



Active Uttlesford Funding

Active Uttlesford are inviting applications from community organisations, groups and professionals to deliver projects within the partnership's 2020/21 action plan which aims to support the residents of Uttlesford to become more physically active in a safe environment, in line with Covid-19 guidance.

We are keen to discuss potential projects that will target the following priority groups:

- 1. Tackling inactivity:** Inactivity is defined as doing less than 30 minutes of physical activity per week. In Uttlesford, 20.9% of residents are currently inactive (Active Lives Survey). The greatest health benefits can be gained from changing behaviours so that residents who are currently inactive become active.
- 2. Women and girls:** Female participation in sport and physical activity is lower than male participation and currently, 36.3% of women and girls of Uttlesford residents are active once a week compared to 53% of men and boys (Active Lives Survey). Interventions may be women only and can include childcare provision.
- 3. Better Health Campaign:** To encourage better health through physical activity for residents who are in the vulnerable/at risk group for Covid-19.
- 4. Outdoors health:** Encouraging residents to take part in sport and physical activity in outdoor spaces and Active Travel opportunities.
- 5. Rural communities:** Residents living in rural locations are at greater risk of loneliness and social isolation, which could impact on activity levels.
- 6. Active Aging:** Evidence suggests that the older somebody is the less likely they are to be active. A programme of sport and physical activity to include all potential abilities for residents aged 60+ such as chair based exercise, walking, cycling, multi-sport.
- 7. Disabled and Long Term Health Conditions:** Residents with a disability or long term health condition (Diabetes, Cancer, Dementia, CVD, MSK) are less likely to access physical activity and sport provision.

Closing date for application is Friday 1 November 2020. For an informal project discussion/an application form please contact Courtenay Mosley via email Courtenay.mosley@activeessex.org