-50+ into a variety of volunteer roles provided by partner organisations to support their development. The three-year project will also provide accessible volunteering opportunities to support and develop the number of social and physical activity sessions in Tameside.

Volunteers will be able to access a passport after completing a core of basic training which will allow them to try different opportunities. The passport aims to make it easy for women to undertake a range of roles and help them to develop transferable skills around communication, leadership, time management and problem solving. Alongside this, volunteers will also be able to access training opportunities specific to their role like walk leader training, first aid and use of social media. Hyde Community Action will provide expertise in creating training packages and engaging volunteers.

Website: www.actiontogether.org.uk

Facebook: www.facebook.com/WeActTogether

Twitter: @WeActTogether

Active Life for a Healthier You

Name of project: She's Ready

Location: South East

Grant: £147,374

Active Life for a Healthier You CIC are based in Southend, Essex, and their purpose is to help people of all ages and abilities develop and maintain healthier lifestyles through an extensive programme of health and wellbeing activities.

This project aims to engage 200 women from Southend with a low income into volunteering. The main focus will be women who are experiencing life changing circumstances and challenges including disabled women, mothers with small children, women who have suffered domestic violence, retired women, unemployed and inactive women. Through different levels of volunteer engagement from occasional or one-off volunteering to women volunteering to lead or run events in their local community, women will be empowered by designing, delivering, and shaping the development of the project.

The three-year project will explore a range of factors including; why low-income women want to volunteer, what factors retain them in volunteering, which volunteering roles women enjoy and want to do and the impact of different behaviour change models and techniques to inspire low-income women to engage in volunteering.

Website: www.activelife.uk.com

Facebook: www.facebook.com/activelifeCIC

Twitter: @ActiveLifeESSEX

Chester Voluntary Action

Location: North West

Grant: £149,905

Chester Voluntary Action is a local charity that promotes and supports community and voluntary action and provide services and advice. Their project will focus on providing volunteering opportunities for low income and lone parent families in Cheshire to allow parents and their children to volunteer together as a family unit. Through being involved families will be supported to develop a sense of purpose in the community and a sense of accomplishment by giving back to their community.

A partnership of quality-accredited Volunteer Centres and Active Cheshire will work together to create new volunteering opportunities. The organisations will develop small scale interventions that will be community-led and focus on the needs of the families. Through working with families they will develop an understanding of the barriers they face and how to deliver a good volunteering experience.

Website: www.chesterva.org.uk

Facebook: www.facebook.com/Chestervol

Twitter: @ChesterVol

Community Action Suffolk

Location: Suffolk

Grant: £131,620

Community Action Suffolk is a charity which aims are to improve the economic outlook and the health and wellbeing of communities across Suffolk. They also work to strengthen and champion the voluntary and community sector in Suffolk.

The project will focus on local engagement and improving accessibility to volunteering opportunities in rural areas. A new network of volunteers will be recruited from isolated rural communities in Suffolk, building on interest and enthusiasm of events such as 2012 Legacy 'Games Makers' project. Recruitment will target communities in some of the most geographically deprived rural areas and people who have not previously volunteered.

From these communities 30 Community Game Changer volunteers and 300 Community Sports Volunteers from 30 identified rural areas will be recruited. A Project Officer will support volunteers and develop a 'This Community Can' campaign.

The Community Game Changers will introduce and embrace innovative approaches to volunteering that will engage family groups, be inclusive and fun. The variety of activities could include local bike rides, village Parkruns, river raft races, inter-village competitions and games, or more less physical activities such as yoga, boccia and new age kurling sessions, suitable for different age groups and abilities. The aim will be to focus on local engagement and improve accessibility to volunteering opportunities by reducing the need to travel, and having activities that are driven and shaped by local communities.

Website: www.communityactionsuffolk.org.uk

Facebook: www.facebook.com/communityactionsuffolk

Twitter: @CASuffolk

Cycling Projects

Location: Greater Manchester, Merseyside, Cheshire, Birmingham and the West of England

Grant: £78,798

Cycling Projects is a national charity which promotes cycling through a range of successful community engagement programmes that give people the opportunity to cycle on a regular basis.

