



March Update

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London Sport Headlines

NEWS: Government release roadmap out of lockdown

Outdoor sports facilities will be allowed to reopen from 29 March under government plans to reduce the covid-19 restrictions. Outdoor facilities such as tennis and basketball courts, golf courses, and swimming pools, can be used in line with rule of six or two households. [More details](#).

NEWS: London Sport launch new strategy LDN Moving

London Sport have published their new strategy, LDN Moving, reaffirming their commitment to make the capital the world's most active city. [Read our new strategy here](#).

NEWS: Couch to Fitness reaches landmark 100,000 sign-ups

The surge in at-home physical activity during 2020 shows no sign of abating in the current national lockdown as the Couch to Fitness programme surpassed 100,000 users. [Find out more](#).

NEWS: New project to investigate inactive behaviours in Hillingdon

London Sport is stepping up its work with less active residents in Hillingdon with a new research project, in collaboration with the council, to investigate inactive behaviour in the borough. [More here](#).

NEWS: Big year for urban sport with opportunities for creativity

Urban Sport Officer Abby West looks ahead to a big year for Urban Sport in London and Tokyo, and the growth in interest sparked by the restrictions due to the covid-19 pandemic. [Read her blog](#).

RESOURCE: Facebook Groups provide support during lockdown

Digital Marketing Lead Chris Norfield looks at the power of Facebook Groups in providing much-needed connections, support, motivation and prompts for Londoners looking to be more active. [Learn more](#).

RESOURCE: Evidence base boosts your funding opportunities

More than meets the eye: Strategic Relationship Manager Lorna Leach and Specialist Advisor for Funding Mel Antao explain how to seek funding to build on existing research or evidence base. [Read more](#).

OPPORTUNITY: Join London Sport as a Relationship Manager

London Sport is recruiting for an additional Relationship Manager. In this blog, Jolyon Whaymand explains why he loves the role and why it's so important for the organisation. [Find out more and apply](#).

London Sport Calendar

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Notes</u>
March			
4/11 Mar	10.00- 13.00	Tutor Training – Workshop Social Prescribers/Link Workers	Online More details
24 Mar	11.00- 13.00	Sport and Physical Activity Workforce Network	Online More details
April			
30 Apr	09.00- 15.00	England does The Daily Mile	Online More details
May			

London Sport Updates

Funding

RESOURCE: Evidence base boosts your funding opportunities

[See Headlines](#)

FUNDING: Black Community Commitment London

Nike UK, in cooperation with King Baudouin Foundation, is launching the [Black Community Commitment London](#). The project will provide support to organisations that are dedicated to creating lasting change for the Black community in London. Grants from £5,000 to £20,000 are available for non-profit organisations with plans to support projects for up to 12 months in any borough in London.

FUNDING: Return To Play: Small Grants Fund

This Sport England fund will make awards of between £300 and £15,000 to help sport and activity groups, clubs and organisations respond to the challenges of returning to play in a covid-19-safe way. Open to 30 June. [Find out more](#).

FUNDING: Return To Play: Community Asset Fund

Sport England's [Community Asset Fund](#) will make awards of between £10,001 and £50,000 to help local sports clubs and organisations adapt and open important places and spaces to help their local community return to play safely.

FUNDING: Return To Play: Active Together

[Active Together](#) is a crowdfunding initiative that can match fund, up to £10,000. Successful crowdfunder campaigns from a total pot of £1.5m for things such as a loss of income due to the crisis, or any other covid-19 related needs.

FUNDING: BBC Children In Need Small and Large Grants Programme

[BBC Children in Need](#) is seeking applications for its [Small and Large Grants Programme](#) to make differences in children's lives that help prevent or overcome the effects of the disadvantages they face. Not-for-profit organisations can apply for up to £10,000 per year and up to £40,000 per year. Deadline: 12 April.

