



August Update

Headlines

- **Active London 2022 – tickets now on sale**
- **The impacts ten years on from London 2012**
- **Chipotle Community Champion – July**
- **£17m investment to improve lives of young Londoners**
- **London Sport welcomes three new interns**

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London Sport Headlines

LONDON SPORT: Active London 2022 – tickets now on sale

We are delighted to announce that tickets are now on sale for Active London 2022. With the agenda now confirmed, this year's Active London conference promises to be bigger and better than ever, with a host of exciting guest speakers, covering a range of pressing topics and putting Places and Spaces under the microscope. [Get your tickets here](#).

LONDON SPORT: The legacy of London 2012 ten years on

45% of adult Londoners are making cutbacks to their spending on physical activity and sport due to the rising cost of living, according to a new report by London Sport. [Download the full report here](#).

LONDON SPORT: Chipotle Community Champion - July

This month's Chipotle Community Champion is Jaden Cameron of [Balham FC](#). As the Head of Foundation phase, Jaden is a children's football coach, helping them find motivation and a passion for football, whilst also mentoring other coaches within the club. Congratulations Jaden!

LONDON SPORT: £17m investment to improve lives of Londoners

Our CEO, Emily Robinson joined the Mayor of London and other partnering organisations to celebrate the announcement of a new £17m fund that will help improve the lives of young Londoners through sport. [Find out how the investment will be used](#).

LONDON SPORT: London Sport welcomes three new interns

In July, London Sport welcomed [three new interns](#) to the organisation. Covering three different teams; Marketing and Communications, Insight, and Finance, People & Governance, Ieva Mikelionyte, Elena Pernia, and Benjamin Wojtynski are the latest recruits to join the London Sport team.

London Sport Calendar

Date		Location	Notes
	August		
12 Aug	International Youth Day	Worldwide	More details
19 Aug	World Humanitarian Day	Worldwide	More details
	September		
10 Sep	World Suicide Prevention Day	Worldwide	More details
21 Sep	National Fitness Day	Nationwide	More details

London Sport Updates

Funding

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

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

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: 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.

OPPORTUNITY: Shaped By Sport offers Me In PE and Sport youth workshops

Shaped By Sport is offering workshop packages where teachers/coaches are provided with workshop findings and tools to support individuals in the sport setting are also available. Young people can also learn to celebrate their differences in sport and gain a greater awareness of how to support their peers too. [Get involved here.](#)

NEWS: Youth Sport Trust State of the Nation report

Youth Sport Trust recently launched a new 'state of the nation' report on PE, school sport, and physical activity to help families and schools understand the importance of supporting children to move more. [Read the full report here.](#)

INSIGHT: How sport can create a sense of belonging and inclusion

Sport can affect the emotions like nothing else, whether you are playing, watching, or simply thinking about it. In a recent [blog](#) for the Youth Sport Trust, Josh (23) from the ADHD Foundation, shares his experiences of being neurodiverse and the impact participating in sport has had on his sense of belonging.

INSIGHT: Well Schools - Education Podcast

Well Schools aims to help improve education outcomes by placing well-being at its very heart to support school staff, senior leaders, and young people. This [podcast](#) shares experiences from special guests bringing to life, reflecting on the importance of a Well School approach to education.

OPPORTUNITY: Parents urged to help their kids get active over the summer

Parents of primary school children across England are being encouraged to get their kids active over the summer holidays, as the government relaunches its [10 Minute Shake Up campaign](#). The campaign returns in full for the first time in 3 years after it was paused in the first year of the pandemic and only partially returned last year.

NEWS: Squad Girls' Football initiative to get £2m of funding

A project focused on encouraging more teenage girls to play football will benefit from £2m of funding from Sport England. The grassroots funding body will invest in the project, called [Squad Girls' Football](#), which is being launched by the Football Association this summer and aims to get more girls aged between 12 and 14 playing the sport.

OPPORTUNITY: Barriers and enablers for young people's participation in sport

Shout Out UK is working with DCMS to provide recommendations on barriers and enablers to sports participation in England. By filling out the [survey](#), the YPDG will share your ideas and feedback with DCMS policy officials to shape future policy.

RESOURCE: ukactive and Nike launch Open Doors summer programme

ukactive and Nike have announced the launch of the 'Open Doors' programme for summer 2022, providing sport, activity and food to underserved children and young people in four major cities. Find out more on the programme [here](#).

Inclusion and Disability

NEWS: Tom Daley picks up the baton for LGBT+ rights across the Commonwealth

As thousands of athletes prepare to compete on the global stage at the 2022 Commonwealth Games in Birmingham, Olympic gold medallist and double world champion diver Tom Daley wants to shine a light on an issue that he cares passionately about. [See this film](#) to find out more.