Over three years the project will engage with those currently participating at Wheels For All (WFA) centres who want to give something back, to family members, friends and carers who are closely connected with their WFA centres. The project will focus on learning how to engage people who are currently underrepresented in sports volunteering, including people with a disability and people from lower socio-economic backgrounds.

Cycling Projects will work with a range of partners to reach wider audiences and bring in expertise. Through the WFA centres and partners they will reach out to wider communities. National disability partners will develop volunteering opportunity packages. A partnership with British Cycling will explore bringing volunteering opportunities to traditional cycling clubs.

Website and social media

Website: www.cycling.org.uk

Twitter: @CyclingProjects

Greater London Volunteering

Location: London

Grant: £127,590

Greater London Volunteering (GLV) is a charity that acts as the regional partnership body for volunteering in London. They provide strategic and capacity-building support, co-ordinate activities and broker services to over 90,000 volunteers and 14,000 organisations in volunteer centres alone.

GLV is the lead partner in a new partnership with Sported and Team London. Their project will engage up to 500 volunteers over three years from four boroughs of London which have been identified as having high levels of economic deprivation and social disadvantage. The targeted boroughs will include Tower Hamlets, Southwark, Lewisham and Greenwich.

Volunteers will be recruited through GLV's local volunteer centres, trained, supported and enabled to become active volunteers with local sports clubs and to volunteer at "The Big Half", London's half marathon event. Volunteers will be matched to two different strands of opportunity – a role with a sports club that has been developed in response to their needs and the requirements of the community, and an events-based role at "The Big Half".

Website: www.greaterlondonvolunteering.org.uk

Facebook: www.facebook.com/GLVolunteering

Twitter: @GLVolunteering

Investing in people and culture

Location: North East

Grant: £149,976

Investing in People and Culture is a charity based in Middlesbrough which aims to support the social inclusion of marginalised communities. Through supporting involvement in community focused projects they aim to support marginalised groups to become more integrated into the community and reduce their risk of becoming socially isolated.

The project will focus on recruiting refugees as volunteers in deprived communities in Middlesbrough and Newcastle. Over three years the project will work with a range of partners including Refugee Community Organisations, Middlesbrough FC Foundation, Parkrun and Max Training Academy to develop volunteering opportunities suited to the needs of the refugees. Volunteers will also be provided with training opportunities to improve their employability skills.

The project will learn how to integrate refugees into local communities through volunteering opportunities via sports organisations and reduce levels of unemployment.

Website: www.i-p-c.org/projects

Facebook: <https://www.facebook.com/Investing-in-People-and-Culture-IPC-854452444573930/?ref=ts>

Living Options Devon

Location: South West

Grant: £152,081

Living Options Devon work across the South West to ensure that people with disabilities and deaf people (who use British Sign Language - BSL) can live the lives they choose.

The project aims to build a virtual bridge across which Devon's deaf people and sports or activity providers can develop new volunteering opportunities encouraging deaf people to become more active.

Specialist staff with training in sign language will train deaf activity champions. Champions will reach out into the community through visiting deaf clubs, encouraging more deaf people to be active and volunteer. This will also help to identify and train deaf coaches who can be deployed across Devon. Volunteers will not only be limited to sporting opportunities and will also have the opportunity to produce videos and social media to encourage more deaf people to get into volunteering.

The project will develop different ways of engaging with deaf people and ultimately evidence how through these approaches how Deaf people can deliver volunteering to others with similar disabilities.

Website: www.livingoptions.org

Facebook: www.facebook.com/livingoptionsdevon

Twitter: @LivingOptions

Manchester Alliance for Community Care

Location: North West

Grant: £132,937

MACC is a charity supporting the voluntary, community and social enterprise (VCSE) sector for Manchester. Their purpose is to develop and support VCSE organisations to influence the places in which they live. To achieve the charity promotes volunteering and partnership working between third sector organisations.

