

# **Swim, Bike, Run, Walk Community Co-design Expression of Interest specification, Instructions & Guidance**

## Introduction

Active Black Country in partnership with Walsall Council and Triathlon England have been working together to inspire communities and transform the lives of Walsall residents through swimming, cycling, running or walking activities.

Funding has been identified to support local community groups to co design swim/ bike/ run/ walk (SBRW) initiatives which will help to reduce barriers of access and/ or establish new opportunities for participation.

The funding has been sourced through a combination of Triathlon England\* (Place Based funding) and the Commonwealth Active Communities\*\* (CAC) project. CAC started in 2022 with funding from Sport England and has been led by Active Black Country in partnership with sub-regional local authority partners, including Walsall Council. CAC takes a targeted place-based approach to increase physical activity levels, particularly amongst the least active.

The SBRW Community Co-design small grants programme will help build on existing provision; a new pilot is already taking place to develop SBRW through funding received through the Commonwealth Legacy Inclusive Communities fund.

So why SBRW?

- Individually SBRW are amongst the biggest participation activities in the country and have the potential (if developed appropriately) to have large scale impact on physical activity levels in Walsall
- SBRW are more affordable (or free) compared to some other activities
- Cycling, running and jogging provide a more sustainable and environmentally friendly means of travel

Expressions of Interest (EOI) are welcome from existing community groups who want to co-design and develop opportunities to transform the lives of local communities through swimming, cycling, running or walking.

*\*Organisations supported through Triathlon England funding will have a funding agreement in place with Triathlon England.*

*\*\* Organisations supported through CAC funding will have a funding agreement in place with Active Black Country*

## **Your Community Your Way!**

Active Black Country (and partners) are interested in funding a range of innovative projects and activities which will take place in, and benefit residents from the following areas of Walsall:

- Bentley & Darlaston North
- Birchills Leamore
- Blakenall
- Palfrey
- Pleck
- St Matthews (Town Centre)
- Willenhall South

We are particularly interested in opportunities which will reduce inactivity within the following populations:

- Children & young People
- Families
- Culturally diverse communities
- Individuals with life limiting conditions (including mental health challenges)
- Over 60's

The projects **must** include one or more of the following components:

- Swimming
- Cycling
- Running
- Walking

### **Projects should consider:**

- how you will encourage your communities to join in the activities
- how you will overcome barriers to participation, particularly amongst the least active
- how participants can take part within social groups
- how you will sustain participation beyond the life of the grant period
- how your community will contribute to the co design of your project

If your EOI is successful, the SBRW local working group will work with your organisation to develop your project. This will be to ensure it aligns with local strategic priorities and is complimentary to existing provision and/ or other SBRW Community Co-design Small Grant proposals.

Example activities include (but please be innovative in your proposals):

- Development of a new cycling group or cycling hub OR extending access to existing provision utilising local spaces and community settings (parks, open spaces)
- Eliminating barriers to cycling (e.g. upcycling and maintaining bikes and/or providing cycle confidence opportunities) and learning to swim
- Developing and encouraging opportunities for active travel
- Development of a new running/ walking group or walk to run group utilising local spaces
- Diversifying current facility use to include walking/ running / cycling opportunities
- Increasing local capacity and capability through volunteers / workforce training/ mentoring/ support

### **Funding available**

The minimum funding available is £250 and the maximum funding available is up to £4000. One-off events will not be funded unless it can be sufficiently demonstrated that the event will have a longer-term or wider community benefit.

If this EOI is for an existing project, the funding must add value to what is currently provided and help attract new people to the group or organisation.

### **Eligibility – Who can apply?**

Walsall based organisations such as.

- Community groups
- Voluntary organisations
- Local charities

New groups can be formed for the purpose of this funding proposal. Such groups will need to be supported by an already established organisation.

### **The funding cannot be awarded in isolation to:**

- Profit-making organisations
- Individuals
- Statutory organisations (e.g. the NHS or the police)
- Local government (e.g. district or borough councils)

However, collaborative applications will be accepted that bring together informal groups and small community organisations.

### **Policy:**

Organisations receiving funding will be required to have the following policies (including relevant training of staff) in place, prior to delivery starting (support through VCS Locality

Hubs is available if required). For collaborative applications the lead organisation will be responsible for these.

- Health and Safety
- Data Protection/ GDPR
- Safeguarding (including staff with relevant disclosure and barring service checks)
- Appropriately trained staff in the physical activity being proposed (training costs can be included within the project plan)
- Up to date public liability insurance, along with professional indemnity and employer's liability insurance if applicable.