NEWS Chloe Kelly: England winger's celebration praised for empowering women

When Chloe Kelly scored the winning goal in extra time for England against Germany, securing a 2-1 win and the country's first-ever women's major tournament victory, the 24-year-old celebrated in a way that could now inspire a generation. [Learn how](#).

INSIGHT: Understanding participation in PE for autistic students

Physical activity can have a wide range of benefits, but participation in physical activity in school is lower for autistic students compared to non-autistic students. Now, Durham University is looking to [complete research with PE teachers](#) and get their reflections on their experiences of teaching autistic students in school.

NEWS: The Thames awaits visually impaired paddlers

Tower Hamlets Canoe Club is helping [visually impaired paddlers \(VIPs\) take to the capital's waterways](#), with the help of Active Thames, founded by the Port of London Authority. A donation, also supported by British Canoeing and London Sport, has funded 14 free induction sessions introducing VIPs to kayaking and canoeing in Shadwell Basin.

NEWS: Task Force to drive improvement in physical activity for disabled people

The ['Everyone Can' Task Force](#) is made up of leaders from the sport and physical activity sector who will work together to help realise the full potential of gyms, fitness, and leisure facilities in supporting disabled people to be active.

NEWS: Creating the next generation of Cricketers

Sky Sports and ECB are entering the second year of Dynamos Cricket Intros - a multi-year initiative offering free cricket courses to children across the country who might not have access to the sport. [Read more here.](#)

NEWS: The Beat the Street walking and cycling game comes to Lambeth

A popular interactive game that helps whole communities get active is set to launch in Lambeth. [Beat the Street](#) was created by GP Dr. William Bird to encourage people to explore their local areas and to walk, cycle and roll in a fun competition.

CASE STUDY: Bristol longboarding group 'a blessing' during lockdown

A longboarding group for women and non-binary people is trying to challenge social expectations surrounding male-dominated sports. [Learn more.](#)

INSIGHT: Sports clubs: Security of Tenure

Club Matters has developed two new web pages on 'Security of tenure' and 'Security of tenure and accessing funding'. In their latest blog, the RFU's National Club Development Manager Dave Stubley discusses security of tenure. He reinforces these key aspects of security of tenure and provides a practical view of these points from his experiences in rugby. Read the blog [here](#).

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.

People, Places, and Communities

OPPORTUNITY: Sport and Recreation Alliance Survey

The Sport and Recreation Alliance have released a survey to assess the impact of Covid-19 and cost of living increases on grassroots activities. The findings will inform the Sport and Recreation Alliance's policy demands with the government to ensure effective support is in place across the industry to sustain the club and group networks that help keep us physically active. Complete the survey [here](#).

NEWS: New campaign launched to prevent drowning

Safety campaigners have launched a drowning prevention drive after figures showed 277 people lost their lives in accidents in the water in the UK in the past 12 months. A total of 50 organisations have joined forces on World Drowning Prevention Day as World Health Organisation statistics estimate 235,600 people drown every year globally. [Learn more](#).

OPPORTUNITY: Help us learn more about girls and skateboarding

London Sport is running a survey about girls and skateboarding, and they'd like your opinion whether you are good, a beginner or don't do it at all. The sector is encouraged to [share the survey](#) as widely as possible.

NEWS: Rise in violent incidents in London and South East

British Cycling is deeply concerned to have heard from members about another spate of violent attacks on people cycling in London. In response, their Policy Manager, Nick Chamberlin, has pulled together [this update](#) for members and concerned cyclists.

EVENT: Interfaith Fun Run returns to bring communities together this summer

People from across the capital's communities are invited as the London Interfaith Fun Run returns. The event will bring together people from all backgrounds and beliefs to enjoy a day of sports, fundraising for important causes, and intercultural activities on Bank Holiday Monday 29 August at StoneX Stadium in Barnet. [Get involved](#).

OPPORTUNITY: Would you like to shape a future study on exercise?

Children aged 9-10 years along with their parent(s)/carer(s), and middle-aged adults aged 54-57 years are being invited to [participate in a pilot study](#) that will identify the level of exercise that can optimise health. The study will take around two hours and involve an informal chat and the opportunity to run on a treadmill and use an exercise bike.

OPPORTUNITY: Streetball for all in Barking

[Youth Spot Bar](#) C.I.C. runs regular streetball activities consisting of football, Basketball, Cricket, Badminton, Tennis, and roller skating for all local residents at the Relish Barking 2 town square IG11 7NB - providing regular playouts for children and young people.

