



# Changing Lives through Sport & Physical Activity Fund

## Information Pack



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Annex A – About the Operational Group

## 1. Introduction

This pack contains information about Changing Lives through Sport and Physical Activity Fund (the Fund). This is a £1 million Fund delivered by Spirit of 2012 (Spirit) as part of the Changing Lives through Sport & Physical Activity Programme (the Programme).

## 2. The Changing Lives through Sport & Physical Activity Programme

Evidence shows that being active brings about positive changes beyond participation and can impact positively on the health and wellbeing of individuals, on their skills and learning, and on communities, ensuring a more inclusive and healthier nation.

Sporting and non-sporting organisations can proactively use sport and physical activity as an intentional tool to achieve both increased participation and wider social outcomes.

These positive changes are most likely to happen if the organisations delivering sport and physical activity demonstrate the following;

-  a clear understanding and commitment to the social outcomes the organisation wants to achieve.
-  commitment to building organisational capacity
-  thorough understanding of their community
-  a person-centred approach
-  the right staff and volunteers with the right skills set and values
-  commitment to working in partnership
-  commitment to removing barriers to participation and ensuring equality and inclusion

The Robertson Trust, the Scottish Government, **sportscotland** and Spirit of 2012 (referred to as the Operational Group) are working together to deliver a £1.83 million programme of support and funding which aims to support organisations to use sport and physical activity as a driver to achieve positive individual and community change as a core element of the existing World Class Sporting System.

The programme has been developed in response to [Sport for Change Research](#). The Robertson Trust, the Scottish Government, **sportscotland** and Spirit of 2012

have been working together to address the main recommendations in the Sport for Change report published in 2017. The key elements of the Changing Lives through Sport & Physical Activity programme are:

- The development of clear messaging and leadership roles around the Changing Lives through Sport & Physical Activity approach
- The development of a range of active and passive learning and development support to build knowledge, skills and capacity. This is targeted at the workforce which supports delivery organisations, and also directly at the delivery organisations themselves, and focusses on effective approaches to delivering change, and on effective organisations
- The delivery of a Changing Lives through Sport & Physical Activity Fund which provides short term additional resource into the sporting and community sector to better address wider individual and community needs through sport and physical activity and support them to become and stay active.

The Operational Group work together to take forward the work of the wider Programme as well as the Fund. They will jointly deliver wider strategic work goals such as workforce development, stakeholder engagement, communications, learning and evaluation.

### **3. About Changing Lives through Sport and Physical Activity Fund**

#### **Aim of the Fund**

The aim of the Fund is to address wider individual and community needs through sport & physical activity and support people to become and stay active.

The Fund will channel short term additional resource into the sporting and community sector to enable organisations intentionally to **change lives through sport and physical activity** and evidence the impact of the interventions on individuals and groups.

It will provide delivery and learning support to funded organisations to deliver change and better achieve and capture their impact.

Funded projects will be supported to generate content, including stories of the impact of the project on individuals and groups, and to **increase awareness** of

how to achieve positive change for people and communities through sport and physical activity with the aim of informing wider policy and practice.

### **What the Fund will do**

The Operational Group will award at least 14 grants of between £30,000 and £70,000 for 2-year projects. Organisations can only apply for one project and no organisation will be awarded more than one grant from this Fund.

Successful projects will demonstrate how they can deliver [person centred outcomes](#) (see link for an example of how this approach can be used) achieving positive change through sport and physical activity, and support people to become and stay active. The goal must be how sport or physical activity can achieve an individual or societal change, not on increasing participation or providing pathways to a particular sport.

By **sport** we mean all forms of **physical activity** which, through casual or organised participation, aim at expressing or improving physical and mental wellbeing and forming social relationships or obtaining results in competition at all levels (Council of Europe definition)

By **positive change** we mean delivering outcomes for people and communities through the Fund's outcomes framework (see section 4).

### **Who the fund will support**

We're looking to support organisations where achieving positive change through sport and physical activity is part of the ethos and values of the organisation.

The Fund is only open to partnerships between sport/physical activity organisations and community organisations; at least one of the organisations should be from the third sector. One of the partners must be nominated as the lead applicant to manage the grant on behalf of the partnership. This can be either organisation as long as they can demonstrate the capacity and capability to manage the grant and are committed to achieving positive change through sport & physical activity as part of their ethos and values.

The partnership must be ready to start delivery within 6 months of the grant award and we expect to see at least 18 months of delivery.

The partnership must have the capacity, skills and experience to deliver the proposed project and demonstrate previous success in delivering outcomes through sport & physical activity, increasing inclusive participation and supporting peoples' active journeys. We are specifically looking for organisations with a track record in addressing identified needs through an outcomes and person-centred approach.

