



June Update

Headlines

- **Have your say on the London 2012 legacy**
- **Meet our new Director of Impact & Innovation**
- **Sport Tech Hub by London Sport launch new podcast series**
- **London Sport secures five-year funding**
- **Grant-readiness blog series: Key learnings**
- **London Sport staff complete Deaf Awareness training**

Contents

Please use the following links to access the sections relevant to your field of work

- [Funding](#)
- [Children and Young People](#)
- [Disability and Inclusion](#)
- [Facilities & Space](#)
- [People, Places, and Communities](#)
- [Physical Activity for Health](#)
- [Technology for Participation](#)
- [Workforce](#)
- [General News](#)
- [Jobs](#)

London Sport Headlines

LONDON SPORT: Have your say on the London 2012 legacy

This set of questions explores your thoughts regarding the 'legacy' of the London Games and the long-term impact and benefits that the Games has created for London. [Have your say](#).

LONDON SPORT: Meet our new Director of Impact & Innovation

An experienced senior leader specialising in digital, insight and data, Jade Cation arrives at London Sport having spent the last 14 years at EMD, the national governing body for group exercise. [Read more about Jade](#).

LONDON SPORT: Sport Tech Hub launch new podcast series

Talking Sport & Tech gives listeners a glimpse into the lives of inspiring leaders and technology entrepreneurs in the sport and physical activity sector. Catch up on the first three episodes [here](#) featuring Huw Edwards, Lisa Wainwright MBE and Born Barikor.

LONDON SPORT: London Sport's May Chipotle Community Champion

London Sport is excited to announce that our May Chipotle Community Champion is Angel Rivelles, founder of Battleground London. Angel has created a fun and inclusive community where participants can enjoy the benefits of being outdoors. Nominate a Community Champion [here](#).

LONDON SPORT: London Sport secures five-year funding

London Sport will receive expertise, support, and an investment of nearly £15m of government and National Lottery funding from Sport England [to level up sport and physical activity across the city](#) over the next five years.

LONDON SPORT: London Sport complete Deaf Awareness training

London Sport staff [gained valuable insights](#) into removing barriers and preventing discrimination by taking part in a Deaf Awareness and British Sign Language course in light of Deaf Awareness Week earlier this month.

London Sport Calendar

| Date | | Location | Notes |
|-------------|--------------------------|--------------|------------------------------------|
| | June | | |
| All month | LGBTQ+ Pride Month | Worldwide | More details |
| 1-7 June | Volunteers Week | Nationwide | More details |
| 6-12 June | Child Safety Week | Nationwide | More details |
| 13-17 June | London Tech Week | London | More details |
| 15-16 June | Elevate Conference | Excel Centre | Register to attend |
| 20-26 June | Learning Disability Week | Nationwide | More details |
| | July | | |
| 27Jun-3 Jul | Deafblind Awareness Week | Nationwide | More details |

London Sport Updates

Funding

LONDON SPORT: Grant-readiness blog series: key learnings

Following on from London Sport Consultancy's successful webinar series on grant funding, we have been sharing more in-depth learnings through a funding advice blog series. Read the blogs [here](#).

FUNDING: Jubilee activity fund gives out more than £4 million

Sport England's [Queen's Platinum Jubilee Activity Fund](#) has committed more than £4 million of National Lottery funding to more than 650 organisations since its launch in January. The funding has been focussed on projects working with people in areas of disadvantage, that add value to their local community and is still open for applications.

FUNDING: Funding for Women and Girls charities

The 'Big Give' can support charities working to improve the lives of vulnerable, disadvantaged, or under-represented women and girls in England and Scotland throughout 2022. There are [two match funding opportunities](#) during 2022.

FUNDING: People's Postcode Lottery small grants

'Enabling participation in physical activity' and 'Increasing community access to outdoor space' are just two of the themes fundable through grants from the People's Postcode Lottery. Grants are for smaller charities and good causes. [Read the funding guide](#).

FUNDING: The Henry Smith Charity 'Strengthening Communities' Grants

The Henry Smith Charity offers grants of £20,000 - £60,000 per year for up to three years, to organisations with an income of £20,000 - £500,000, for delivering activities that promote connection and wellbeing in, or immediately next to, neighborhoods that are among the 10% most deprived in the UK. [Find out more information here](#).

FUNDING: Lee Valley Regional Park Authority Funding

Lee Valley Regional Park Authority is offering two funding opportunities. The Community Access Fund supports community groups and charities with funding, typically up to the value of £1,000, for free access to their venues and services. Their ['Active Communities Grant Scheme'](#) supports longer-term projects, with grants of typically up to £5k.