EVENT: Fundraising in sport for development: The Global Networks

Join some of the leading voices in global sport for development to review the findings from Oaks Fundraising in Sport for Development State of the Sector Report on Thursday 18 March. Hear from Vicky Lowe, Global Director of Development at Laureus Sport for Good and other guests. [Book your free place today](#)

NEWS: New funding to help schools open their sports facilities

Sport England have announced that £10.1 million of government funding will be available to help [schools open their sport facilities](#) once the covid-19 pandemic is over. This funding, provided by the Department for Education, will help schools deliver extra-curricular activities and open their facilities beyond usual school times.

RESOURCE: Understanding the financial support available

ClubMatters have pulled together information on the various support packages released by Government aimed at reducing the negative financial impact on organisations, businesses and the self-employed. [The guide](#) includes descriptions of each support package from Government and Sport England funds.

Children and Young People

EVENT: England Does The Daily Mile: Call for schools to sign up

300 schools are now signed up to join Sport England and The Daily Mile Foundation on the 30 April for England Does The Daily Mile. The event invites schools and bubbles, up and down the country, to do their Daily Mile on the same day - all in an effort to raise awareness for children's mental health. [Sign-up for free here.](#)

OPPORTUNITY: Government's lockdown exit plan is boost for school sport
[See Headlines.](#)

OPPORTUNITY: London Basketball Association - free basketball courses

The London Basketball Association is providing [basketball certification courses](#) to every school, youth club and sports club in London. The courses available include Referee Level 1, Table Official Level 1 and Media Crew. Participants will then be able to pursue paid opportunities, with the LBA supporting them in finding such roles.

INSIGHT: London Sport work with YG to deliver Virtual Inclusive Games

London Youth Games are working with London Sport to deliver the [LYG Virtual Inclusive Games](#) through Sport England's Tackling Inequalities Fund – a fund created to help reduce the negative impact of covid-19 in sport and physical activity.

INSIGHT: Sported reveal impact of covid-19 on young people

Sported have consulted with members to understand their needs and challenges related to covid-19 and, among other significant findings, identified that covid-19 has had substantial impact on young people, particularly on their mental health. They're recommending additional training for the workforce to combat this. [More here.](#)

INSIGHT: Young people optimistic for year ahead

This year's [Prince's Trust Tesco Youth Index report](#) highlights the devastating toll that covid-19 has had on the lives of 16-25 year olds and their mental wellbeing.

INSIGHT: Girls' and young women's hopes and fears for the future

New [Girl Guiding research](#) reveals how girls are coping with the profound changes that have occurred in their lives over the past year.

EVENT: Explore Boing playgames through Zoom

Boing is a Sport England-funded learning through play programme that helps children discover the joy in activity by developing physical literacy. They're offering 75-minute virtual coaching courses which are CIMPSA endorsed. [Explore Boing.](#)

EVENT: The School Run 1km virtual competition

The School Run has announced their first ever 1km virtual competition which is free and is open to all ages. The School Run invite you to walk, jog or run the distance of 1km during March and see how you get on against others. [Find out more here.](#)

EVENT: Young Gamers and Gamblers Education Trust free workshop

[YGAM provide training](#) to professionals to support them cover topics of gaming and gambling. The latest report from the Gambling Commission found that 11% of 11 to 16-year-olds had spent their own money on a gambling activity in the last week.

Inclusion and Disability

OPPORTUNITY: Sporting Equals recruiting a Youth Panel

Sporting Equals is recruiting 18-25 year olds who live in the UK to join the youth panel, which seeks to bring young people's voices and views to race equality, inclusion in sport and physical activity conversation, demonstrated through our campaigns, delivery of programmes and in research. [Download the information pack.](#)

OPPORTUNITY: Supporting children with autism to be active

[See Technology for Participation.](#)

OPPORTUNITY: Become a Travel Hands volunteer in Lambeth or Southwark

Travel Hands are looking for volunteers to support their work to make Lambeth and Southwark a more sociable and inclusive place for the Visually Impaired community. Travel Hands pairs verified volunteers with VIPs to enable them to safely travel across London in a cheaper, time-effective and sociable way. [Register to help.](#)

RESOURCE: Disability Right UK Active at Home resources

[Disability Rights UK](#) have been developing their own and collated others' resources, to support disabled people and people with long-term health conditions to be active at home and have launched a new section of our website to host them. The hope is to help disabled people easily find resources to support them to be active at home.