This project will develop an Employer Supported Volunteering (ESV) platform to help make it easier to link Voluntary Community and Social Enterprise (VCSE) sport groups with local businesses. The platform will aim to make it easier to engage employees from lower socio-economic backgrounds into volunteering. Volunteers will be recruited from eight disadvantaged areas in Manchester. Businesses involved will be able to improve the morale, motivation and skills of employees through volunteering.

The voluntary and community sector will benefit through being able to recruit volunteers with the skills and experiences they need. A specially developed health check will help local organisations to identify and prioritise their needs and inform the volunteering opportunities that are advertised.

Through the platform businesses will be better able to record and measure their contribution and evidence their corporate social responsibility.

Website: www.macc.org.uk

Facebook: www.facebook.com/VCMOfficial

Twitter: @McrCommCentral

Mental Health Matters

Location: North East

Grant: £142,000

Mental Health Matters was established 32 years ago by families and carers in the North East, to provide support and care for people they loved with mental health problems.

The project will recruit, train, develop and support 72 new Sports Peer Navigator volunteers (SPNs) who support people with mental health issues to become physically active. A second group of 300 Sports and Activity Volunteers (SAVs) in the sports community who will welcome, induct and support individuals with mental health issues introduced to them by the Sports Peer Navigator Volunteers. This will help to achieve the aims set out in the Sport and Recreation Alliance Mental Health Charter for Sport and Recreation.

The overall aim is to identify how sport could be a means for recovery for those with mental health issues and how volunteers can provide a bridge between the mental health community and the sport and physical activity sector in Northumberland.

Website: www.mentalhealthmatters.com

Facebook: www.facebook.com/MentalHealthMatters2Me

Twitter: @MHM_Info

Norwich City Council

Name of project: Active Hours

Location: Norwich

Grant: £150,000

The 'Active Hours' project will create a partnership of traditional sports organisations and non-traditional community venues to build skills and knowledge to engage residents from lower socio-economic groups in volunteering and improve the wellbeing of participants through physical activity. Working across a network of 20 partners the focus will be on providing quality volunteering opportunities and developing roles based on the skills volunteers can bring, rather than traditional role based recruitment. It will also explore the potential of social currency as an approach to motivating people to volunteer. Social currency will be earned per hour of volunteering and will provide evidence of the community value placed on volunteers.

The network of partners, including Norwich CSP, Community Action Norwich and local sports and community organisations, will receive a range of support. They will be supported to facilitate the use of social currency, be more volunteer led, and improve governance and skills. A referral mechanism will be developed for residents and peer support and sharing of best practice will be encouraged across the network of partners. To work towards sustainability organisations will be supported to evaluate their work and consider approaches to using social currency as a vehicle to source sponsorship.

Website: www.norwich.gov.uk/site

Facebook: www.facebook.com/NorwichCityCouncil

Twitter: @NorwichCC

Small Heath Boxing Club

Name of project: MindFit

Location: West Midlands

Grant: £140,901

Small Heath Boxing Club, more commonly known as the Pat Benson Boxing Academy, are based in Birmingham. The MindFit project will target adults that are suffering from mental health conditions and who are living in areas of high deprivation in Birmingham.

Working with a consortium of 18 specialist mental health organisations and Birmingham City Councils Public Health and Mental Health Teams they identify and recruit potential participants for the project.

The project will create a unique progression pathway for participants who will start by participating in boxing sessions designed to improve mental health and build confidence and self-esteem. From this initial engagement participants will be recruited into training on new skills that will also be relevant to local sports clubs, like coaching or web design.

The project will reach out to local sport clubs by offering training and awareness sessions for club leaders. Delivered in partnership with Sport Birmingham, training for sports clubs will cover the benefits of involving volunteers and also include a mental health awareness session to improve the experience and support for volunteer. A new and innovative website will match the volunteer requests of clubs with the skills and abilities of participants. In

addition to volunteering with local sports clubs the project will also offer the opportunity for volunteer opportunities at four international events each year such as the indoor athletics world championships and other high-profile events.

