

Physical Activity Grants 2024: Guide for Applicants

Being active can have a significant impact on living well with Parkinson's, regardless of symptoms or time since diagnosis. 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 funding from Parkinson's UK and Boost Charitable Trust.

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

Programme Outcomes:

It's important that any opportunities we fund can demonstrate the following desired impact:

- People with Parkinson's **become and stay active**, and/or **significantly increase** their levels of activity if they are already active.
- **More physical activity provision** for everyone with Parkinson's across the UK.
- **Improved social wellbeing** in people with Parkinson's as a result of attending the project.

Programme Priorities:

We are looking for **innovative and new** projects that will:

- Help people with Parkinson's **become** and **stay** active, or
- Help people with Parkinson's who are already active to **significantly increase** their levels of physical activity.

Please note:

*We will not fund existing provision unless it's a **significant expansion** of an already existing activity for people with Parkinson's, for example:*

Example 1: In addition to a dance class that you currently deliver, you'd like to apply for funds to deliver another dance class targeting people with Parkinson's. Costs of the new class would be considered. The existing class costs won't be considered.

Example 2: You'd like to apply for an expansion of your current table tennis provision to include and accommodate people with Parkinson's. Costs associated with creating a more accommodating session for everyone with Parkinson's will be considered. Existing costs will not be considered.

Example 3: You'd like to expand your seated exercise class in order to significantly increase levels of physical activity in people with Parkinson's by creating a walking session. Costs to create the walking provision will be considered. Costs associated with the seated exercise class will not be considered.

We encourage projects that 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, ethnic communities or those that are not digitally connected
- People who are not engaged with Parkinson's UK
- People who are inactive, or active at low levels
- People who are still working

Eligibility Criteria:

Applicants **must**:

- be based in the UK
- have a **business/community bank account** as funds cannot be transferred into a personal account
- Where applicable, provide evidence of your [articles of association, constitution or other relevant governing documents](#) (this doesn't apply to organisations that are set up for profit)

- consult with their **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 or needs in the area
- ensure that **all relevant qualifications are held** and **insurance is in place** prior to delivery of the project

Projects must run for a **minimum of 3 months** and a **maximum of 12 months** and must **start within 3 months** of receiving the grant.

Providers who have already received a Physical Activity Grant in 2023 are welcome to re-apply, but they must meet the **following conditions**:

- The project must be a new or expanded project. A duplication of your 2023 project/application will not be accepted
- The **end of project report** for your 2023 grant must be submitted and signed off by our grants team prior to making an application
- Funds from the 2023 grant must be **spent in full**

Parkinson's UK is an accredited Living Wage employer. This means we encourage organizations that employ staff to become an accredited [Living Wage Employer](#).

We have a responsibility to exercise due diligence when grant making, so we adhere to our governance framework at various stages of the grant process. Applicants who don't meet the governance requirements will be deemed ineligible for this funding.

When you can apply:

In 2024 the application period will open on **Monday 3 June**. It is a rolling programme and applications will be accepted until all of the funding has been allocated. Please note that although this is a rolling programme **we will close early** should funds be allocated sooner, due to the number of applications received and the popularity of the programme.

Size of grant available:

In 2024 applications can be made for a minimum of **£500** up to a maximum of **£3000**. Up to 100% of costs are available if required (if the criteria is met, to a maximum of £3000 and at the discretion of the awarding panel).

Examples of what this fund will support include:

- New physical activity provision for people with Parkinson's
- New physical activity that significantly increase the level of physical activity of people with Parkinson's who are currently active
- 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*)
- Up to 10% of your [core costs](#)

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 a significant increase in quality or frequency of provision
- Relevant Insurances
- 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 and participants
- 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
- Retrospective projects or activities

The application process:

1. You will need to contact your local PUK staff contact in the first instance. Please find the contact details on our [Map of Parkinson's UK Local Staff Contacts](#). Please ensure that you contact the relevant local staff of the area you propose to deliver in. They can provide you with local insight and support you with evidencing the local need for your project.
2. Applications are submitted through a google form on our grants page. An Application Form Checklist is available to support you with completing your application form. If you require the application in another format please contact physicalactivity@parkinsons.org.uk
3. Once you have completed and submitted your application, and received an acknowledgement email, it will take **approximately up to 9 weeks** for you to be notified about the decision on your application and a **further 5 weeks** to receive the payment. A panel of Parkinson's UK staff will assess applications against set criteria and your application will be shared with the relevant local Parkinson's UK colleagues as necessary.

Successful applicants:

We will require the following documents to be submitted before any payments can be made by the given deadline:

- Signed grant agreement
- Bank statement or confirmation of account letter (this must be for a business/community bank account as funds cannot be transferred into a personal account)
- Any requested supporting evidence/documentation

All information provided for processing your funding must match the supporting documentation exactly. Any discrepancies may delay your payment by a further 6 weeks.

We strongly encourage all applicants to complete the free [Parkinson's UK Awareness Course](#) if you haven't already. This will give you a good understanding of how you can prepare to work with people with Parkinson's.

We will send you a welcome pack which will include information about payments, data gathering, evaluation, GDPR UK requirements and other useful information such as:

- Ideas on marketing and promoting your project
- Tips on how to effectively run your project
- Keeping your project going (fundraising and sustainability)

It's a requirement that all successful applicants provide us with an [end of project form](#) when requested, to capture and report outcomes and impact. Some projects may be selected for a more detailed insight gathering by the Grants team at Parkinson's UK. We'll also require a ['temperature check' interim project form](#) to be completed in the earlier stage of your project. This will help us to understand if your project is on track, and an opportunity to troubleshoot and manage risk early on.

[Unsuccessful applicants:](#)

Whilst we endeavor to fund more physical activity provision for people with Parkinson's, it's not possible to fund all of the great ideas due to a limited amount of funding, which inevitably means that there will be some unsuccessful applications. You'll be notified via email if you haven't been successful in this funding round. Please be aware that due to the number of applications we receive, we cannot provide detailed individual feedback. Support for your project may still be provided by your PUK local staff member, a map of which can be found [here](#). You can reapply again but please note that the pot is finite and there is no guarantee that there will be funds available. You are welcome to apply again next year.