### What the fund will support

New or existing successful projects can be supported through the Fund. Applications for existing projects must demonstrate how the funding will extend the project and its impact and/or enable new elements to be tested. We will fund revenue projects on a full costs recovery basis.

## 4. Changing Lives through Sport & Physical Activity Fund outcomes framework

Applicants must demonstrate how their proposal fits with the Fund's change themes (examples of which are shown in the table below).

Projects **must** address the **sport for inclusion theme** and at least **one other change theme**.

We are open to projects developing and articulating their own outcomes within their chosen change themes. The focus will be on quality of outcomes not quantity. The examples provided are a guide for the types of outcome areas we expect to see.

Change themes	Positive change outcomes examples
Sport for Inclusion (Mandatory theme)	<p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• People, including those who may not traditionally participate, are better able to take part in sport or physical activity</li> <li>• People in society are more equal</li> <li>• People with different characteristics have improved relationships</li> </ul> <p>In addition, from the <a href="#">Active Scotland Outcomes</a> framework:</p>

	<ul style="list-style-type: none"> <li>• People who are inactive become more active and stay active</li> <li>• People stay active throughout their lives</li> </ul>
Sport for health & wellbeing	<p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• People enjoy better physical and mental health</li> <li>• People better engage in positive and healthier behaviours and choices</li> <li>• People recover from illness more effectively</li> <li>• People are more happy and confident</li> </ul>
Sport for skills	<p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• People better develop their skills for life, learning and work</li> <li>• People who are young have improved learning experiences and attainment at school</li> <li>• People are more able to progress into learning, training, volunteering or employment</li> <li>• People can make positive choices in their lives</li> </ul>
Sport for communities	<p><i>Examples:</i></p> <ul style="list-style-type: none"> <li>• People in communities feel more safe</li> <li>• People in communities are better connected and more socially cohesive</li> <li>• People in communities have improved family relationships</li> <li>• People in communities engage positively with their environment</li> </ul>

Spirit of 2012 is particularly interested in developing evidence on how bringing people together in an inclusive way and through a variety of activities can impact people's sense of wellbeing. To further this evidence base we ask all our funded projects to include the following four questions in their monitoring with participants at baseline and endline. Spirit will collate, analyse and feedback insights on wellbeing to funded partners.

The ONS wellbeing indicator questions are shown below:

Overall, how satisfied are you with your life nowadays?	(On a scale, where 0 is not satisfied and 10 is completely satisfied)
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Overall, to what extent do you feel the things you do in your life are worthwhile?	(On a scale, where 0 is not at all worthwhile and 10 is completely worthwhile)
Overall, how happy did you feel yesterday?	(On a scale, where 0 is not at all happy and 10 is completely happy)
Overall, how anxious did you feel yesterday? <i>(over 16s only)</i>	(On a scale, where 0 is not anxious and 10 is completely anxious)

If you are successful, Spirit will work with you to identify how you can use the above within your project.

## 5. Success factors

We will assess all applications against the success factors listed below. This list incorporates the predictors of successful physical activity projects outlined in the [Sport for Change Research](#) (see p.3 Executive Summary):

1. **Compelling vision:** You will provide a convincing case for how and why your project will lead to positive social outcomes for individuals and the wider community. We expect an explicit focus on how you will create a sustainable lifestyle change for your participants (e.g. through a credible exit strategy).
2. **Delivering results:** You will demonstrate a strong track record in supporting people and communities to become more active and in delivering wider outcomes through your work.
3. **Comprehensive planning:** You will provide a detailed outline for your project, which includes your project plan and risk register, and demonstrates your readiness, capacity, experience and skills to deliver activities directly to people and communities. You will show clearly identified targeted beneficiaries for your work.
4. **Financially and operationally sound:** This is about your experience of managing projects, resources and budgets of this size, your financial health and commitment to providing value for money.
5. **Serious about impact:** You will demonstrate the skills and experience to monitor social outcomes and be enthusiastic to learn more about what works – and share that with others. Your ideas will utilise learning from the [Thrive](#) toolkit as well as your own experience.
6. **Effective partnerships:** You will have a track record of working in collaboration with other organisations to achieve the same goals and will have established strong complementary partnerships to deliver this project.

7. **Community understanding:** You can explain how your project will address a specific need you have identified within your community, and why the approach you have chosen is best suited to address that need.
8. **Planning for inclusion:** You are committed to reducing inequalities within your community and to barriers that inhibit participation, particularly for disabled people and other under-represented groups. You have comprehensive plans in place so that people can participate as equals and have a clear understanding of the people you intend to target.

## 6. Learning and evaluation

A learning programme will run alongside the Fund. The Operational Group will appoint a learning partner to support you with your learning and evaluation confidence, capability and capacity. This will support you to capture learning and share with others.

