



TRAVERSE  


## Evaluation of the Tackling Inequalities Fund

Interim report – phase 2



27<sup>th</sup> August 2021





Disability Rights UK (DR UK) was selected by Sport England as a Tackling Inequalities Fund (TIF) delivery partner to help reduce the negative impact of the pandemic on the activity levels of Disabled people.

A total of 36 grants were awarded between August 2020 and March 2021. 14 of the projects have completed their activities to date. They have directly and indirectly supported 1368 people through fitness and yoga, dance and performance-based activities, peer mentoring and buddying support, and sport.

## Interim findings

- Taking part in TIF-funded activities had a range of mental wellbeing benefits for participants, such as reduced isolation, and improved confidence and mood.
- Projects also reported improvements in participants physical wellbeing (e.g. strength, mobility, fitness).
- These outcomes were enabled through projects providing accessible opportunities to be active and improving people's knowledge of why and how to be active at home.
- TIF grants enabled organisations to shift to or develop new online services. This also raised their profile.
- TIF grants helped organisations create new cross-sector partnerships between Disabled people and physical activity organisations, which supported Disabled people to become or stay active.
- Co-production with Disabled people helped ensure

- that activities were needs-led, engaging and inclusive.
- However, co-production was more difficult during the pandemic due to social, environmental and technical challenges.
- Digital delivery mechanisms opened up physical activity to new audiences, but it was important for online activity sessions to still take into account Disabled people's needs and the barriers they face.
- Social support structures also helped keep people connected between digital activities and stay motivated to be active.
- Online physical activity helped people develop life skills essential to mitigating the negative impacts of the pandemic, such as Zoom proficiency.
- DR UK's programme management was widely praised as adaptable, flexible, and supportive of applicants and grant holders.
- Overall, TIF has provided vital breathing space for organisations. While there is evidence of sustainable elements within some projects, most require further funding to sustain or embed their activities.
- The next phase of TIF presents clear opportunities to explore physical activity types in more depth, capture lessons learned about digital co-production and provide partners with more strategic support around partnership building and sustainability planning.





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# Introduction

This section provides the background to the Tackling Inequalities Fund.

## Tackling Inequalities Fund

The COVID-19 pandemic significantly and disproportionately impacted the ability of underrepresented groups to be active.<sup>1</sup>

[Sport England](#) established the [Tackling Inequalities Fund](#) (TIF) in April 2020 to help reduce the negative impact of the pandemic on the activity levels of Disabled people, people with long-term health conditions, lower socio-economic groups and culturally diverse communities.

The £20 million fund aimed to ensure that the physical activity participation inequality gap did not widen any further during the pandemic.



Credit: Sport England

## Disability Rights UK

The number of active Disabled people fell to 17% at the start of the pandemic, down from 21% the year before.<sup>2</sup>

Disabled people were less likely than non-Disabled people to have found new ways to be active, use exercise to manage their mental or physical health or have more time for physical activity during the pandemic.

[Disability Rights UK](#) (DR UK) was selected by Sport England as a national delivery partner to get funding to where it was needed most to support Disabled people.



<sup>1</sup> Sport England. April 2021. [Exploring attitudes and behaviours in England during the COVID-19 pandemic.](#)

<sup>2</sup> Sport England. October 2020. Coronavirus research (23-26 Oct update).



## Grant criteria

DR UK established broad grant criteria aimed at enabling constituted organisations to respond to the unique needs Disabled people faced in their local area.

**Outcomes:** the fund supports a range of physical activity, mental health and community outcomes (see right).

**Grant size:** the fund supports small and micro community grants (up to £3000) and larger user-led grants (up to £10,000) focused on supporting voluntary and community sector organisations to cultivate ideas through user-led approaches.

**Focus:** DR UK aims for 20% of applications to demonstrate genuine engagement with Black, Asian and Minority ethnic individuals.

## Evaluation

Traverse was commissioned as an independent learning partner to support DR UK's administration of TIF.

The findings in this interim report are drawn from projects that had completed their activities by August 2021 (14 of 36 grants awarded).

The report draws on project end monitoring forms (14), secondary analysis of project data (14) and telephone interviews with a sample of project leads (8).

### Physical activity outcomes

Disabled people to return to/maintain pre-lockdown levels of fitness

Disabled people to keep physically well and therefore reduce the likelihood of other illnesses

Opportunity to try new forms of exercise

Opening up exercise to people who didn't participate before

### Mental health outcomes

Improvements in people's mental health, confidence, and overall well being

Reduction in social isolation

### Community outcomes

Community groups and sports providers to be given a "new lease of life" and benefit from new ways of providing support or a service

Improved relationships between community organisations and the sports sector

Disabled people to be seen as innovators, turning a negative situation into something positive



# What we have done so far

This section provides an overview of the projects supported to date, the people they worked with and the main types of activities they provided.





