



Sport for Change Grant Funding Guidance Notes 2025

Live Active Sport in partnership with The Gannochy Trust are pleased to offer grants to help PACES clubs and community sport hubs (CSHs) to start or continue projects that enable an inclusive and welcoming environment for all.

The aim of the funding is to address inequalities that prevent local people accessing quality sport and physical activity opportunities. Furthermore, we are looking for projects that can also achieve wider social outcomes. We expect that these outcomes will be achieved through a 'changing lives' approach - in collaboration with partner organisations / groups, to meet local need.

[Here is a resource that explains the Changing Lives Approach further](#)

For our 2025 funding we are prioritising projects that align with the following two themes:

- 1. Projects that engage adult women in sports participation, coaching and/or volunteering.** This is because our data captured from PACES clubs across Perth & Kinross shows that women's participation in sport as well as in sports coaching positions, compared to men, is at a much lower level.
- 2. Projects that support people to have improved mental health.** This is because poor mental health is an important public health challenge and significant mental health inequalities exist in Scotland. Improving the mental health and wellbeing of the population is a national priority and we believe that participation in sport can actively contribute towards this.

PACES clubs / CSH's receiving a grant for engaging more women in sport, or delivering a project to improve mental health, will be supported through our Sport for Change Network groups with additional learning opportunities, workshops and peer to peer support. This is a commitment of approximately 12 hours throughout the grant year (typically held as 4 x Wednesday evening meetings), and by accepting a grant, you agree to take part in the relevant Sport for Change Network.

For details about our Sport for Change Networks, please click [here](#)

We will also consider projects that target other social outcomes including:

- Improvements to health & wellbeing (e.g. understanding the health benefits of participation / increased confidence & resilience to keep being active)

- Building stronger communities (e.g. activities that encourage integration or providing opportunities for vulnerable / marginalised groups)
- Reducing crime / antisocial behaviours (e.g. diversionary activities at key times, or through modifying/promoting positive behaviour)
- Developing volunteering / employability skills (e.g. encouragement to learn new skills and help with working well with others)

IMPORTANT NOTE: We welcome applicants to get in touch with us to discuss your project idea and we can assist with linking up with partners and other sources of support. To discuss an idea pre-application, please contact sport@liveactive.co.uk. Also, we are aware that planning may already be in place for inclusive activities. If this funding can enhance your existing plans or extend what your offer is going to be, then we'd still be delighted to hear from you.

What funding is available?

- Up to £1,000 is available per grant
- One grant is available per CSH or PACES club
- If the funding is oversubscribed, then successful organisations may not receive the total amount they have applied for
- If the funding is undersubscribed, then successful organisations may receive a top up grant to widen the delivery of their project

Frequently Asked Questions

Q – What is Sport for Change / the Changing Lives Approach?

There is a **sportscotland** resource explains the Changing Lives Approach. Click [here](#) to read more.

Q – Do I need to have a project partner?

Ideally yes. We encourage all applicants to work with a partner organisation(s) to help you to plan and deliver your inclusive sport project. If you have an idea for a project, but don't know who to partner with, please get in touch for help with linking up.

Q - Are there any restrictions on what the money can be spent on? (e.g. can it be used to purchase equipment for activity)

It is expected that most spend will be on the delivery of activities, however the funding request can include equipment or training to make activities more accessible to your intended target groups.

Q - When does the money have to be spent?

Your project activities must be planned by 1st April 2025 and ideally delivered by 31 March 2026.

Q - How will our project be supported and monitored?

Successful applicants who receive a grant will be linked with a Sports Development

Officer who will provide support to your project. In addition, projects that are focussing on women in sport or mental health will be supported by our Sport for Change Network activities.

Q – How will our project be evaluated?

Your sports development officer will work with you to complete an evaluation at the end of your project to capture the impact of the investment. As a minimum we will ask you for:

- Name of project
- Project partner (s)
- Short description of the project
- Who was involved in the planning of the project
- Number of participants (by gender)
- Age range of participants
- An evaluation of the project's success (what difference it made)
- Quotes from project leader / participants
- Photos / video from the project (permissions to be sought)

What you will need to complete the application

Please look at our Word template which outlines the application questions and application requirements. We recommend that you complete the application questions using our Word template first, so that you can save and edit your responses before pasting your details into our online application form.

Timescales

- The application must be submitted by midnight Sunday 2nd March 2025
- A decision will be communicated to you by mid/late March 2025
- For successful applicants, the funding will be transferred by late March / early April 2025
- Applications received after the deadline may also be considered, however priority will be given to those submitted by Sunday 2nd March 2025

Terms and Conditions

1. Applications will only be considered from CSHs and sports clubs who are accredited through PACES or actively working towards accreditation
2. Only one application per PACES club or CSH will be considered for up to £1,000
3. CSHs and PACES clubs must be based within the region of Perth and Kinross
4. CSHs and PACES clubs must have a bank account, in the organisation's name
5. Funding may not be used by CSHs and PACES clubs to absorb debt repayments or costs incurred before the funding is agreed

6. If the funding is oversubscribed, we may at our discretion choose to award part funding, so that more applicants can benefit
7. If the funding is undersubscribed, we may at our discretion choose to award top up funding to successful applicants
8. Unsuccessful applications may be invited to update their application/re-submit, where terms/conditions, time & funds allow
9. If the CSH or PACES club circumstances change and funding awarded cannot be used in full, any unused funds must be returned
10. For funding related to our two target themes (women in sport and mental health), by accepting the funding, the CSH or PACES club agrees to take part in the linked Sport for Change Network
10. An evaluation must be completed and submitted to sport@liveactive.co.uk upon project completion