#### **What can this funding pay for?**

- Community activities
- Equipment
- Hiring a venue or equipment
- Training and qualifications (e.g. for volunteers)
- Volunteer out of pocket expenses

#### **The grant cannot pay for:**

- Promoting political beliefs or religious views
- Any costs associated with buying land or buildings
- Projects outside of Walsall
- Retrospective costs of projects that have already taken place

#### **Measuring Impact:**

If successful in receiving funding, organisations will be required to provide monitoring & evaluation info including:

- Participant demographics
- Participant numbers
- Demonstrated impact

Further information will be provided to successful projects.

## SECTION 2 – INSTRUCTION & GUIDANCE

Please see below the timescales for this funding: Timescales for guidance only. There will be flexibility based on project size and funding amount requested.

w/c 11 <sup>th</sup> November 2024	Expression of Interest opens.  Click <a href="#">here</a> for Expression of interest form
Monday 18 <sup>th</sup> November:	<b>Face to Face workshop to support you to develop your project ideas.</b>  <b>Title:</b> Connecting your Community & Transforming Lives: Engaging in Swim, Bike, Run, Walk for an active and fulfilled life.  <b>Time:</b> 2.15-4pm  <b>Venue:</b> Manor Farm Community Association, King George Cres, Rushall, Walsall, WS4 1EU
Wednesday 27 <sup>th</sup> November.	Online information & Question & Answer  Time: 6.30pm-7.30pm
Friday 13 <sup>th</sup> December 2024	EOI completion and submission.
Tuesday 17 <sup>th</sup> December 2024	EOI Panel meeting
Friday 10 <sup>th</sup> January 2025	Organisations contacted with outcome of EOI's
January 2025	Co-design period. Your organisation will be allocated a member of the local Swim, Bike, Run, Walk working group to collaborate with and develop your proposal.
Friday 31 <sup>st</sup> January 2025	Full project plan submitted
Tuesday 10 Feb 2025	Final projects agreed
14 <sup>th</sup> February 2025	All successful projects informed
March 2025	Project delivery starts

## Criteria for scoring the application

Your overall application will be scored as successful/ not successful.

Each application will be assessed by a panel using the following criteria. A score of 0 (or 'No') in any of the criteria will lead to your application being unsuccessful. There may be circumstances where Active Black Country request further information to help make this decision.

Assessment Phase	Criteria		
EOI	<p>Does the proposed activity take place in and benefit residents in at least one of the following areas:</p> <ul style="list-style-type: none"> <li>• Bentley &amp; Darlaston North</li> <li>• Birchills Leamore</li> <li>• Blakenall</li> <li>• Palfrey</li> <li>• Pleck</li> <li>• St Matthews (Town Centre)</li> <li>• Willenhall South</li> </ul>	Yes	No
EOI	<p>Does the project benefit one or more of the following groups:</p> <ul style="list-style-type: none"> <li>• Children &amp; young People</li> <li>• Families</li> <li>• Culturally diverse communities</li> <li>• Individuals with life limiting conditions</li> <li>• Over 60's</li> </ul>	Yes	No
EOI	<p>Does the project include one or more of the following activities:</p> <ul style="list-style-type: none"> <li>• Swimming</li> <li>• Cycling</li> <li>• Running</li> <li>• Walking</li> </ul>	Yes	No
EOI	Has the project potential to reduce levels of inactivity amongst the least active?	Yes	No
EOI	Can the proposal start before the end of March 2025?	Yes	No

<b>Only assess against the remaining criteria if the answer above is 'yes'</b>						
		No	Barely	Partly	Mostly	Yes
		0	1	2	3	4
EOI	Does the proposal provide evidence of need for the proposed activity? ( <i>Why would Swim, Bike, Run or Walk benefit your community?</i> )					
EOI	Does the proposal identify and address challenges which limit or prevent your communities talking part in swim, bike, run or walk activities					
EOI	Does the proposal provide details of who will benefit from your project (consider demographics)?					

<b>Only assess against the remaining criteria if proposal is successful at EOI phase</b>			
Full project plan	Does the proposal demonstrate value for money?	Yes	No
Full project plan	Does the proposal provide clear rationale on how it will reduce physical inactivity?	Yes	No
Full project plan	Does the proposal clearly outline how your project will be delivered? (e.g. staffing, venue, training)	Yes	No
Full project plan	Does the proposal demonstrate how sustainability will be achieved?	Yes	No