



CHANGING **1 MILLION** LIVES

Driving Participation Update December 2020

Essex emerges from national lockdown into tier 2 (high alert)

From Wednesday 2nd December, Essex (including Southend and Thurrock), will enter Tier 2 (high alert) restrictions. This means for sport and physical activity:

- organised outdoor sport, and physical activity and exercise classes can continue.
- organised indoor sport, physical activity and exercise classes will only be permitted if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with). There are exceptions for indoor disability sport, sport for educational purposes and supervised sport and physical activity for under-18s, which can take place with larger groups mixing.
- public attendance at spectator sport and business events can resume inside and outside, subject to social contact rules and limited to whichever is lower: 50% capacity, or either 2,000 people outdoors or 1,000 people indoors.
- certain leisure and sporting facilities such as gyms, sports courts and facilities, leisure centres, fitness and dance studios, golf courses, swimming pools, riding centres, outdoor playgrounds – subject to relevant social contact rules in each tier can remain open (all tiers).

We will be updating our website with what this means for sport and physical activity [here](#) and you can access the full list of restrictions for tier 2 [here](#).



Funding

Business Grants

There are 3 different business grants from central government that is being administered by local authorities that clubs maybe eligible for:

1. **Localised Restriction Support Grant – (Open)** Businesses impacted while in Tier 2
2. **Localised Restriction Support Grant – (Closed)** Non-discretionary "National Lockdown" Grant
3. **Additional Restrictions Grants-** A discretionary scheme to help businesses which have had to close, or been able to trade, but have been severely affected by the COVID-19 restrictions, regardless of whether they pay business rates.

Businesses/ clubs are advised to read the questions carefully and follow the guidance on the form where provided – (some LA's have reported that they are currently finding a high volume of businesses who have not completed their Business Rates Reference number on the form despite the instructions for this field being quite clear). Below are links to the 14 local authority's business grants pages.

<u>Basildon</u>	<u>Harlow</u>
<u>Braintree</u>	<u>Maldon</u>
<u>Brentwood</u>	<u>Rochford</u>
<u>Castlepoint</u>	<u>Southend</u>
<u>Chelmsford</u>	<u>Tendring</u>
<u>Colchester</u>	<u>Thurrock</u>
<u>Epping Forest</u>	<u>Uttlesford</u>

National Lottery Grants and Resilience Loans for Heritage

This National Lottery funding is part of our ongoing commitment to support the UK's heritage sector respond to the impacts of coronavirus (COVID-19), to adapt and thrive again.



The **project funding** – for grants between **£3,000 to £100,000** – will provide financial assistance for organisations working with heritage to build their resilience.

The new **interest free loans** – available for sums between **from £50,000 to £250,000** – are aimed at organisations looking to restart and develop their income generating potential.

Deadline: 14th February

Thriving Communities Fund

The Thriving Communities Fund will support local voluntary, community, faith and social enterprise projects that bring together place-based partnerships to improve and increase the range and reach of available social prescribing community activities – especially for those people most impacted by COVID19 and health inequalities.



Grants of between £25,000-£50,000 are available. Projects within the Thriving Communities Fund will run for a year including planning and delivery time. They are expected to commence on 15 March 2021, and end on 31 March 2022.

Deadline: Friday 8th January 2021

Win a £5k donation for your club Made by Sport - #ClubsInCrisis

Made by Sport is raising awareness of the many Clubs in Crisis in reaction to the detrimental effect that COVID-19 has had on grassroots sports organisations and clubs up and down the country. To be in with a chance of winning up to £5,000 in cash support for your club, please visit the made by sport website [here](#).



Inclusion

Sporting Equals survey finds 'BAME' term offends those it attempts to describe.

Findings from a Sporting Equals survey has found that generic and casual branding of communities through phrases such as “BAME”, can result in ambiguity and confusion around ethnicity, geography and nationality.



You can read the full statement from Sporting Equals Chief Executive, Arun Kang, [here](#).

Awards

Community Sport and Recreation Awards 2021

Entries for the Community Sport and Recreation Awards 2021 are now open, with cash prizes and national recognition up for grabs. The awards, hosted by the Sport and Recreation Alliance, showcase the very best projects and initiatives at the grassroots level in the sport and recreation sector.



They are free and simple to enter, and there is a [top tips document](#) to help you get started with your entry.