You will be expected to actively engage with the learning programme. The programme will offer 1-2-1 learning and evaluation support and regular learning and peer networking events. You will also be expected to attend peer learning events throughout the year and build in time for learning and reflection as part of your project planning.

## 7. Thrive toolkit

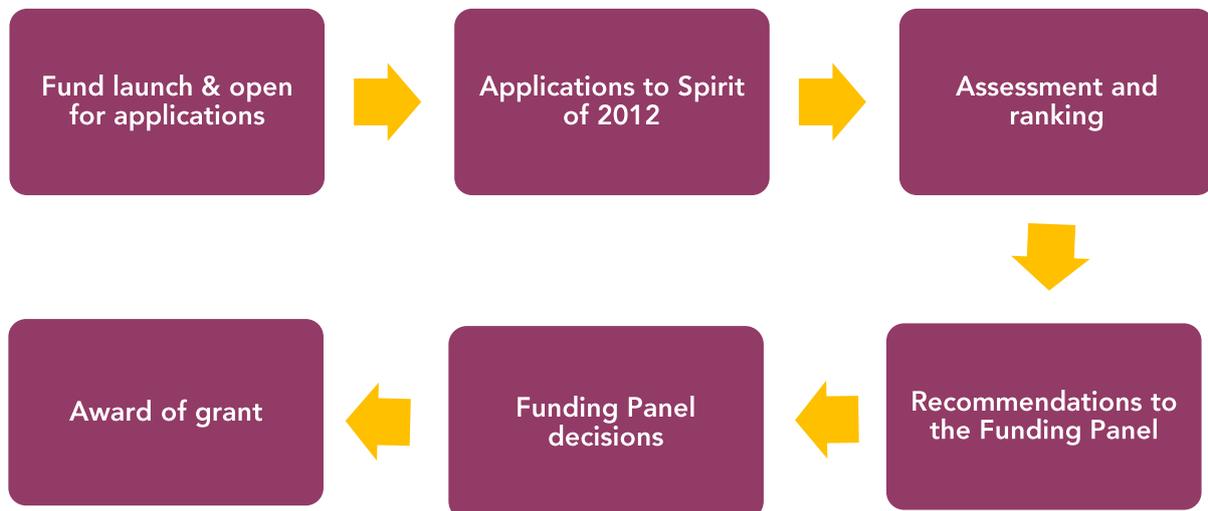
[Thrive](#) is a digital toolkit for practitioners who want to help people become active. It is based on learning from the Legacy 2014 Physical Activity Fund and promotes a small step approach to supporting people towards becoming more active. The toolkit is a resource for you throughout your project: we will ask you about it at the application stage, and hope learning from your project will inform its future development.

## 8. The application process

If you wish to apply for funding please:

- 🚩 look carefully at the change themes and outcomes examples (Section 4) and ensure that your proposal will meet the change theme for *Sport for Inclusion* and at least one other theme
- 🚩 look carefully at the success factors and ensure your project will deliver them (Section 5)

- 🎨 only apply if you have a partner – either from the sport or community sector
- 🎨 look at the [Thrive](#) toolkit and think about how the learning and insight could be applied to your proposal



### Key dates:

Fund launch & open for applications	18 June 2018
Application to Spirit of 2012	28 August 2018
Assessment & ranking	29 August to 17 September 2018
Recommendation to Funding Panel	19 September 2018
Funding Panel decision	26 September 2018
Award of grant	27 September 2018

### Applying to us

Please submit your completed application electronically by **5pm on Tuesday 28 August 2018** to [changinglives@spiritof2012.org.uk](mailto:changinglives@spiritof2012.org.uk)

Please refer closely to this pack in developing your application.

We will be in touch with applicant organisations by **Thursday 27 September 2018** to notify you of the result of your application.

We expect you to be ready to start delivery within 6 months of the grant award and we expect at least 18 months of direct delivery of activities.

## **More Questions?**

If you have any questions about the Fund, please first take a look at the FAQ below.

If you cannot find the information you need there please contact Alex Johnston, Spirit of 2012 National Grant & Learning Manager on 07919535556 or at [alex.johnston@spiritof2012.org.uk](mailto:alex.johnston@spiritof2012.org.uk)

## 9. FAQs

### **How many grants will be made?**

We will make at least 14 grants. By concentrating our investment in no fewer than 14 partnerships we hope to achieve significant impact, learning as we go, and to generate learning and practice for others to share and replicate.

### **How many applications may an organisation submit?**

We will accept one application per organisation on behalf of a partnership. The Fund is only open to partnerships between sport/physical activity organisations and community organisations; at least one of the organisations should be from the third sector

### **What is the role of the Funding Panel?**

The Funding Panel will be made up of the Operational Group and will make the final decision on which applications are successful and awarded a grant.