RESOURCE: Inclusive Activity Programme available online

[See Workforce](#)

INSIGHT: Activity Alliance's Annual Disability and Activity Survey

Evidence shows disabled people's lives have been the hardest hit by covid-19. The [Activity Alliance's second Annual Survey](#) reveals the stark impact of this crisis on disabled people's activity levels. This year's survey results show how the pandemic is not only widening existing inequalities for disabled people but creating new ones.

INSIGHT: Understanding and addressing inequalities in physical activity

This Public Health England report presents the findings of a study, conducted at the University of Derby, which aimed to further understand levels of inequalities in physical activity across and within protected characteristic groups. [More here.](#)

INSIGHT: Pride Sports and support for the LGBT+ community

Director of Pride Sports, Lou Englefield, shares the development of the organisation in supporting LGBT+ people in sport and physical activity over the last 15 years and what still needs to happen in this [blog](#).

INSIGHT: How can we design accessible cycle parking?

Cycle storage solutions company Turvec, with support from Wheels for Wellbeing, explores an unspoken area of accessible parking as part of an accessible cycling infrastructure, looking at shortcomings and potential improvement in this [blog](#).

Facilities & Space

RESOURCE: Guidance for venues around re-opening safely

Architects IF_DO have created a number of guidance documents across a number of different settings to help venue owners/operators re-open as safely as possible after lockdown. The [easy-to-use guides](#) will help anyone who works in public places to understand how adapt them to enable their safe reopening and operation.

RESOURCE: A guide to low-traffic neighbourhoods

London Living Streets have a [vast amount of material](#) to provide the background and argument for low-traffic neighbourhoods (LTNs) that create attractive, safe and healthy places for people. This includes guides for policy makers, measures to focus on and the reality of the costs, identification of funding pots for borough schemes.

RESOURCE: Placemaking regional network resource

Placemaking is a global network of leaders focused on placemaking as a means to create healthy, inclusive communities, where the spaces people live thrive. They're building collective impact to share knowledge. Sign-up to [connect with your region](#).

EVENT: Maximising ongoing use of London's towpaths

The Canal & River Trust would like to explore how to best capitalise on the 100% increase in towpath usage in many areas of London. Presentations at this meeting will include an overview of the importance of the green/blue network and demonstrate how canals and rivers are at the heart of connectivity. [Email to attend](#).

EVENT: European Health & Fitness Market Report 2020

In its seventh edition, the 2020 [Europe Active European Health & Fitness Market Report](#) presents the most comprehensive analysis of the European health and fitness industry to date.

EVENT: 20 Minute neighbourhoods

The Town and Country Planning Association conference will explore how 20 minute neighbourhoods (also known as 15 minute cities) can be an effective way of boosting local economies, improving people's health, increasing social connections in communities, and tackling climate change. [Book now](#) for the 24 March.

OPPORTUNITY: Activate your football pitches and 5-a-side spaces

[See Technology for Participation](#).

People, Places and Communities

OPPORTUNITY: Drop-off points needed for The Bike Project

The Bike Project take second-hand bikes, fix them up and donate them to refugees and asylum seekers in London. They also run Bike Buddies, a cycling befriending project, and Pedal Power, teaching refugee women to cycle - sometimes for the first time in their lives. To help, organisations can set up a [drop-off point for bikes](#).

OPPORTUNITY: Sporting Equals youth panel is recruiting now

[See Inclusion and Disability](#).

INSIGHT: The Future of Sport and Development

[This report](#) summarises recommendations on reimagining the future of sport and development. As the covid-19 pandemic has profoundly affected sport, including the use of sport in development, it is opportune to question the role of sport in society.

