

Sports Development Healthy Towns Programme

Expression of interest and guidance notes

We are looking to work with local sporting and community groups to help **deliver sporting, physical activity or healthy living programmes** to your local community looking to work in partnership.

We can provide up to £500 worth of **support** for

- Coaching costs
- Facility Hire
- Equipment (Must be related to the programme being delivered)

Your programme must be a minimum of 8 weeks and provide physical activity or healthy living opportunities.

Programme must be delivered before the end of March 2024.

Your group must be fully constituted and a not for profit organisation. All applicants must satisfy an eligible criteria assessment. Priority will be given to projects that target early or later years.

EXAMPLE PROGRAMMES – Below is some examples of programmes that could be organised and the type of support we can provide.

Couch to 5k – 8 week programme with weekly running sessions led by coach finishing with local parkrun or 5k challenge.

We can support coaching costs and purchase of medals and high vis vests to help deliver this project.

Female fitness class – Circuit based class aimed at females. Twice weekly sessions with qualified coach.

We can support coaching and purchase of circuit equipment to deliver this programme.

Over 50's football – Targeting inactive males once a week with some light exercise and recreational football.

We can support hire of facility costs and coach costs.

Childrens multi skills club – Designed to get children **more active** – twice weekly sports and multi skills activities to re-engage children with fun physical activity.

We can support facility hire, coach costs and purchase of some equipment to help deliver this programme.

Walk programme – A 6 week walking programme targeting inactive parents twice a week.

We can support coach costs and purchase of high – Vis vests.



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District Council

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Expression of interest

Name of Club/Group

Main contact

Contact No

Email

Details of programme

(Outline what activity it is and who it is targeting. How many people will take part. How many sessions are planned to take place, where it will take place and any other relevant details). Please note that your group can deliver more than one activity.

Who will benefit from project ?



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How will they benefit? (e.g learn to cycle/improve fitness)

How will you monitor programme and its benefits?

What will overall outcome of this programme be?

SUPPORT NEEDED

(Outline under the 3 categories outlined.
Can apply for 1 or all categories if needed.)

COACHING

(e.g 12 x 1 hr sessions @ £20 = £240)

Please note maximum for sports coaching £20 per hour /
Specialised coaching e.g Yoga £30 per hour may be considered.

FACILITY HIRE

(e.g 12 x 1 hr sessions @ £30 per hr = £360)

Please note the group applying cannot claim for use of their own facilities

EQUIPMENT

(e.g 10 skipping ropes @£5 = £50, 10 high vis vests @ £6 = £60)

Please note maximum amount allowed for equipment is £250.

Equipment must be integral to delivery of programme



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