FUNDING: The Morrisons Foundation grant funding

The [Morrisons Foundation awards grants](#) to charity projects that make a positive difference in local communities. Grants are available to fully fund projects up to £25,000. The foundation will not fund sports-based charities unless the objective is to improve the lives of vulnerable or disadvantaged people.

FUNDING: Magic Little Grants 2022

The 2022 [Magic Little Grants](#) programme will be awarding £500 grants to 2,650 organisations including those that are enabling participation in physical activity.

FUNDING: National Lottery Community Fund for partnerships

The National Lottery is running this [programme of grants](#) of over £10,000 for up to five years to help local organisations develop a strategic approach to improving their communities by growing partnerships with other organisations.

FUNDING: Volant Trust funding

The Volant Trust accepts applications from charities that demonstrate a strong focus on alleviating social deprivation and helping vulnerable groups who have been particularly impacted by the covid-19 pandemic. Multi-year funding of up to £15,000 per annum is available. [Deadline 31 July](#).

FUNDING: Better Community Business Network

The BCBN Grant [initiative](#) will distribute a one-off grant award of up to £3,000 per charity or to small but credible community projects, which can demonstrate their positive impact on the communities they serve. Deadlines are 15 July and 11 November.

NEWS: Youth groups across the country set to benefit from £380 million fund

Hundreds of youth services, facilities, and organisations for young people in areas with poor provision will benefit from a cash injection as the Government begins to deliver on its £380 million Youth Investment Fund. [Discover how the funding will be used](#)

Children and Young People

RESOURCE: Blueprint for unlocking school sport facilities outside of hours

ukactive and Nike have launched the [Open Doors Blueprint](#), a new guide which has the potential to unlock the UK's school sport facilities, giving every child and young person access to activities and food outside of school hours.

RESOURCE: Supporting young people's mental wellbeing in physical activity

Through their [Children and Young People Workforce pilot project](#), MIND wants to upskill those delivering physical activity sessions to young people, aged between 11-25; to help them better support those experiencing or at risk of experiencing mental health issues.

INSIGHT: Power of PE – good school experiences have generational impact

New [research from the Youth Sport Trust](#), conducted by YouGov, found parents who had a positive experience of PE at school were almost twice as likely (63%) to say their children enjoyed PE at school today and much more likely to encourage their children to be active and play sport (vs 35% of those parents who didn't have positive experiences).

NEWS: London's Issachar Nicholls is UK's Active School Hero

Ravenstone Primary School's Issachar Nicholls is [one of eight finalists in this year's Active School Hero award](#) from ukactive Kids, in partnership with Nike. Issachar has multiple roles in the lives of the children at school. He is a teaching assistant and also runs a multi-sports and football coaching club called Balham Ballers.

NEWS: Big Sister aims to break down the barriers to teenage girls exercising

A new programme designed to provide a supportive space for teenage girls has been launched to help girls find and reclaim the joy of sport and exercise during puberty. [Big Sister](#) provides girls with an extensive range of resources and support.

NEWS: Marathon Kids UK challenging children to complete a marathon

Marathon Kids UK is challenging children across the UK to get outdoors and complete a marathon by walking/running/skipping or hopping with or in memory of their grandparents. The challenge begins June 1 and participants will have until June 30 at midnight to complete the challenge. [More information](#).

NEWS: Free resources and football equipment provided with Monster Kickabout

Monster Kickabout is a nationwide primary school football initiative from Sports Direct and Nike, created to encourage more children and young people to take up football, with free resources and football equipment provided to help teachers host a week of football fun. The first 2,000 schools to [sign-up](#) will receive a free football equipment pack.

NEWS: Evidence of UK's child mental health crisis is stark and compelling

Britain's children are becoming unhappier, more anxious, more depressed, and more likely to self-harm, suffer from an eating disorder, or have suicidal thoughts. [Evidence for the ongoing deterioration in youth wellbeing](#).

Inclusion and Disability

INSIGHT: Let's Play Fair: Campaign for inclusive playgrounds

Scope is calling on the Government to invest in a multi-million pound inclusive playgrounds fund. Inclusive playgrounds are places where all children, can be themselves and form memories that last a lifetime. [Sign their open letter here](#).

RESOURCE: Mental Health toolkit from MIND

Last month saw the annual Mental Health Awareness Week, with the primary focus this year being loneliness. To help sports clubs, community groups, schools, and other delivery organisations further understand mental health and how they can support people at their organisation, MIND has developed [a toolkit for the sports sector](#).