There are five categories in which you can enter, with each winning project picking up a £1,000 prize at a virtual awards ceremony in February. The five categories are:

- Youth Development Award
- Resilience in Adversity Award
- Mental Health and Wellbeing Award
- Diversity and Inclusion Award
- Sustainable Programme Award

Hear first-hand from Essex 2020 winners, Active Life: She’s Ready, about what winning an award has meant to them and why everyone should apply in this [video](#).

Applicants must either be a member of the Sport and Recreation Alliance, be affiliated or work in partnership with a member to be considered for an award.

For more information and to enter, head over to the [Sport and Recreation Alliance website](#) and complete the relevant form by **Monday 21 December**.

Look out for our Essex Activity Heroes!

Essex Activity Heroes Week of Celebration!

DAY	SUNDAY 29th	MONDAY 30th	TUESDAY 1st	WEDNESDAY 2nd	THURSDAY 3rd	FRIDAY 4th	SATURDAY 5th
AREA		Mid Essex: Braintree Chelmsford Maldon	South West: Basildon Brentwood Thurrock	West Essex: Epping Forest, Harlow, Uttlesford	North Essex: Colchester Tendring	South Essex: Castle Point Rochford Southend	Greater Essex-wide
EVENT	Tune in at 6pm to hear from Director of Active Essex, Jason Fergus who will discuss the events of the last year and how proud Active Essex are of our Essex residents who have strived to keep the county active during what has been a very difficult year.	Today at 6pm hear from Max Whitlock MBE , five-time gymnastic olympic medalist! He would like to share a story of a special individual who proves that no matter your age, you can still stay active and even during these times!	Mike Diaper OBE , will be sharing a story of how individuals have gone above and beyond this year to ensure others have the opportunities to remain active. Mike is the Executive Director for Children and Young People and Tackling Inactivity at Sport England.	Tune in at 6pm to hear from British Paralympic athlete, Richard Chiassarol ! As well as holding many British records, he does a lot for his local community. Richard will be sharing a lovely story of someone who has done a lot for their local community.	We welcome back Freya Levy our Sports Personality of the Year 2019, who plays an eclectic mix of para sports! At 6pm she would like to share a story of an individual who has helped inspire and support their community to get moving!	Today Dr Zoe Williams will be sharing a story of a special activity hero in South Essex at 6pm. Zoe currently practises as an NHS General Practitioner, but you may know her for the character "Amazon" in the UK television series Gladiator.	We welcome our Board Member, Caroline Russell to share a special story on an individual who has supported the mental health and wellbeing of many individuals across the county through physical activity. Tune in at 6pm.



29th November - 5th December



We are very excited to continue our online celebration by showcasing some key stories next week.

All stories will be published [here](#) and you can follow all the amazing stories across the county by following the hashtag #EssexActivityHeroes on social media channels.

CPD and Learning

Last 6 Spaces - Financial Sustainability (Tuesday 1st December 6:30-8:30)

Although managing the day-to-day finances of your club can seem a daunting or tedious task, this workshop will support you to identify financial objectives that will help your club become more financially sustainable and resilient.

To book [click here](#)



Return to Play Survey Results

Following analysis of the responses received, The Club Matters team have been able to identify a number of key findings from the data which shed light on how people viewed their return. These include:

Volunteers were more anxious about returning to their club/group. **68% of volunteers showed some anxiety** about returning to their club/group, compared to **56% of participants/members**.

Volunteers were more likely to be 'at risk' of not returning to their club/group. **14% of volunteers were considered at risk**, compared to **8% of participants/members**.

Participants/members were concerned about **hygiene, the compliance of others regarding new rules, and whether the adapted experience will remain appealing** to them.

Volunteers were more concerned about their club/group than themselves. Their concerns included the **long-term viability of their club/group, the short-term logistics of returning and guideline confusion**.

Club Matters Return to Sport/Activity Survey Findings

The support participants/members reported would help them to return included **social distancing considerations, extra cleaning and support with guidelines**.

Volunteers noted that support with **guidelines, understanding risks and risk management and further clarity from Government** would help them to return.

Most **participants/members and volunteers were satisfied** with their club/group's communications and efforts to keep them engaged during the lockdown.

Key elements of effective communications include its **frequency and accuracy, availability on multiple channels, informative, personalised** where possible and **open and honest**.

As part of their analysis, Club Matters have also developed several recommendations for clubs, groups and the sector. These have been developed to support clubs/groups as they return to their sport and activity and encourage the return of their people, as well as to support their long-term sustainability. You can view the full report and findings [here](#).

Get in touch in with Active Essex

If you have any questions or require additional support from our team, please get in contact and we'll do our best to help. <https://www.activeessex.org/support-for-sport-and-activity->



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