



Longwick-cum-Ilmer  
Parish Council

**GRANT APPLICATION FORM**

<b>Name of Organisation</b>	Promoting Sport in Communities CIC
<b>Is the Organisation a Registered Charity? If yes, Charity Number</b>	No
<b>Amount of grant requested?</b>	£233.50
<b>For what purpose or project is the grant requested?</b>  <b>(please continue on a separate sheet if necessary)</b>	<p>This pilot project has 2 parts, as I want to help low income families in 2 different ways, this is vital for the community as in Part 1.</p> <p>We are providing a free sports session once a week for 10 week blocks for 30-40 children - aged 5-9 and (30) aged 10-14 which also includes each child receiving free fresh fruit, as we are targeting children from aged 5-14 from low income families giving them access to regular physical activity and nutritious food, which are essential for their physical and mental well-being. Our free sports sessions will include Benchball/Athletics/Yoga/Soft Archery/Handball/Kwik Cricket/Teamwork and Fun games, thus allowing the children to have new sporting experiences. The program will run two sessions, one for ages 5-9 (5-6pm) and another for ages 10-14 (6-7pm), ensuring age-appropriate activities that foster growth and engagement. Games will also have a link to healthy eating to drip feed this knowledge to them rather than sitting them down and explaining</p> <p>Part 2. We want to help out families in the Half Term's</p>

	<p>where there is not the HAF funding to run an identical version of the HAF Camps (because they are not running in half terms) for 100 children for the week for these same children (aged 4-13), so they get free (healthy food) and a free place at a sports/activity Camp for 1-5 days (9-3), therefore not only benefiting the children but relieving a huge amount of pressure on Parents to worry about finding extra money to feed them a lunch.</p> <p>For both initiatives, we will create a safe, inclusive space where children can build confidence, develop teamwork, and stay active, reducing the risk of health issues linked to inactivity and poor nutrition, also significant benefits mentally too, improving confidence and self-esteem, whilst reducing stress and anxiety, providing a positive outlet for pent up energy and emotions.. Beyond the health benefits, these initiatives strengthen community bonds, reduces inequality, and empowers young people with positive experiences that contribute to their development. Furthermore, coaches will serve as role models, inspiring young people to strive for personal success and make better life choices, creating a foundation for long-term social and economic benefits. This project benefits parents and guardians by providing free, safe, and healthy activities for their children, easing financial strain. It ensures kids stay active, build confidence, and develop essential life skills, fostering better behavior at home and school.</p>
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	Parents gain peace of mind knowing their children are engaged in positive experiences that promote well-being. The programs also strengthens community
<b>What will be the total cost? If applying for other grants/matched funds for the project please provide details.</b>	4270.69
<b>When will the money be spent?</b>	By June
<b>Who will benefit from the project? Give details of local groups that will benefit (if applicable)</b>	Underprivileged children and their families