INSIGHT: Swim England appeals for views to help address inequalities

Swim England, the national governing body for aquatics in England, has launched a campaign appealing for those from ethnically diverse communities to give their views and experiences to help to make water-based activity more accessible and enjoyable for everyone. [Have your say](#).

OPPORTUNITY: Workforce Diversity: Training and Employing Disabled People

Aspire is running free online workshops to give individuals working in the sector the confidence and skills to create an inclusive approach in the workplace giving disabled people access to training and employment within the sector. Book your seat [here](#).

OPPORTUNITY: British Wheelchair Basketball recruiting to Inspire a Generation

British Wheelchair Basketball is recruiting for new Community Activators and Local Delivery Partners. They are providing a training and education programme for those interested in becoming Local Delivery Partners for staff and volunteers to deliver 'Inspire a Generation' wheelchair basketball sessions. [Find out more](#).

RESOURCE: Support ethnically diverse children more effectively

[Levelling the Playing Field](#) has developed a framework to develop a range of skills around supporting ethnically diverse children more effectively. All the courses and resources listed below are offered free of charge and can be done at your own pace.

INSIGHT: Latest annual Disability and Activity Survey

Activity Alliance's annual Disability and Activity Survey for this year is now live. Both sporting organisations and disabled people have faced many barriers since restrictions were lifted. This year's survey exposes the challenges and opportunities that lie ahead as we recover. [Register for their survey briefing session](#).

EVENT: London Wheelchair Rugby Club is recruiting more players

London Wheelchair Rugby Club is running 'Have a go' sessions at Aspire Leisure Centre in Stanmore on the 11 and 18 June from 12 to 2pm. Rugby chairs and equipment are provided and the session is open to adults with physical disabilities, beginner and pro players, volunteers, and non-wheelchair users. [More details](#).

Facilities & Space

RESOURCE: **Blueprint for unlocking school sport facilities outside of hours**
[See Children and Young People.](#)

NEWS: Building a Fairer City action plan from London Recovery Board
The London Recovery Board has published its [Building a Fairer City Action Plan](#). The report aims to help organisations across the capital prioritise addressing the inequalities experienced by Londoners and exacerbated by the pandemic.

NEWS: Report identifies challenges to Cycling and Walking ‘revolution’
A recent report identifies that more than a quarter of Low Traffic Neighbourhoods installed across Britain over the pandemic have been discontinued. [Read the full report.](#)

NEWS: Energy cost rises threaten swimming pools and chlorine shortage
Swimming pools are [at risk of closure as energy costs are rising](#), industry officials have warned. ukactive has called for more support to keep the leisure facilities used by millions every week open. The government said it recognised the impact of price rises and was in contact with energy regulator Ofgem to understand the challenges faced..

NEWS: Basketball England’s Project Swish returns for 2022
#ProjectSwish is Basketball England’s mission to improve outdoor basketball courts. In 2021, they provided more than 3,000 free nets. There are three ways to improve a local court: get a free net, renovate your court, and/or buy a Project Swish ball. [Find out more.](#)

INSIGHT: Fitness and leisure sites proved to be low covid-risk environments
The UK fitness and leisure sector has [reported the most comprehensive national covid-19 safety figures](#) for the industry in Europe, in a new report published by ukactive.

OPPORTUNITY: Shaping London to protect the next generation from air pollution
The Mayor of London and Transport for London want to [hear your views](#) on how to shape our city to protect the next generation from air pollution. The consultation is part of the proposals to expand ULEZ in 2023. [Submit your response](#) by 29 July.

People, Places, and Communities

RESOURCE: Resources for Skin Cancer awareness

Skin cancer is the most common form of cancer in the UK and is caused by overexposure to the sun's UV rays. As May was Skin Cancer Awareness Month and 'Sunguarding Sport' shared [several resources, toolkits, and guidelines](#) to help those participating actively outdoors to stay protected.

OPPORTUNITY: Chipotle Community Champion award

If you know someone in the local community who deserves special recognition for their work, make sure to nominate them for the Chipotle Community Champion award, with a winner being announced at the end of each month. The winner receives to spend instore on themselves and their team. [Nominate a Community Champion here](#).

OPPORTUNITY: Black Prince Trust volunteer recruitment

The Black Prince Trust is recruiting volunteers for our school summer holiday Sports programme. A not-for-profit community hub based in Lambeth, South London, with the primary aim of improving the health and wellbeing of everyone, they deliver a wide range of free, first-class activities to residents of all ages, within a welcoming and safe environment. BPT. [Discover their vacancies here](#).