INSIGHT: Active through football - community engagement questionnaire

Active Through Football is a national programme funded by the Football Foundation which aims to increase physical activity levels for people 16-years-old and over. Organisations in Barking and Dagenham are working together to bring the project to the borough and with it up to £1m of funding over five years to deliver a whole range of football activities. [Complete the survey](#) to help them earn funding.

INSIGHT: Local Delivery Pilots – The story so far

In 2016 Sport England invited communities from all over England to test a new way of working that sought to understand how working in a place could address the stubborn inequalities that exist among the least active. In the last four years a lot has been learned from the 12 pilot areas that anyone can use. [Access the report](#).

INSIGHT: Understanding the impact of covid-19 – January update

A summary document from Sport England [Understanding the Impact of Covid-19](#) reveals how lockdown is influencing people's attitudes and behaviours towards physical activity and explores what this means for consumers and the sector.

INSIGHT: Measuring wellbeing inequality in Britain

The What Works Centre for Wellbeing report explores the question of what is wellbeing inequality, why measure it and where in the UK is it higher or lower and how that's changed over time. Read the [report](#).

INSIGHT: Model City London progress report

NDTi have released the latest report for the place-based community-led programme funded by the GLA and Laureus running in Barking and Dagenham, Haringey and Hounslow. You can access all the reports including the latest [phase 3 report](#).

INSIGHT: Local voices II: Local partners living in lockdown

Following on from the first report, [Local Voices II](#) provides an update on what local partners to Sport England are seeing and hearing during lockdown. Seeking to understand what's happening locally, how people are being affected and how organisations and communities are responding.

Physical Activity for Health

OPPORTUNITY: Using digital rehabilitation to support people to move more
[See Technology for Participation.](#)

EVENT: Childhood obesity trailblazer assembly, shared learning event
Taking place on the mornings of 8-9 March, the five trailblazer projects share their learning in identifying and overcoming local obstacles and considering what else government can do to help councils achieve change at scale. [Sign-up here.](#)

INSIGHT: King's Fund report shows public desire for social prescribing
The King's Fund have released a piece of research based on a survey conducted with more than 2,000 people that shows that there's a strong appetite from the public for social prescribing services. [The report](#) identifies an opportunity to work more closely with the NHS to influence and co-produce some of these services.

RESOURCE: New Active Travel toolkit for social prescribing
The Greater London Authority has produced a [new toolkit](#) to support healthcare professionals to socially prescribe active travel. The toolkit makes the case for social prescribing active travel, presents the health benefits, and offers resources to support patients to engage with the social prescribing services available in their area.

RESOURCE: All you need to know about social prescribing in nine minutes
The Healthy London Partnerships have released a [nine minute video introducing social prescribing](#) in an accessible and interesting manner. It explains how social prescribing provision works and shows how it can offer value in London.

RESOURCE: Menstruation podcast from Women in Sport
The latest [podcast](#) chats to guests Georgie Bruinvels, Mia Slevin, and Maddy Cope, about menstruation and exercise. The guests discuss the benefits of tracking your cycle and how to break down barriers around periods and exercise.

RESOURCE: We Are Undefeatable's latest social campaign now live
Help We Are Undefeatable spread the message that there are still ways to get moving that could work for people with health conditions and that this can help improve mental and physical wellbeing. [Assets available in the supporters hub.](#)

RESOURCE: ISPAH and WHO webinar series
ISPAH regularly hosts [webinars](#) on key issues related to physical activity and health including, most recently, a joint webinar series on "WHO Guidelines on physical activity and sedentary behaviour: Translating science to practice".

RESOURCE: ClubMatters teams up with Mind
ClubMatters have teamed up with Mind to develop two new guides to help organisations support people's mental health now and as they return to sport and activity. One resource is aimed at [clubs and groups](#) and the other is designed for the [professional workforce](#) to enable them to start conversations with clubs and groups.

Technology for Participation

OPPORTUNITY: Activate your football pitches and 5-a-side spaces

Sport Tech Hub cohort member Football Matcher are partnering with organisations across London to help re-activate facilities and enable football matches to be carried out safely in the coming months. Reach out to [Phil](#) for more details.

