



## AEF Sports and Life Skills

### Small grant funding 2024-2025

Active Essex Foundation (AEF) is a unique charity that works with community sports providers and other agencies, including Community Safety Teams, Education, Public Health, Youth Justice sector and community and voluntary groups, in order to demonstrate that the use of sport and physical activity, as part of a suite of interventions, is an effective tool when diverting young people from exploitation and criminal behaviour and reducing barriers to engagement.

AEF has a team of specialist staff who have experience and skills in the youth criminal justice system, education, social care and community sector. Over the last 18 months community-based youth interventions have been co-designed with key partner agencies and young people. Over 10,000 young people have attended provisions across Southend, Essex and Thurrock. These provisions are target driven, and reach out to engage young people who are more at risk/ vulnerable to exploitation and criminality, whilst also engaging with young people who are already involved in crime and ASB.

AEF believe using sports and physical activities alongside mentoring and other interventions;

- Inspire communities to become more active, therefore leading healthier, happier, more positive lives.
- Raise aspirations, confidence, skills and knowledge, improving employability and enabling individuals to reach full potential.
- Strengthen, unify and improve community cohesion, breaking down barriers and addressing inequalities.
- Improve physical and mental health wellbeing.
- Impact on the reduction of crime and anti-social behaviour

A key aspect of our work is being an expert organisation working across Southend, Essex and Thurrock using sport and physical activity to engage and support young people who are involved in, or at risk of becoming involved in the Criminal Justice System. We work with a large network of specialist Locally Trusted Organisations (LTO) who are delivering to this target audience at grass roots levels.

AEF works very closely with Active Essex (AE) who are the Physical Activity and Sport Partnership for Essex, Southend and Thurrock, and are one of 43 Active Partnerships in England who work collaboratively with local partners to ensure the power of physical activity and sport can transform lives. AE have multiple strategic funding partners including Sport England, Essex County Council, Department of Education and London Marathon Foundation. Working with these strategic partners and other system wide partners, leaders and local organisations we want to build healthier, more active communities across the county. AE knows an active lifestyle creates huge benefits for the health and wellbeing of individuals and families, as well as making local communities more vibrant, connected, and resilient.

AE uses a place-based approach to help communities understand local issues, interconnections and relationships in our districts and helped us coordinate action and investment to improve the quality of life for that community. This also means that we have relationships with 100s of local partners in our eco system, helping us to reach target audiences through a multi-faceted approach.

### **Application Criteria**

The opportunity to submit an application to this small grant pot will be open to all community sports and physical activity providers who can meet the key criteria and project aims and outcomes.

All projects must offer a **Sports Plus** or **PlusSport** provision which includes sports and physical activity along with mentoring and additional opportunities including life skills, training, and qualifications and/or volunteering for young people (where possible). Your programme should be based on a clear understanding of the vulnerabilities of young people you intend to work with. Please refer to the **Theory of Change** document to ensure you cover the 10 Principles of Working with Young People in the Community within your application.

<https://www.streetgames.org/wp-content/uploads/2023/05/SG-2023-Theory-of-Change.pdf>

(See **Appendix a. Public Health Delivery Model** and **Appendix b. Primary, Secondary and Tertiary Cohorts**)

### **Eligibility Criteria**

Each application will be assessed against the criteria below including location, areas of need and local knowledge and data to be considered for panel review:

- Targeted and referral-based interventions to support young people aged 10-24 who are experiencing personal and/or community factors affecting their lives including areas identified as crime hot spots and/or recorded crime statistics, community disruptions, poverty or deprivation. Please speak with a member of the AEF team should you need information regarding key areas/wards for targeted interventions and funding.
- Young people in cohorts considered as secondary or tertiary, and known to agencies and organisations due to a number of factors listed at the bottom of the page.
- Proven track record for working with young people in their community and established relationships with key partner agencies.
- Applicants will be expected to have a good understanding of what their identified community/ place already has, build on its existing strengths and help embed a sense of ownership and empowerment among the young people it engages. (Asset Based Community Development model approach - ABCD)
- Applications will be prioritised from 'not for profit' organisations i.e. Charities, Foundations, Community Interest Company (CIC), community and Voluntary groups. However, AEF will consider limited companies, as long as they can evidence working in this field of work. All applications will need to meet AEF's onboarding and due diligence checks.

