

Tackling Inactivity and Economic Disadvantage (TIED) grant recipients

Organisation	Location	Who will benefit	Award
EVA Women's Aid Ltd	Redcar	Women who have suffered from domestic abuse or have additional mental health needs will take part in a range of physical activity sessions to improve self-esteem, social skills and communication.	£36,200
Fit for Sport Ltd	Sheffield, Brent, Portsmouth, Southampton	Women who are struggling to make ends meet across four areas of the country will take part in weekly activities designed to reduce the barriers, increase confidence and social interaction.	£100,000
Outta School Ltd	Manchester	Adults who are in semi-routine jobs and unable to access mainstream sports will be provided with weekly physical activity sessions across seven sites to fit their individual needs. An activity app will be used to allow participants to follow activity levels.	£197,300
Oxford Diocesan Council for Social Work Incorporated	Reading	Vulnerable women with complex needs will be supported by a project lead and peer support to take part in weekly group sessions and find ways to fit physical activity into their daily lives.	£46,267
Community Recording Studio	Nottingham	Disadvantaged young people will be engaged into physical activity sessions through creative music, performance and digital approaches. Participants will receive a combination of group and 1:1 support to change their attitudes towards physical activity.	£88,916
Pink Lizard Developing Youth and Community	Leicester	Inactive women from the Saffron Lane estate in Leicester will take part in a user led activity programme which can be easily replicated at home to fit in with their everyday life.	£37,240
Rugby League Cares	Hull St Helens Warrington Castleford Wakefield Leeds Huddersfield Salford Widnes	In partnership with 11 rugby league clubs, the project will provide a social physical activity programme for employed men. Participants will attend weekly sessions with the clubs providing a social hub and professional players to increase engagement.	£390,064
Barry Mcguigan Boxing Academy	London	Shift workers living within the Meadows estate in Hounslow will take part in a physical activity programme alongside wellbeing and resilience sessions.	£9,515 Development award
Family Gateway	Howdon North Tyneside, Newcastle	Families will take part in a bespoke programme delivered by Family Entrepreneurs (FE's) who are employed local parents. Having experienced the same issues as those that they are supporting the FE's will engage, mentor and motivate the participants to bring about behaviour change.	£93,256

BID Services	Birmingham	Deaf/Hard of hearing people who are unemployed or in semi-routine jobs will take part in a physical activity programme alongside their friends and family. A well-being officer will support participants to make bespoke action plans and employment support.	£99,578
Workers Educational Association	Kent East Sussex	Inactive adults will take part in a co-designed physical activity programme to increase physical activity levels, mental health and wellbeing. Vital to the project is a group of volunteers (Volunteer Community Activists) and Education Coordinators who will provide peer and employability support alongside the weekly activities.	£74,807
Wiltshire Council	Wiltshire	The project will use a placed based delivery model to engage inactive participants living in housing estates across 10 areas. Supported by the recruitment of Community Champions physical activity opportunities will be provided in the heart of each community with the aim of establishing community led provision.	£125,544
Old Oak Housing Association	London	Community champions will deliver a bespoke programme of physical activities to residents of social housing based in five boroughs of London. Activities will be delivered in the heart of the communities, supported by key partners such as Job Centre and VCS.	£74,600
Active Northumberland	Northumberland	Inactive mothers who are experiencing post-natal depression or other mental health issues will take part in a co-designed physical activity programme alongside their existing support structure. Physical Activity Community Champions will play a key role in motivating, inspiring and engaging with the target audience.	£209,000
Rochdale and District Mind	Rochdale	The project will use an asset-based community development approach to engage unemployed ex-offenders, refugees, asylum seekers and homeless into regular physical activity. The 'Get Active Toolbox' will be used to develop a menu of opportunities to meet the needs of the target group and develop wider mental and individual development.	£98,669
Sport Works Limited	Durham Newcastle Gateshead Sunderland	The project will engage inactive 17-27 years olds living within 12 social housing estates across the North East. Weekly sessions will be delivered from open spaces and community centres at the heart of each estate to reduce the barriers and ensure long term sustainability.	£98,880
Maslaha	Doncaster, Manchester, Birmingham, London	Delivered in partnership with British Fencing, the project will provide a swordplay programme for Muslim women living with 16 deprived communities. The project will also provide mentoring and coaching to the target audience to ensure sustainability.	£65,933
St Helen's Council	St Helen's	Inactive people from the most deprived areas of St Helen's will take part in a programme of physical activity sessions, delivered by three activators.	£124,374
Bonny Downs Community Association	London	Disadvantaged people living in Newham will take part in a co-designed programme of physical activity. Key partners will include Caritas Anchor House, NewWay Night Shelter, Bridges Community Project and Newham Food bank.	£98,988