OPPORTUNITY: Royal Life Saving Society Drowning Prevention Week

The RLSS runs a yearly [campaign](#) to raise awareness of water safety ahead of the summer holidays. As part of the week (18-25 June), the RLSS encourages schools to raise awareness and is offering free downloadable education resources for schools including lesson plans and resources for PE sessions.

INSIGHT: Step Change: Working together towards an active society

A [report by Spirit of 2012](#) looks at what works when it comes to getting people to participate more in physical activity. They've published eight principles underpinning success as well as a series of recommendations.

Physical Activity for Health

RESOURCE: Key changes to the NHS and health and care services

The Kings Fund has produced [a helpful new video](#) that summarises key changes to the NHS and health and care services in line with the Health and Care Act 2022. The Local Government Association has also [produced a briefing](#) for local government on the Act, which received Royal Assent on 28 April.

RESOURCE: Get Moving - reduce risk of diabetes type 2

As part of Diabetes Prevention week, Diabetes UK identified 'getting moving' as one of five key steps to reduce the risk of developing diabetes type 2. [Discover the five key steps they outlined.](#)

EVENT: Benefits of yoga and mindful exercise for physical and mental health

The National Academy for Social Prescribing is [running a webinar](#) on the 14 June exploring the benefits of yoga and mindful exercise for people's physical and mental health and how people can access such activity through social prescribing.

EVENT: Whole Systems webinar promoting healthier weight for children

NHS England and Improvement - London are [holding a webinar](#) intended to inspire and encourage a whole systems approach to promoting healthier weight. The event will be held online on Monday 20 June, 12.30-2pm, and is targeted at NHS, public health, local authority, and academic leaders.

INSIGHT: Young people's social prescribing in London

Forty per cent of primary care relating to children yet social prescribing for children and young people is much less established in London compared to its adult counterpart. A recent event from London Plus, Healthy London Partnership and Partnership for Young London [investigated this issue.](#)

NEWS: UK's first exercise guidance for those with Osteoporosis

People with weakened bones (osteoporosis) should be encouraged to do more rather than less exercise, according to a consensus statement recently published in the British Journal of Sports Medicine. [Read more on the guidance.](#)

NEWS: Over half of Brits say their health has worsened due to rising cost of living

A recent YouGov poll conducted for the Royal College of Physicians identified that over half of us (55%) feel that our health has been negatively affected by the rising cost of living. [Discover the findings.](#)

NEWS: Cancer patients should be prescribed exercise, say experts

Cancer patients [should be prescribed exercise classes on the NHS](#) to boost their chances of survival, according to experts. Research shows staying active significantly reduces the risk of complications and helps patients tolerate treatments including chemotherapy, radiotherapy and surgery.

Technology for Participation

LONDON SPORT: Sport Tech Hub by London Sport launch new podcast series [See Headlines](#).

LONDON SPORT: Sport Tech Hub joins forces with YesRef

YesRef becomes the latest venture to join Sport Tech Hub, having commenced its 12-week accelerator programme earlier this month. Sport Tech Hub will help grow YesRef in London and beyond, providing greater knowledge and understanding of the physical activity and sport sector in London. [Learn more](#) about the partnership.

EVENT: London Tech Week returns

The UK's tech flagship event, [London Tech Week](#), will return on 13-17 June bringing 20,000+ global government and corporate leaders, inspirational start-up founders, senior investors and tech rising stars together to discuss the power of technology for societies.

EVENT: iSport Connect Web3 Summit

The Web3 transition is already underway. Future-proof yourself and your organisation by joining the [Web3 Summit at the Emirates Stadium](#) in London on June 28/29. Understand how Web3 and a decentralised internet will reconfigure the foundations of sport and the sports business; use 10% discount code - "STWS10" on your ticket.

RESOURCE: Aquatic Latent Demand tool to support pool owners and operators

An 'invaluable' new product to help swimming pool owners and operators maximise their Learn to Swim programmes [has been launched](#) by Swim England. The new tool uses Swim England insight to determine the likelihood of someone paying for a swimming lesson, including adjustments based on socio-economic and demographic factors.

NEWS: Nike pilots new social running app

A limited 12-week research pilot, Momentum is Nike's latest digital running experience. Featuring audio-guided runs, daily missions, and coaches that are 'like you', the app is designed to help people start and maintain a running habit. [Learn more](#).

NEWS: The high-tech fitness mirrors that aim to get you exercising more

The latest trend in home exercise could be smart fitness mirrors. These are 6ft tall, vertical, high-tech mirrors that contain a computer, hook up to the internet, and also work as a video screen. The idea is you connect with an online trainer, who then appears on the mirror/screen along with your reflection. [Learn more](#).