OPPORTUNITY: Supporting children with autism to be active

Zimizam supports the mental wellbeing and physical literacy skills of young children with autism through fun, digital games. Already piloting in schools, Zimizam is looking for community groups, schools and organisations who would like to use the technology to support children in their community. Email [Matthew](#) for more.

OPPORTUNITY: Using digital rehabilitation to support people to move more

Created by world leading physios, Optimi Health is a digital platform that provides virtual physio programmes that enable people to be active once again. They are currently looking for partners to test their existing knee rehabilitation programme or organisations that they can create a bespoke programme for. Email [Piers](#).

NEWS: Five new products for the Sport Tech Hub Community

From products that make exercise more entertaining through to clothing that supports mobility, find out about [five new products](#) that have recently joined London Sport's Sport Tech Hub community. Get in touch via [Alex](#).

RESOURCE: SportsTech21: the tech trends and startups changing the game

Each month London Sport's Sport Tech Hub talk to a series of global experts on what tech trends they feel will have the most impact on the physical activity sector and the start-ups we should have on our radar. From sustainability through to working out at home, find out more about the trends [here](#).

INSIGHT: London Sport work with LYG to deliver Virtual Inclusive Games

London Youth Games are working with London Sport to deliver the [LYG Virtual Inclusive Games](#) through Sport England's Tackling Inequalities Fund – a fund created to help reduce the negative impact of covid-19 in sport and physical activity.

Workforce & Club Development

OPPORTUNITY: Funding for workforce planning at borough level

A motivated and competent workforce is crucial for helping Londoners be active and we're supporting local authorities to facilitate the creation of sport and physical activity workforce plan for their area. [Learn more](#).

RESOURCE: Next workforce network event focuses on volunteering

The next [Workforce Network](#) session (24 March) will consider some of the insights and learnings relating to sports volunteering, including the impact of covid-19, and how volunteering can ensure everyone can get a positive, meaningful and high quality experience when they give their time to the sector. [Sign-up here](#).

RESOURCE: Clubmatters teams up with Mind

[See Physical Activity for Health](#)

RESOURCE: Improving your communications new guides

The Club Matters Return to Sport and Activity surveys found that how you communicate can impact positively or negatively on how people feel about returning. To help organisations review and improve their approach, they've developed a [new guide](#) that shares insight and tips, and a downloadable Communications Plan.

RESOURCE: Coaching through Covid-19

UK Coaching are providing access to key information and advice, engaging online content on every topic from well-being to delivering great coaching online, and exciting online learning opportunities. See [all their resources here](#).

RESOURCE: Inclusive Activity Programme available online

UK Coaching and Activity Alliance are offering an Inclusive Activity Programme eLearning module for free for a limited period. This [introductory eLearning module](#) will equip learners with the knowledge to deliver more inclusive activities..

EVENT: Sport Governance Academy Conference

Taking place on 28 April, this free conference will focus on the themes of diversity and resilience, addressing the challenges and opportunities of the last 12 months across the sector and what the future will look like. [Book now](#).

INSIGHT: Sported reveal impact of covid-19 on young people

[See Children and Young People](#).

EVENT: Young Gamers and Gamblers Education Trust free workshop

[See Children and Young People](#).

General News

RESOURCE: Leading our Active Places: Together for Everyone Booklet

Yorkshire Sport Foundation's Leading our Active Places: Together for Everyone featured morning keynote sessions and shorter, 'Nurturing ideas and people' sessions about sharing ideas and good practice from organisations they work alongside. The [event handbook](#) includes the recordings and links to presentations.

NEWS: Join us at House of Sport

The world of work and workplaces continues to evolve. If you are looking to downsize your office, move somewhere new or looking for flexible desk space options, [House of Sport](#) has a number of great opportunities available to join our co-working space in the heart of Borough alongside charities and organisations harnessing the power of sport and physical activity for social good.

Jobs

Relationship Manager at London Sport – [more details](#)

Crystal Palace Park Trust are recruiting a new CEO-[CEO Recruitment Pack](#)

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](#).