

## **EXAMPLES OF ACTIVITIES THAT COULD BE FUNDED THROUGH THE SPORT RELIEF SMALL GRANT SCHEME**

### **THEME 1**

#### **INCREASING ACCESS TO SPORT AND EXERCISE FOR PEOPLE WHO FACE SOCIAL EXCLUSION AND ISOLATION**

- A group of Asian women involved in keep fit or other sports activities
- A girl's or women's football team, providing taster sessions, coaching or 5-a-side sessions
- Access to sports that people from deprived backgrounds wouldn't normally experience. For example: rowing, tennis, golf etc
- A group of disabled people wanting to undertake a sport or a club wanting to increase sporting opportunities for disabled people
- Movement to music classes for older people

### **THEME 2**

#### **HELPING PEOPLE WHO ARE EXPERIENCING DIFFICULTIES IN THEIR LIVES TO REGAIN THEIR CONFIDENCE AND SELF-ESTEEM**

- Women's refuges wanting to undertake sport or exercise with the women or their children
- People with mental health problems wanting to rebuild their lives through sport
- Refugees or Asylum Seekers using sport to help cope with traumatic experiences
- Positive sport activities for children with behavioural problems
- People with substance misuse issues using sport to aid recovery

### **THEME 3**

#### **ENCOURAGING PEOPLE TO TAKE PART IN SPORTING ACTIVITIES THAT BRING COMMUNITIES TOGETHER**

- Projects that use sport to bring established and new communities together
- Intergenerational work - e.g. granddads and grandsons football match
- Projects working with young people involved in conflict around their territory
- Sport that brings groups together in an area of racial tension