

The East Hampshire District Council Get Up and Go! grant scheme allows any organisation, charity, or exercise and health professional to apply for up to £500 to help fund a physical activity based project in the district.

Aims of the grant scheme

The Get Up and Go! project aims to tackle exercise inequalities faced within our district, by providing affordable and accessible physical activity opportunities. The project focuses its efforts on individuals that are inactive or sedentary. Whether the inactivity is due to health conditions, cultural barriers, age related challenges, or social isolation, we hope this project can bring people together through physical activity to improve the wellbeing and health outcomes of our residents. Physical activity can mean any form of movement that improves health and wellbeing, this could be gardening, or litter picking, as well as more traditional exercise classes and sports.

Project Criteria

* Each applicant can only apply for one project
* The funding must be used to support a new venture (this can include expansion to a new audience or location), not to help fund existing provision
* The project must impact the community, with a minimum requirement of 5 participants
* The money is to be used for supporting the running costs involved in starting physical activity provision, such as venue hire and instructor fees
* Applications must demonstrate how they can make their project sustainable long-term. Projects can be sustainable by creating a financially viable long term model, or by enabling participants to make long term changes to their physical activity behaviours.
* Any applicants must hold the appropriate qualifications and £10million public liability insurance to lead the session and adhere to safeguarding policies. These documents will be requested upon successful application. Please contact us if you do not have these in place, but would still like to apply.
* The grant is not to be used for costs including staff training or equipment purchases

Process for applying

1. Consider contacting [community@easthants.gov.uk](mailto:community@easthants.gov.uk) to discuss your application and ask any questions that you might want answered
2. Complete the application form and email any accompanying documents to [community@easthants.gov.uk](mailto:community@easthants.gov.uk)
3. Your application will be reviewed, and you will be notified of the outcome

**Application Form**

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| --- | --- |
| Name of organisation |  |
| Project title |  |

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| --- | --- |
| **Applicant contact details** | |
| Name |  |
| Position in organisation |  |
| Telephone |  |
| Email |  |

|  |  |
| --- | --- |
| **1** | Please describe your project. *(Include where and when it will take place, and why that would be appropriate, and how many people it is aiming to support)* |
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| **2** | Please explain who your project is targeted towards and why, and how the project will impact them *(include how you are considering their barriers to physical activity)* |
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| **3** | How would your project be sustainable long term? *(for example, please include what will participants be charged and how many participants would be needed to make the project financially viable)* |
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| **4** | Please advise if your organisation has received funding from East Hampshire District Council in the last two years *(excluding developer contributions)* |
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Please detail your budget for the project below:

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| --- | --- | --- |
| **Item** | **Description** | **Cost** |
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| **Total project cost (maximum of £500):** | |  |

**Declaration**

I am duly authorised for and on behalf of my above organisation to complete and send this application form to East Hampshire District Council.

I certify for and on behalf of my organisation that all the particulars given in this form are correct, and that any grant money received from East Hampshire District Council will only be used for the purposes stated in this form. East Hampshire District Council reserves the right to reclaim all or part of any grant monies not used for the purposes stated on this form.

**It is the applicant’s responsibility to ensure all required permissions and approvals are in place prior to their project commencing.**

I understand that the grant applied for must be spent by 31st March 2026 of the grant being awarded and that any grant provided will not be provided on an ongoing basis in future years.

If successful, I agree to complete a monitoring form to detail the outcomes of the project (a form will be sent out for completion). Please note that **we may ask for the grant to be returned if the monitoring evaluation is not completed to a satisfactory standard.**

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| --- | --- | --- | --- |
| **Name:** |  | **Date:** |  |
| **Position** |  | | |

For more information about the history of Get Up and Go!, and the types of projects that it has funded, please visit the Get Up and Go! website: <https://www.getupandgoeasthants.com/>