### **What do you mean by specific beneficiary groups?**

We are keen to ensure we maximise the impact for the people who need it most and support them to become more active and can better access sport and physical activity. These can be people with protected characteristics, people from SIMD areas or other vulnerable groups. We expect you to have a clear sense and understanding of the people you intend to target.

### **What do you mean by sustainability?**

Sustainability will mean something different for each organisation and partnership. It is not just about funding and further investment. It can also mean putting down deep roots, becoming more embedded and systematic as well as the use of learning to develop the project further.

### **Why do you insist on partnership working?**

We think partnerships will achieve better impact through the sharing of skills and resources. The coming together of sporting and community partners will increase the capacity of partners to address change themes and outcomes meaningfully. Support from Partnership for Procurement (<http://www.p4p.org.uk/>) is available to assist in developing your partnership.

### **Can the project be shorter than 2 years?**

No, we believe at least 2 years is required to achieve the positive changes and outcomes of the Fund. We expect you to be ready to start delivery within 6 months of the grant award and we expect at least 18 months of direct delivery of activities.

**Can we include match funding?**

You can build on existing work and funding but you must demonstrate the added value of the your award through the Fund. Any match funding must already be in place and cannot affect the start date of your project

**Does the Fund support capital costs?**

The Fund primarily supports revenue projects and activities but a max of 10% of the grant budget can be allocated to capital equipment.

**What is the Legacy 2014 Physical Activity Fund?**

The Legacy 2014 Physical Activity Fund is an £1 million fund delivered by Spirit of 2012 on behalf of the Scottish Government. It funded 11 projects across Scotland to support people to become more active and to develop a body of evidence about what works in getting people more active. The Fund is now working with partners to roll out this learning to support others to improve their practice. A key feature of this is the Thrive toolkit and learning resource. We expect applications to the Changing Lives through Sport and Physical Activity to use this toolkit in the design and delivery of their activities.

**What do you mean by full cost recovery?**

Full cost recovery is defined as paying the full cost of a project to an organisation. In practical terms, this means that in addition to providing funding for direct project costs, we can also provide a proportionate contribution towards overheads that are indirectly incurred as a result of the project.

**What kind of third sector organisations can apply?**

We will accept applications from third sector organisations who are registered charities in Scotland, voluntary and community organisations with a formal constitution and social enterprises, including Community Interest Companies.

**What criteria will be used to score my application?**

The criteria are detailed in the application form and relate to the success factors in section 5.

## Annex A: About Operational Partners Group

The operational partners group members collaborate closely to take forward the work of the Programme.

### Spirit of 2012

Spirit of 2012 is a funding charity, established by the Big Lottery Fund with a £47m endowment from the National Lottery. Spirit was founded to continue and recreate the spirit of pride, positivity and social connectedness that people experienced during the London 2012 Games. Spirit funds projects that bring people together – to learn something new, do something different, or experience something unique – and that leave behind a social legacy of increased wellbeing at an individual level, as well as happier and more connected communities. For more information as well as up-to-date news on all Spirit's projects and funding opportunities, go to [www.spiritof2012.org.uk](http://www.spiritof2012.org.uk).

### Scottish Government

Active Scotland Division has overarching responsibility for the delivery of the Scottish Government's policy for sport and physical activity as set out within the Active Scotland Outcome framework. Since the Division was established in 2014, we have been working to change societal attitudes and behaviour to being active – by shifting our focus onto prevention. This is critical to our personal, community and national wellbeing. Our vision is to work in partnership to create a Scotland where more people are more active more often.

### sportscotland

sportscotland is the national agency for the development of sport in Scotland. We passionately believe in the benefits of sport and the unique contribution it makes to Scotland's economy, health and identity.

**Our vision is a Scotland where sport is a way of life, where sport is at the heart of society making an impact on people and communities.** Our Corporate Plan aims to build on a strong foundation to deliver improved outcomes for people in Scotland. Across Scotland, people are working together to improve the links between schools and education, clubs and communities and performance sport. Our research, experience and consultation has led us to conclude that we should invest our time, expertise and public funding in developing and consolidating a **world class sporting system** at all levels. This

system will form a key part of the Scottish Government's new Active Scotland Outcomes Framework

### **The Robertson Trust**

The Robertson Trust are Scotland's largest independent funder providing around £20m per year to charitable organisations across Scotland. The Trust's interest in sport is around its use as a tool to address inequalities and bring about change. The Trust has invested more than £3m into sports organisations and projects over the last 5 years and has run two specific programmes seeking to build evidence about how sports delivery and sporting organisation can be more sustainable and impactful.