NEWS: Fitbit gets approval for AFib technology for tech wearables

Fitbit have [received approval from the Food and Drug Administration](#) to use its AFib technology for the tech wearables from the company's current lineup. The new AFib feature will look into the irregular heartbeats in a person's heart rate, and the feature will take note of any irregularities monitored by the new technology.

Workforce & Club Development

OPPORTUNITY: Club Matters open workshops programme

Club Matters workshops cover a wide range of helpful topics, and the free, interactive sessions are here to help community sports organisations across the country. They now have an updated programme of open workshops. Sign-up for the new workshops [here](#).

OPPORTUNITY: Born to Coach campaign launched

For this year's UK Coaching Week, the [#Born2Coach campaign](#) has been launched to substantially increase the coaching workforce by sparking people's motivation and drive to become a coach, and empower those who already coach to advance their skills.

RESOURCE: How to build a network of volunteers & freelancers

Single Homeless Project (SHP) puts a large part of the success of their Sport Project down to volunteers and freelancers. The Project relies on them to run weekly sessions and one-off opportunities. SHP has [developed a toolkit](#) to help others use volunteers and freelancers to start, grow or enhance your sport offer.

RESOURCE: Tackling the under-representation of disabled people

Aspire has released [three guides](#) for the leisure industry to address the under-representation of disabled people within the leisure and fitness workforce. The guides will help disabled people consider career options, help qualification providers create accessible courses, and support employers to create accessible job roles.

RESOURCE: 2022-23 UK Coaching Development Programme announced

UK Coaching has a series of [programmes](#) aimed at supporting coaches working across the Talent and Performance stages of the athlete development pathway. Each programme uses a mixture of strategies and tools to offer opportunities for coaches to highlight a particular area of focus in their coaching practice.

OPPORTUNITY: Black Prince Trust volunteer recruitment

[See People, Places and Communities](#)

OPPORTUNITY: London Wayfarers Hockey Club searching for coaches

After another busy and successful season, London Wayfarers Hockey Club is looking to recruit some inspiring coaches to join the club for the 22/23 season. From sessional coaches to part-time and full-time positions, there are lots of opportunities to join the team. Send an [email](#) to express your interest.

General News

LONDON SPORT: Active Lives Adult Survey report

This [report](#) presents data from the Active Lives Adult Survey for the period mid-November 2020 to mid-November 2021. Data is presented for adults aged 16+ in England. This report contains a full year of coronavirus (Covid-19) restrictions, including comparisons to both the first easing of restrictions in summer 2020 and pre-pandemic.

NEWS: Exercise is good for joints with wear-and-tear arthritis

Exercise is good for people with wear-and-tear joint arthritis and should be a "core treatment", [new draft guidelines for the NHS](#) advises. It may hurt to begin with, but can then ease pain and help individuals with osteoarthritis stay supple, healthy, and slim, says the National Institute for Health and Care Excellence (NICE).

NEWS: Nuffield Health set to use football as a vehicle to build a healthier nation

The FA has announced a [new five-year partnership with Nuffield Health](#) becoming the football governing body's official health and wellbeing partner.

NEWS: Growing gap in healthy life expectancy between poorest and richest

Girls born in the poorest areas of England will have almost 20 fewer years of good health compared with those in the wealthiest, [according to figures](#) that also reveal overall life expectancy in the most deprived areas has dropped significantly.

NEWS: Premier League star unveils new Defibrillator Fund

After suffering a cardiac arrest at last summer's Euro Finals, Brentford playmaker, Cristian Eriksen was pleased to mark the installation of the latest defibrillator made possible by the Premier League Defibrillator Fund at Bedfont Sports Club. [Read more.](#)

Jobs

London Sport is hiring for two positions:

- [Fundraising Manager](#), deadline Rolling
- [Executive Assistant to CEO & Governance Manager](#), deadline Weds 15 June

Organisation

King's Park Moving (Hackney Council)

Role

[Programme Support Officer](#)
[Programme Delivery Manager](#)

Open Age

[Physical Activity Co-ordinator](#)
[Physical Activity Co-ordinator & Clinical Exercise Specialist](#)

3Pillars

[Operations Manager](#)

Watford FC Community Trust

[Learning & Development Officer](#)
[Player Development Coach](#)
[Casual Coach \(Premier League Kicks\)](#)

| | |
|----------------------|---|
| Table Tennis England | Equality, Diversity and Inclusion Lead |
| Everyone Active | Community Sports Coach Swim Teacher |
| British Cycling | Eastern & North London City Hub Coach |
| Surrey FA | Safeguarding Assistant Facility and Investment Officer |

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](#).