OPPORTUNITY: Would you like to shape a future study on exercise?

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Physical Activity for Health

RESOURCE: Health and nutrition training for sports clubs

Pulse Social is delivering a series of new Health & Nutrition workshops. These 60 minutes workshops will provide a better understanding and insight into eating disorders in diverse communities. [Learn more](#).

INSIGHT: Addressing the mental health impact of long covid

[New research](#) from University College London found that a Covid-19 infection doubles the risk of mental health and financial problems for people over the age of 52. The results suggest that the adverse psychosocial impact of Covid-19 infection is long-lasting but that social prescribing has a key role to play in helping to improve mental health by increasing engagement with society through physical and creative activity.

OPPORTUNITY: Link workers to inform new physical activity-related research

A research group at King's College London is starting a research project on incorporating rehabilitation (outdoor mobility/ physical activity) into social prescribing. They are planning to carry out a survey and interviews, but before that they want their research to be informed by link workers. If you're a link worker and would like to talk about your role, and share your thoughts, please contact [Stefany Guerra](#).

OPPORTUNITY: Support for health professionals to champion Physical Activity

The Department of Health and Social Care had just announced 26 new Physical Activity Clinical Champions, including 6 for London, as part of the Moving Healthcare Professionals Programme. [Find out more](#).

RESOURCE: Getting children active during the holidays

Better Health and Disney have launched their '10 Minute Shake Up' campaign to help get kids active throughout the holidays. The campaign uses favourite characters including Disney's Encanto and Frozen, Disney and Pixar's Lightyear, and Marvel's The Avengers. The aim is for the characters to inspire more activity whilst having fun throughout the summer! Download the campaign's resources [here](#).

EVENT: Physical Activity & Cancer - What you need to know

Guy's & St Thomas' NHS Trust, supported by South East London Cancer Alliance, invites healthcare professionals, patients, and carers to a forthcoming interactive, Zoom, event on Wednesday, 7th September 2022, 12-1.30 pm. [Register to attend here](#).

INSIGHT: The relationship between 'social' physical activity and dementia

A recent study at the University of California, San Diego (UCSD) found that taking a brisk walk, cycling, or even playing golf can help avoid a mental decline in old age but this might only apply to women. [More details](#).

OPPORTUNITY: Join in and support the new 'We Are Undefeatable' campaign

['We Are Undefeatable'](#) has just released its new TV advert encouraging people with health conditions to move more and showing them how activity can help them enjoy the little things in life. You can also expect to see the campaign across billboards, digital media, and print advertisements.

OPPORTUNITY: 'Move to Your Mood' - get active depending on how you feel
'We Are Undefeatable' have also just launched a new PR campaign, ['Move to Your Mood'](#). This series of exercise videos encourages people with long-term health conditions to get active depending on what their mood is like that day.

OPPORTUNITY: Battle cancer through physical activity
ukactive has announced a new strategic partnership with The ['Battle Cancer'](#) Program, a charity supporting physical and mental health after cancer. The 'Battle Cancer' programme aims to engage people who have experienced cancer in a pathway of structured and progressive exercise rehabilitation. The programme is delivered by exercise professionals inside gym facilities across the globe and focuses on lifelong behaviour change rather than short-term intervention.

OPPORTUNITY: Children's playground hosts air quality sensor
The Breathe London Community Programme is an exciting three-year programme that aims to provide sixty fully funded Breathe London Nodes to community groups and organisations across London. If you're interested in 'hosting' an air quality sensor, please [apply](#) to receive a free one.

OPPORTUNITY: Integrated Care System developments in London
The next London Physical Activity for Health Network mtg will be from 2:00 - 4:00 on Thurs 15th, September. The meeting will focus on the latest developments across London's Integrated Care Systems and consider complementary issues and implications for the Sport and Physical Activity sector. Contact [Rob McLean](#) for more information.

OPPORTUNITY: The role of physical activity within NHS mental health services
While people with a diagnosed mental health condition are over 50% more likely to be physically inactive, physical activity is known to help improve mental health and well-being. Sport England, the Healthy London Partnership, and Camden and Islington NHS Foundation Trust are working together to find out how mental health support services can best offer physical activity as a treatment option. If you're a sports club or physical activity provider, they'd love to get your views. Complete the survey [here](#).

EVENT: Meet the Network
London Plus is excited to hold its third free online networking event exclusively for London Social Prescribing Network members on Thursday 15th September, 11:00 am - 12:00 pm. It will offer a safe space for members to chat about social prescribing, from the challenges you face to the successful projects you might be working on. [Register here](#).