- Projects may differ in the type of provision offered to suit young people engaged and the needs of the community. However, all successful applications will, from the start, have to use the AEF Monitoring and Evaluation ([M & E](#)) toolkit to gather and record outcomes on attendance, levels of engagement, attitudes to learning, reduction in negative behaviours and, where possible, school improvements and attendance. Full training and support is provided.
- Ideal number of weeks/sessions is: 18 weeks/sessions. Other options may be considered i.e., 12-weeks, but this will need to be reflected in the amount of funding requested.
- Sessions should be ideally delivered between 2-4 hours. Other time options may be considered.

### **Funding allocation**

- Funding allocation per an application is up to £4000. However, we will accept applications up to £4,500 dependent on type of intervention, duration of project, level of support, additional staff and/or volunteer training and programme content. I.e. training opportunities/ qualifications and awards, re-engagement into education, college or support into employment.

### **Additional information**

- All interventions should be referral based and targeted at the cohort of young people as detailed above
- Applications should provide afterschool / community engagement sessions. AEF will consider provisions running during school operating times. However, the provision, if operated on an educational establishment, must be open to young people from the community, and not solely for those attending.
- Detached youth intervention sessions can be considered.

### **Projects need to be able to offer the following:**

One to one and/or group-based sessions with a blend of sports, activities and mentoring, life skills, volunteering, career signposting and support (other skills-based activity also considered).

Funding applications can be considered for extensions to current provisions, if evidence suggests there is a need, or to support a provision already in place with funding coming to an end. The funding is not open to statutory agencies, but applicants can partner with statutory agencies in their applications to strengthen their proposal.

Funding can be used for match funding. Please ensure this is stated in your application.

## **Targeted interventions:**

Young people benefiting from your proposed project ideally should be identified and referred from key partner agencies including Education establishments, Youth Services, Family Solutions, Youth Justice teams, community policing teams and other agencies. Your project should aim to engage with young people presenting with challenging behaviours, vulnerabilities and/or who may at greater risk of offending or already involved in ASB in their local community or criminal activities. Parental engagement will be a key factor, and projects should aim to offer advice and signposting to relevant agencies. Organisations will be expected to have a referral process in operation. Support from AEF is available if a referral process is not already in place, and connections to agencies who can support with referrals.

Examples of the type of interventions we anticipate (this is not an exhaustive list):

- BoxSmart 'on the ropes' courses: boxing, kick boxing, martial arts with a blend of mentoring, topical discussions and education themes. (AEF programme available for delivery)
- Girls Inspired courses with a blend of mentoring, topical discussions and education themes. (AEF programme available for delivery)
- Community basketball, rugby or football activities
- Rock climbing and Bouldering
- Biking, water sports, ball sports, walking/hiking
- Gym and fitness
- Multi-sports sessions
- Youth hubs offering a range of activities.
- Movement and music sessions
- Filming and/or music sessions linked to sports and physical activities.

## **Successful project applications will look to achieve the following objectives and outcomes**

(Not exhaustive, as projects will vary on intervention and cohort of young people targeted):

- Increase positive physical and mental health and well-being.
- Reaching out and engaging with young people who are from secondary or tertiary cohort and who may be facing greater challenges, areas of needs and not necessarily engaging in community activities to give them new experiences, aspirations, and a sense of worth and belonging.
- Give young people a 'Voice' and a forum to be heard.
- Working with partner agencies to support the reduction of ASB, Exploitation and risk-taking behaviours by giving young people a safe environment to participate in sports and also receive support and guidance.
- Work with partners to support the national drive to improved educational attendance, attitude to learning, re-integration into school/college or movement from NEET to work placement or employment opportunities.
- Reduce barriers that prevent accessing physical activity session and increase time spent participating in sports.
- Provide provisions that offer opportunities for teamworking, communication and negotiation skills.
- Increase confidence and self-esteem by young people.
- Build positive relationships with young people and trusted adults.
- Reduce isolation and improve community engagement.
- Increased understanding of health benefits and lifestyle
- Create youth volunteering opportunities.