### TIF has supported 36 organisations to date, who delivered four types of activity: fitness & yoga, dance or performance, peer support and sport.

A total of 36 grants were awarded between August 2020 and March 2021. Larger user-led grants were typically delivered over c. 4.5 months, while smaller micro community grants were typically delivered over 3 months.

Of the 14 projects that had completed their activities at the point of this interim report, four types of overlapping areas of activity have been supported through the fund:

#### **Fitness & yoga (8 projects)**

One cluster of projects developed programmes of guided exercise and yoga sessions. These tended to be varied in format, with some blending online with in-person sessions. The variety of delivery formats enabled by this type of project meant organisations could respond well to the different needs and preferences of their clients.

*Examples: Birmingham Disability Resource Centre; Art Works*

#### **Dance or performance (3 projects)**

Some projects delivered dance and other performance-based activities. These projects in particular enabled beneficiaries to gain valuable experience in leading and choreographing, and to build their confidence in performing amongst other people.

*Examples: DanceSyndrome; Street Katz Theatre and Film*

#### **Mentoring & peer support (3 projects)**

Activities included building a set of mentoring relationships and a time banking method of buddy relationships. Grantholders highlighted the value of individualised, person-centred approaches adopted through these activities, which enabled bespoke goal-setting, encouragement from peers, and relationships that were both sustainable and meaningful.

*Examples: Disability Advice Service Lambeth; Timebanking UK*

#### **Sport (2 projects)**

Projects that centred on group sporting activities enabled participants to take part in sport at a time when most other services were unavailable. Despite the logistical challenges of running safe, in-person activities, these projects successfully supported beneficiaries to improve their skills, build confidence and improve their physical and mental health.