For participants who may be ready to take the step into employment a partnership with Peretemps will provide employability support and training and Changes UK will offer work experience. Better Pathways will also offer opportunities into sports based apprenticeships.

Website: www.pbba.co.uk/

Facebook: www.facebook.com/PatBensonBoxingAcademy/

Twitter: @patbensonboxing

Spice Innovations Ltd

Name of project: Active Hours

Location: North West

Grant: £94,832

Spice Innovations Ltd is charity Based in Cardiff which aims to support social regeneration and reduce poverty. Their work is founded on the concept of time banking. For every hour a participant gives to the community they receive a 'time credit'. This time credit can then be spent in the local area to access an activity for free.

The project will test whether incentive mechanisms like time credits can work to engage disadvantaged groups into sports volunteering. The project will provide a Time Credits programme for the unemployed, vulnerable families and drug users in Blackpool. Working with partners, time credits will be used as an incentive to volunteer. Time credits will be offered upfront before participants have volunteered to get them started. Participants will then make a pledge to volunteer in a range of sporting activities. Working in partnership with Lancashire Sport, the aim will be to develop a community-wide Time Credits network which will engage a range of organisations to create opportunities for spending and earning time credits. At the end of the three-year project, it is expected 400 participants will volunteer.

Website: www.activelife.uk.com/

Facebook: www.facebook.com/activelifeCIC

Twitter: @ActiveLifeESSEX

Sustrans

Location: South East

Grant: £147,193

Sustrans is a charity operating across the UK delivering a wide range of projects aimed at making it easier for people to walk and cycle.

The three-year project will engage a total of 1,040 people aged 20+ living on the Weston housing estate in Southampton, located between two wooded greenways and a national cycling and walking route running along the coastline. Through volunteering the project aims to improve mental well-being of residents in economically disadvantaged areas and support individual and community development.

Working with a local stakeholder group, Sustrans will develop understanding of the local community and explore barriers to volunteering. A diverse programme of walking and

cycling related events and activities will engage residents in volunteering opportunities from May 2018, including led walks for parents with buggies or older people, bike maintenance, wildlife trails, improving green spaces or a photography walking club. These will aim to appeal to a wide audience. In the second year of the project the activities will be scaled-up and increasingly shaped by the community, with residents taking greater ownership of delivery.

Volunteering opportunities will also aim to build skills, experience, and confidence. Volunteers. Training opportunities will include; ride and walk leader training, bike maintenance, Bikeability, first aid and food safety. In its final year, the project will establish networks and ongoing opportunities for the community to continue activities that have been established. Partners will include SureStart, Weston Lane Health Centre, the local authority's Tenant Participation Unit, local churches and the YMCA.

The project will help to learn how a concentrated, collaborative volunteer project can engage a hard to reach audience living in deprived communities.

Website: www.sustrans.org.uk

Facebook: www.facebook.com/Sustrans

Twitter: @sustrans

Test Valley Community Services

Location: South East

Grant: £137,937

Test Valley Community Services is the infrastructure organisation for the Test Valley Borough in Hampshire. Its mission is to support and encourage community initiatives to enable Test Valley to have a strong, effective voluntary and community sector embracing equality, diversity and voluntary action. Such initiatives include promoting volunteering opportunities through its own organisation.

Through the project Test Valley Community Services will help to recruit military veterans as volunteers in sport and physical activity, harnessing the diverse range of valuable skills learned during their service to help people of all ages get more active. This won't be limited to active coaching alone, but a whole range of skills would be on offer to the community including IT, engineering, construction, driving, first aid, guided walks, through to helping older people in residential care remain active.

Local communities will benefit from the wide range of skills and expertise that veterans have to offer; veterans will gain by achieving a smoother integration into civilian life. The organisation will recruit two groups of people: those for whom volunteering is part of a route into employment, and those experiencing social isolation and needing to make positive social contacts.

Website: www.tvcs.org.uk

Facebook: www.facebook.com/TestValleyCommunityServices

Twitter: @TV_CS