

## Scottish Gymnastics Changing Lives Fund

Powering the difference *you* make through gymnastics

A new fund to support passionate clubs in delivering projects which change lives and open gymnastics to more groups of people. We are grateful to the Witherby Publishing Group Trust for supporting this fund.

### Changing Lives

The Changing Lives approach is the intentional use of sport to change lives through sport. This is a key part of the participation strategy for gymnastics in Scotland.

We believe in **the power of gymnastics to change lives** and positively influence physical activity and sporting journeys.

We know that many people cannot or do not access gymnastics opportunities due to a variety of complex barriers.

We want this fund to enable groups of people who are less likely to participate.

#### Applying for funding

We want to hear from clubs who have identified a need of a community and can design and deliver a gymnastics project to address this need.

- Clubs who believe they can breakdown these barriers and offer person-centred gymnastics resulting in positive outcomes
- Clubs with passionate people who are interested in driving life changing projects in their communities through gymnastics

We encourage you to

- be creative in the way you design and deliver your projects
- collaborate with your local community and organisations operating in your area.



Grants available

£250 - £2,500



Do you understand what community projects are already running in your area?

Can you piggyback on to them?

Can you add value or help





Some examples of groups of people who are less likely to participate.

Your impact will be based on the needs of your community, Possibilities include:

Increase in confidence to take part

Reduced social isolation and increased sense of belonging



Increase in qualifications and employability

Improvements in physical and mental health & wellbeing

Positive destinations through sport

New sustainable and accessible activity in the heart of communities



## Key requirements for funding:

- ability to clearly identify & evidence a community need for new gymnastics
- demonstrate an understanding of the community
- evidence of a participant-centred, co-design approach when creating the project
- sustainability
- monitoring report
- meet Scottish Gymnastics minimum operating requirements on an ongoing basis
- bank account must be in club name or sole trader company
- evidence a partnership approach to delivering the project and how it will contribute to wider social outcomes

Partnership approach = local or national partners for example local charities, sports development, Active Schools

Examples of contributing to wider social outcomes could include incorporating a breakfast club or packed lunch, keeping cost to participants down or perhaps foodbanks

## What we can fund (not exhaustive list):

- ✓ set-up costs
  - equipment
  - coach fees
  - hall hire
- ✓ training (additional support could be available for Gymnastics Activity Instructor & Love 2 Move courses)
- ✓ transport costs

## What we cannot fund (not exhaustive list):

- ✗ governing body membership fees
- ✗ existing programmes and sessions
- ✗ retrospective costs

Applications will be accepted until Friday 17 Feb 2023 with funding announcements made by Tuesday 28 Feb 2023. We are unable to support all projects but welcome unsuccessful projects to apply in the future and will support suitable projects to source other funding options.

We want to hear from you before you apply, so please get in touch to discuss your project by emailing [development@scottishgymnastics.org](mailto:development@scottishgymnastics.org)

> [Link to application form](#)