North Somerset Council	Somerset	The project will provide a bespoke programme of physical activity for individuals currently engaged with the council commissioned substance misuse treatment services of offender management programme.	£100,000
Netherton Feelgood Factory	Liverpool and Knowsley	The project will work with employers to deliver a physical activity programme for inactive employees. Social cohesion will be encouraged through the training of health peer workers.	£52,496
London Youth Rowing	London	Bus drivers will take part in rowing programme designed to fit around their shift patterns and without incurring travel costs. Qualified coaching support will be available at weekly sessions, providing goal setting and motivation.	£7,579 Development award
WILD Young Parents Project	Cornwall	Young mums across 10 deprived locations In Cornwall will take part in a co-designed physical activity programme with child care provided. The weekly sessions will be delivered by 'role model' mums to motivate and support the target group.	£8,000
Yorkshire Sport Foundation	Dearne Valley, Yorkshire	The project will provide a physical activity programme for people living within the deprived communities of Dearne Valley. Sessions will be delivered by seven 'Community Activators' who have come from each community and will be responsible for engaging and supporting the target group.	£80,000
Premiership Rugby	National	The project will take the 'Move Like a Pro' programme into workplaces across the country using the network of local rugby clubs.	£150,000
WM Morrison Darlington Enterprise Trust	Darlington	In partnership with the Active Life Foundation, the project will deliver a multi-activity programme for unemployed people within three deprived wards of Darlington. The project will also train a group of health workers to help sustainability and engagement with the target audience.	£58,171
Henshaws Society for Blind People Trust Limited	Liverpool	Working in partnership with Liverpool City Council, Liverpool Health Partners and Everton Football Club the project will engage inactive visually impaired people into physical activity via awareness training, personal actions plans and training of non-specialist providers.	£86,209
Groundwork Cheshire Lancashire and Merseyside	Wigan	Supported by the uniformed services, the project will build on the applicant's current employability programmes by adding specific elements of physical activity and wellbeing support. Each participant will take part in weekly sessions and will be matched with a mentor from the uniformed services.	£99,991
Nottinghamshire YMCA	Nottingham	Working in Partnership with YMCA Lincolnshire, the project will provide a 12-week sports programme for residents of two hostels for homeless people. Activities will be devised by a resident steering group and participants will have the opportunity to undertake a sports leader's qualification.	£99,612

Trelya	Cornwall	The 'Fit for us' project will target 16-30-year-old inactive mothers to take part in a programme of activities with and without children. Alongside the programme, a series of social activities will take place, as well as lifestyle-based sessions to encourage long-term participation.	£57,233
Middlesborough and Stockton Mind	Middlesborough and Stockton	This two-year project will provide weekly activity sessions to 250 inactive women on a low income with complex mental health issues. The women will be supported by peer mentors to create action plans to build a sustainable healthy lifestyle. The project will also use an app to encourage motivation and learning amongst the target audience.	£74,142
Southern Brooks Community Partnerships	South Gloucestershire	The project will target inactive, working people on a low income in five deprived neighbourhoods of South Gloucestershire. Three, eight-week programmes of activities will be delivered at each site, with a focus on short, community-based activities maximising use of free venues. Participants will have access to a support package which aims to reduce the barriers to taking part.	£271,668
Oxfordshire Mind	Oxfordshire	The 'Walking for Wellbeing' project will provide weekly walks for inactive people with severe and enduring mental health problems. The walks will be supported and led for 4 weeks by a dedicated staff member, before passing over to a peer walker to allow the walks to continue on a regular basis.	£81,000
Crisis	London	Homeless and vulnerable house people from Croydon will take part in a physical activity programme. The project will provide classes and workshops for small groups, which will be complemented by wrap-around support from coaches to help participants set and monitor goals.	£70,072