

Physical Activity Grants: Guide for Applicants

The Parkinson's UK Physical Activity Grants Programme supports activity providers, communities, networks, organisations and others to develop opportunities for people with Parkinson's to become and stay active. This programme has been made possible by generous funding support from our partners Sport Parkinson's CIC, Boost Charitable Trust and the Parkinson's UK Innovation Fund.

This guide will tell you more about the programme and the type of projects it is designed to fund.

Being active can have a significant impact on managing symptoms and living well with Parkinson's, regardless of symptoms or time since diagnosis.

Programme Outcomes:

It's important that any opportunities we fund can demonstrate impact i.e. people are becoming and staying active, or they have increased their levels of activity. We are looking for **new** opportunities for people affected by Parkinson's to participate in physical activity and sport or **increased** participation in these areas.

For this reason, we'll provide interim and end of project forms for you to capture and report impact. Some projects may be selected for more detailed insight gathering conducted by our appointed evaluation partner.

Size of grant available:

In 2023 we are accepting applications from a minimum of £500 up to a maximum of £3000.

The application criteria:

- You, or your group or organisation should tell us how an award will help people with Parkinson's become and stay active, or help people increase their levels of physical activity. This will need to be by running new activities or increasing participation - and you'll need to show us the impact of this at the end of the project.
- We want to see how your project will reach and engage with a wide range of people with Parkinson's, especially those who may be from the following groups:
 - Newly diagnosed
 - Young onset
 - People and groups seen as 'under represented' - including socially isolated, not digitally connected or ethnic communities
 - People who are not engaged with Parkinson's UK
 - People who are inactive, or active at low levels
 - People who are still working
- The project must last for a minimum of 3 months
- Up to 100% of costs are available if required (if the criteria is met and to a maximum of £3000)
- As part of the application process you **must** consult with local Parkinson's UK staff (contact information is provided on the grants webpage). Parkinson's UK colleagues are not there to help with writing your application, but may offer information and support by connecting you with people with Parkinson's, linking you to existing networks or advising on provision and community priorities in the area.

Examples of the types of projects and activities this fund will support include:

- Expanding activities/classes etc. to include people with Parkinson's (*for example an existing class for people with long term health conditions*)
- Buying equipment that will facilitate or enhance activities (*for example, people want to try indoor curling so the award will fund the purchase of equipment*)
- Essential maintenance or replacement of equipment that will lead to greater participation or increased impact (*for example, an indoor archery set is too old to be used properly, so the award would pay for the kit to be refurbished or replaced*)
- Facility hire (*for example, as part of your bid you may need to hire gym space or a studio*)
- Coaching fees (*for example, you may need to pay for a trainer to deliver the activity you wish to set up*)
- Specific training (*for example, a volunteer gaining a coaching qualification to enable sustained delivery*)
- Developing community activities that demonstrate a pathway into sustained activity (*for example, you may wish to work with an organisation to enable their activity to be accessible for people with Parkinson's*)
- Helping people to access Parkinson's specific online support to become more active (*for example, an organisation offering help people to become active at home in a structured and safe way*)

The grant will not support:

- Coaching costs for existing activities that do not show expansion or enhancement (*applications must show how they will help more people to be active - not just to fund an existing class or activity with no plan on how to attract or support new participants*)
- Increasing the payment to an existing provider without an increase in quality or frequency of provision
- Insurance
- Non essential enhancements that have no impact on sustainability (*purchasing any items that are not directly involved with project delivery*)
- Individual activity providers or personal trainers (*for example, one on one training*)

- Applications from individuals to participate in activity (*for example, paying for a gym membership*)
- Qualifications for activity providers/instructors
- Transport costs (including travel costs) for activity providers/instructors
- Refreshments
- Competition entry fees
- Trophies, medals, prizes
- Accommodation
- Overseas transport
- Feasibility studies or research
- IT or technology not directly used in sport or physical activity
- Costs associated with supporting elite athletes

The application process

In 2023 the application period will open on **Tuesday 2 May** and will remain open until 30 November 2023.

Applications are submitted through a google form (on the webpage). If you require the application in another format please contact physicalactivity@parkinsons.org.uk

A panel of Parkinson's UK staff will assess applications against set criteria and successful applicants will be notified as soon as possible. To ensure you get a decision quickly all applications received in any one month will be assessed and decisions given during the following month. Please note, no applications will be assessed if received after 30 November 2023.

If your application is successful we will send you a welcome pack which will include information about payments, data gathering, evaluation and GDPR UK requirements.

Please note all successful grants applicants will require a business bank account, as funds cannot be transferred into a personal account.

Unsuccessful applicants are welcome to re-apply after 6 months.

Previous Parkinson's UK physical activity grants fund recipients will have to wait 12 months before submitting any further applications to the grant fund.

Examples for guidance:

Example Bid 1

A community group already runs fitness classes for people with long term health conditions, and wants to introduce new classes for people with Parkinson's. The application should identify the number of people who want to take part; the venue and any costs; the appropriate trainer and their costs; the number of sessions per week/month; its sustainability and the value of the activity i.e. people improving their coordination or strength, or increasing numbers of participants.

Example Bid 2

A dance instructor has been approached to run classes for people with Parkinson's and other long term health conditions. The application should identify the need for the classes and their sustainability, the experience and qualifications of the provider, venue costs and promotion etc. The award would not pay for instructor travel and refreshments for the participants, but would cover other essential costs.