**Background**

Sport England and Energise Me have joined forces to support more 11 to 19-year olds to be active.

**What is an ‘Energise YOUth project’ (renamed from Satellite Clubs)?**

They are:

* local activities designed with and by young people aged between 11 and 19 years
* opportunities that meet young people’s needs, offer a positive experience, and build confidence

An Energise Youth project might turn into something that happens on a regular basis. Or it might run for a fixed length of time with participants moving on to join a similar activity elsewhere.

**Who is the target audience?**

The aim of the programme is to reach young people who are not taking part in any physical activity. There could be many different reasons for this. They might be facing challenges and in a vulnerable or disadvantaged position. They might have unsettled lives or may lack confidence.

**Aims**

The three aims of the programme are to:

**1) Provide positive experiences**

Young people being at the heart of creating fun experiences. Opportunities that enable them to be active on their own terms and to feel confident in their ability. Chances for them to build a positive connection with physical activity.

**2) Change behaviour**

Young people encouraged to be active on a regular basis. Having access to opportunities that inspire them to make physical activity a habit. Something that is part of who they are and what they do, on their own or with friends and family.

**3) Influence and improve delivery**

People and places delivering sport and physical activity supported to engage young people. Advice and training available to help them connect with their younger customers. Using this market understanding to cater for their needs and offer what they are looking for.

**Expressions of interest**

Local organisations can apply for funding to set up and run a project for young people in their area.

Each project must show how they have designed their activity with young people. Proposals must reflect the aims of the Energise YOUth programme:

* providing positive experiences of physical activity or sport
* helping young people build a habit of regular exercise

We ask organisations to complete our Expression of Interest form. This gives them the chance to tell us about their project. It is not only the planned activity that interests us. We want to know about the wrap around support young people will receive to help them become active.

Award of Lottery funding is subject to Sport England approval. They make the final decision on all applications.

**Energise YOUth proposals**

Sport England wish to see several core principles at the heart of every project. Organisations designing Energise YOUth projects should ask themselves the following questions:

1. Are you in contact with inactive 11 to 19-year olds? If not are there organisations in the area you can work with?
2. How will you involve young people in designing and creating the project?
3. How will you make sure you listen to young people? And continue to involve them in decision-making so they have ownership of the project?
4. What support will young people need? Not only to become active in the first place but to help them stick with it and make regular exercise a habit.
5. How will you build links to another existing activity? Or create potential for your activity to grow into a session that carries on itself? If you support participants to move on to join a similar activity elsewhere. How will you make sure it has the same philosophy and offers the young people what they are looking for?
6. How will you decide what to charge participants to attend? How will you use this income to sustain the young people’s participation?
7. How will you make sure you meet the appropriate safeguarding standards?
8. How will you support coaches to offer engaging activities shaped with young people? It is important they involve young people and that sessions appeal to keep them coming back.

**Targets and funding**

Organisations setting up an Energise YOUth project can apply for up to £4,500. It is important to consider the costs associated with delivering the activity itself. And to look at the costs of any wrap around support that young people might need to become and stay active.

The aim is for each project to recruit at least 12 - 15 participants from the start.

**Measuring success**

As a condition of funding each organisation must provide data for monitoring purposes. Data managed by Energise Me and the organisation will be in line with the Data Protection Act 1998.

The requested information reflects and helps measure the Energise YOUth aims and outcomes:

* Number of individual young people who take part in at least one session.
* Profile of participants. Age, gender, ethnicity, disability and recent level of physical activity (excluding PE).
* Evidence that young people helped design the project and make key decisions.
* Registers showing weekly attendances for all participants over the funded period. And stories showing who has made regular activity a habit.
* Examples showing how young people's attitudes to physical activity and confidence has changed.
* Examples showing the wider impact that taking part has had on young people. How it may have improved their wellbeing, resilience or given them new opportunities.
* Summary of project expenditure.
* End of project feedback and case study.

**Timescales**

The programme is currently funded until March 2021.

We accept Expressions of Interest all year round.

**Further information**

If you have any questions, please get in touch:

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Or visit our website:

[www.energiseme.org/funding-support/finding-funding/energise-youth-funding/](http://www.energiseme.org/funding-support/finding-funding/energise-youth-funding/)