### **Application review:**

Each application will have its project plan reviewed against key criteria, including needs of the young people the project is targeting, the community it serves/areas of priority, expertise and data sets around deprivation needs and challenges, poor education attainments and youth crime rates.

- All applicants will be required to target the cohort of young people, as agreed from the outset, and monitor their progress.
- Applicants ideally should have a proven track record of delivering targeted interventions and partnership working.
- Organisations must adhere to our minimum operating standards.
- All successful applicants must be ready to start their provision as soon as possible to ensure they are completed by March 31<sup>st</sup>, 2025, unless otherwise agreed by AEF.
- Further opportunities maybe available for holiday sessions and half term provisions under the AEF holiday programme funding.
- Publication Programme dates and venues will be listed on the AEF website, school and community venues, libraries and information sent to all agencies for referrals.
- AEF logos and any other required logos must be used on all promotional material.
- All provisions will be expected to collaborate with Active Essex Foundation's media department to promote their work on a regular basis.

### **Monitoring and Evaluation:**

All successful applications will be required to evaluate their project using the [AEF toolkit](#). Full support and guidance will be given.

- Attendance register
- Engagement and behavioural change ladder
- Young person's case study
- Provider case study
- Beginning and end young person's surveys.

### **Key Dates for each project:**

#### **Sports and Life Skills Small grant funding (Thurrock Only)**

- Applications open: 4<sup>th</sup> March 2024
- Closing date: 19<sup>th</sup> April 2024 for Round One
- Panel review: week beginning 22<sup>nd</sup> April 2024
- Successful applications informed by: 29<sup>th</sup> April 2024
- Unsuccessful application can request feedback from: 6<sup>th</sup> May 2024
- Grant applications re-open 7<sup>th</sup> May 2024. Round Two (subject to change- Dependent on round one fund awarded)

## **Sports and Life Skills Small pot funding and capacity support funding (Southend and Essex only)**

Applications open: 1<sup>st</sup> April 2024

Closing date: 31<sup>st</sup> March 2025 (subject to change, dependent on funding awarded)

Panel review: Rolling process. Applications reviewed and decisions given with two months of submission)

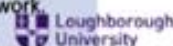
### **How to apply**

Application link: [AEF Sports and Youth Crime Prevention grant application form 2024 to 2025](#)

If you wish to discuss an application before submitting, please email [Suzanne.page@activeessex.org](mailto:Suzanne.page@activeessex.org)

## Appendix a. Public Health Delivery Model

Public health approach		Type of sport intervention	Description
Primary level	<p>Universal level, open to all young people with the aim of preventing offending.</p> <p>These young people are not showing signs of vulnerabilities or engaging in offending behaviours.</p>	Sport	Focus on Sport - Positive, fun experiences for young people taking part in sport and physical activity. Open access recruitment of young people, coaches might have ad hoc, informal conversations with young people, some opportunities for young people to help out/ volunteer at the sessions.
Secondary level	<p>Targeted approach for young people who have been identified as experiencing multiple underlying factors and have vulnerabilities and/or are engaging in behaviours associated with offending or who are at risk of offending.</p> <p>This level of intervention requires more formal support and expertise</p>	SportPlus	Focus on Sport Plus – Positive and fun sport and physical activity opportunities supporting personal development PLUS other activities to support young people including volunteering, mentoring, advice, workshops, training/ qualifications etc. Often a targeted recruitment of young people including referrals.
Tertiary level	<p>Targeted approach, usually focused on young people who have already offended and have multiple vulnerabilities. Interventions at this level require high levels of expertise and resource based on holistic support for the young person.</p>	PlusSport	Focus on PlusSport - providing support for the young person first including 121 mentoring, holistic/ family support, workshops etc with positive and fun sport and physical activity opportunities used as a hook/reward/engagement tool. Almost always a targeted recruitment of young people based on referrals. Usually, one to one or small group work.



## Appendix b. Primary, Secondary & Tertiary Cohorts