RESOURCE: Social Prescribing FAQs
London Plus has created [a new FAQs page](#) to help you and your practice. It covers all of the questions we hear regularly from 'What is social prescribing?' to 'What funding can I access to deliver social prescribing activities?'.

Technology for Participation

LONDON SPORT: Move-to-Earn: the technology transforming fitness

In this blog, Teshani Nanayakkara, Content Writer for Sport Tech Hub [dives into the concept of Move-to-Earn](#) which has rapidly gained popularity by leveraging technology and gaming to ensure fitness and wellbeing is engaging a broader range of individuals.

LONDON SPORT: Highlights from series one of Talking Sport & Tech

In this short blog series, Alex Zurita and Milly Pelmore, co-hosts of Talking Sport & Tech, both [reflect on three moments](#) that stood out to each of them from the Talking Sport & Tech podcast series.

RESOURCE: Workplace Wellbeing report

Sport Tech Hub community member, [Magic Mountain, has teamed up with The Chartered Institute for the Management of Sport and Physical Activity \(CIMSPA\)](#) to understand the current state of workplace wellbeing, including how we can encourage greater movement during the working day.

NEWS: Rio Ferdinand foundation joins Sport Tech Hub community member Clubforce to tackle youth inequality

The partnership will enable Clubforce and the Rio Ferdinand Foundation to tackle inequality issues faced by young people and encourage everyone on and off the field to participate. In addition to positioning both organisations to achieve their mission, [the partnership enables Clubforce to follow through on its plans to expand into the UK.](#)

NEWS: Swing Fitness launch Swing Box in Barnet

The Fit Tech start-up is activating green spaces across London and is now placing [Swing Boxes in the following parks in Barnet: Hendon Park, Victoria Park, and Montrose Playing Fields.](#)

Workforce & Club Development

LONDON SPORT: Chipotle Community Champion June

Aaron Barnett-Clarke has been named our [Chipotle Community Champion for June](#). During lockdown, Aaron offered free fitness classes, reaching over 200 Lewisham residents, and has collaborated with Lewisham Hospital to offer fitness classes to patients suffering from mental health complications.

NEWS: Street Soccer's Jack Badu wins at the National LTPF Awards!

Jack won the Role Model award for his involvement in the Levelling the Playing Field project for London. Jack is the only full-time member of staff at Street Soccer London, who use football to empower anyone affected by social exclusion. Jack has overall responsibility for all Street Soccer London's youth programmes delivered from the Black Prince Community Hub in Lambeth. Congratulations! [Learn more about Jack](#).

NEWS: UK Coaching Nominations Open

The 2022 UK Coaching Awards are open for nominations. Anyone can nominate and they have until 12 September to submit it. There are 13 different award categories including; Community Coach of the Year – Children and Young People, Community Coach of the Year – Adults, Young Coach of the Year, and many more. [Nominate here](#).

NEWS: New CIMPSA Workforce Governance report

CIMPSA has recently released a new [report](#) on workforce governance. It covers how the sport and physical activity workforce can be better supported to provide safe and high-quality experiences for all participants.

RESOURCE: Pro bono statistic research support available for charities

Statisticians for Society links charitable organisations to volunteer statisticians at no cost. They support organisations that want to use data and evidence for decision-making by connecting them with statistical experts. [Learn more here](#).

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](#).

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.

General News

OPPORTUNITY: Symposium for Human Dignity 2022

Join the Symposium for Human Dignity on the 16th of September 2022, with the option to attend either in-person or virtually via our purpose-built online event platform. This Symposium will explore what each of us can do toward a change of culture. Particularly, looking at creating a safe environment to transition from silence around abuse - to interventions that stop the micro-moments of abuse of power. [More details](#).

NEWS: The FA to trial the removal of heading in under 12 matches

The FA has been approved the International Football Association Board [IFAB] to introduce a new trial to remove deliberate heading in football matches across U12 level and below in England from the start of the 2022-23 season.

Should the trial be a success, the aim is to then remove deliberate heading from all football matches at U12 level and below from the 2023-24 season. [Read more](#).

Jobs

London Sport is hiring for two positions:

- [Operations Officer](#), Deadline 21 August
- [Strategic Lead – Physical Activity for Health](#), Deadline 04 September

Organisation

Role

London Plus

[Communications Officer](#)

Access Sport

[Programme Development Leader – Changing Sports](#)

The FA

[Para Head Coach \(Blind Men's Squad\)](#)
[Para Head Coach \(Blind Women's Squad\)](#)

uksport

[Digital Learning & Development Co-ordinator](#)
[Head of External Affairs & International Relations](#)

Lee Valley Regional Park
Authority

[Sport and Active Recreation Officer](#)

Restorative Justice For All

[Project 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](#).