**Introduction**

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

* 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.
* 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.

**What is an Energise YOUth project?**

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
* ways of being active that motivate young people to keep coming back.

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.

Every Energise YOUth project must either link to an existing activity. Or must have potential to grow into a session that carries on itself. The 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.

How do you apply for funding?

Local organisations like you can apply for funding to set up and run a project for young people in your area. We ask you to complete this Expression of Interest form. This gives you the chance to tell us about your 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 and stay active.

Please send your completed form via email to: [emma.dovener@energiseme.org](mailto:emma.dovener@energiseme.org).

We will assess proposals against our Energise YOUth aims and principles. If your project idea doesn't quite fit the bill, we will work with you to fine-tune it.

We will contact you within 4 weeks of your expression of interest coming in.

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

1. Lead Organisation Contact Details

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| --- | --- |
| **Name:** |  |
|  |  |
| **Role:** |  |
|  |  |
| **Organisation:** |  |
|  |  |
| **Email address:** |  |
|  |  |
| **Telephone number:** |  |

1. Your Organisation

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| **Please tell us a bit about your organisation, for example:**   * Type of organisation (e.g. registered charity, constituted community group) * Date you were set up * Where you’re based and areas that you cover * Services, activities and/or support you provide for your local community |
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1. Your Partners

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| **Are you planning to work with any other local organisations to deliver this project?  If yes, please tell us a bit about them. Who are they and what role will they play?** |
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1. Your Energise YOUth Proposal

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| **How have you identified the need for this project? Tell us how you have involved young people who are not doing physical activity right now in its design.** |
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| **Please give us a more detailed description of the project. What have young people said they want.**   * What will they call it? * What activity or activities will it involve? * Where will it take place and how often? * How long will sessions be? * Who will co-ordinate and run the project and what are they like? * How will young people express themselves and have ownership of the project? * What steps will be in place to make sure you listen to them and involve them in key decisions? * How much it will cost to attend? * How will you publicise and promote it? |
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| **What date are you planning to start your project?** |  |

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| **How will you create an engaging, supportive, and empowering place for young people to be? How will you choose who co-ordinates the project and runs the sessions? What will their skills, approach and style be?** |
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| **How will you make sure you meet appropriate safeguarding standards?** |
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1. Your Target Audience

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **How many young people have helped plan and design your project?** | | | | | | | | | | **No. young people** | | | | | | **Age range** | | |
|  | | | | | | | | | |  | | | | | |  | | |
| **On average, how many young people will attend each session?**  **(Your aim should be for there to be at least 12 at your first session)** | | | | | | | | | | | | | |  | | | | |
| **Please give an estimated breakdown of these young people by age:** | | | | | | | | | | | | | | | | | | |
| **<14** |  | **14** |  | **15** |  | **16** |  | **17** |  | | **18** |  | **19** | |  | | **20+** |  |

1. Supporting young people to become and to stay active

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| **Have you highlighted any wraparound support young people will need? This could be to help them to turn up to their first session. To stick with it for the first few weeks. Or to build regular exercise into a habit.** |
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| **How will you gain feedback from young people so they can have their say and share their experiences?** |
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| **Are you planning to grow your session into one that carries on?**  **Or have you made a link with an existing activity that participants will join afterwards?**  **If you are planning to support participants to move on to a similar activity elsewhere. How will you make sure they have the same philosophy and will offer the young people what they are looking for?** |
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1. Project Costs

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| **How much Energise YOUth funding will you be looking for?** | **£** |
| **What percentage of your total project cost is this?** | **%** |

**Expenditure**

Please give a detailed breakdown of your project costs:

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| --- | --- |
| **Item description** | **Cost/£** |
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|  |  |
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|  |  |
| **TOTAL** |  |

**Income**

Please give details of the sources of income that you will use to cover the above project costs:

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| --- | --- | --- |
| **Source of Income** | **Funding Contribution/£** | **In Place or Pending?** |
| Partner Funding [Insert organisation] |  |  |
| Partner Funding [Insert organisation] |  |  |
| Other Grant Funding [Insert funder] |  |  |
| Participant Fees |  |  |
| Energise YOUth Grant (up to max. £4.5k) |  |  |
| **TOTAL:** |  |  |

Next steps

Please send your completed Expression of Interest form via email to:

**emma.dovener@energiseme.org**

We accept requests for funding throughout the year.

If you have any questions, please get in touch:

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| --- | --- |
| Emma Dovener  Youth Project Manager: [emma.dovener@energiseme.org](mailto:emma.dovener@energiseme.org)  07592 383 173  01962 676 371 | Penny Woods  Strategic Lead – Programmes [penny.woods@energiseme.org](mailto:penny.woods@energiseme.org)  07540 238 139  01962 676 365 |