*Examples: Jigsaw Youth Club; Wheels for Wellbeing*



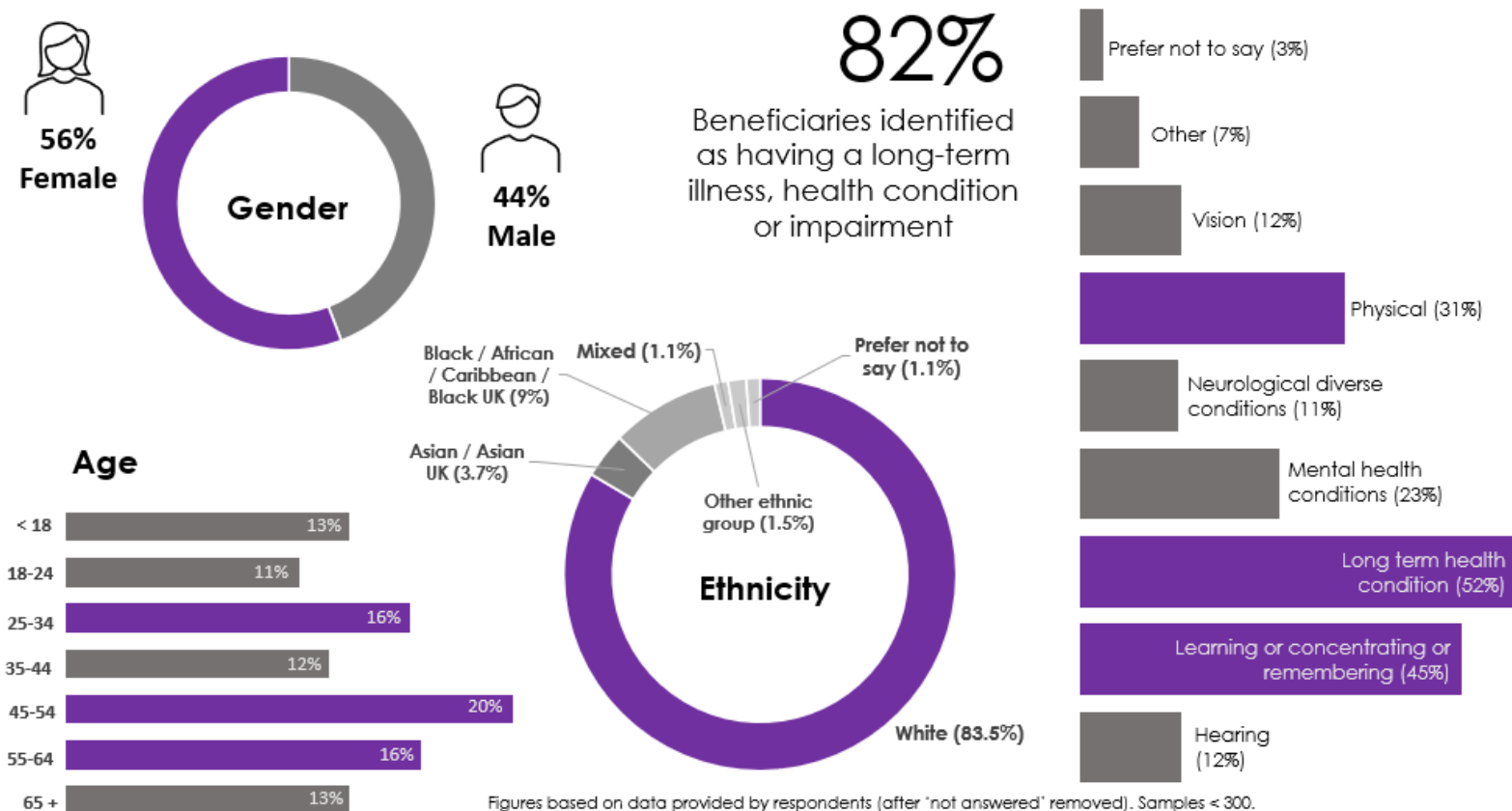




## Grantholders have helped 1368 people to be more active – across a range of ages, backgrounds and types of impairment.

Over **1368** participants were directly or indirectly (e.g. YouTube engagement) supported by the 14 projects that had completed their activities at the point of this interim report.

Demographic data was reported for **276** of these participants. Where known, this included a relatively even spread across gender, age and types of impairment. DR UK aimed for 20% of applications to demonstrate genuine engagement with Black, Asian and Minority Ethnic (BAME) individuals. At this point in the project, 13.8% of people directly supported were BAME, which is broadly in line with national population data (14%).



Figures based on data provided by respondents (after 'not answered' removed). Samples < 300.

# What we have achieved so far

This section summarises the main outcomes achieved to date as a result of TIF grants.

It includes:

- Outcomes for people
- Outcomes for organisations
- Wider impacts



# Taking part in TIF-funded activities had a range of mental wellbeing benefits, such as reduced isolation and improved confidence and mood.

Most projects reported that participants had experienced improvements in their mental wellbeing, in line with the programme aims to reduce social isolation and improve confidence and wellbeing.

### Reduced social isolation

Online or outdoors group activities supported social contact and made people feel more connected during a time of shielding/isolation. Having people to talk to – and the friendships or buddying relationships that formed from this – also helped to reduce social isolation and feelings of loneliness.

### Improved confidence

Participants increased their confidence and self-esteem through trying new activities, learning new skills, making new friends and achieving bespoke goals. One project observed this was especially true for young people. Several projects felt that these outcomes contributed to increased independence and enabled participants to make more positive life choices in other areas of their lives.

### Improved mood

Regular activities provided people with something to look forward to, while participants across projects reported feeling happier as a result of taking part in sessions. Activities such as yoga were felt to help people stay calm and improve their mental health.



Credit: Timebanking UK

**“I can’t believe how good I felt after this. It’s really invigorating and tranquil at the same time. I love it!”**

**- Timebanking UK**



# Taking part in TIF-funded activities improved physical wellbeing through providing accessible opportunities to be active.

Most projects reported that participants had experienced improvements in their physical wellbeing (e.g. strength, mobility, fitness). In line with programme aims this stemmed from:

### Opportunities to be active

At its simplest online and outdoors activities provided a route to be active at a time when options were extremely limited for Disabled people due to reduced care and closed centres. Projects also encouraged activity around sessions – such as walking to yoga classes.

### Opening up exercise to people

The online activities developed and tested by projects enabled some people to participate in activities of their choice, in their own home, at a pace that worked for them. Online activities were also easier for people with social anxieties to attend and build confidence within.

### Improved knowledge of physical activity

Activities that included educational elements improved people's knowledge of why, where and how to be active during the pandemic. There were also examples of where low-intensity activity such as yoga could be easily practiced outside of sessions, which helped participants to manage or reduce condition-specific pain in their own time.



Credit: Jigsaw Youth Club

**“Clients visibly enjoyed the opportunity to be active, have fun and be creative. [It] kept clients physically active and we had a good laugh doing it.”**

**- Always Bee You CIC**



### TIF grants enabled organisations to shift to or develop new online services. This also raised their profile.

Projects reported that TIF grants had provided them with vital breathing space during the pandemic, at a time of increased demand but reduced income. In line with programme aims funding enabled them to:

#### Shift to digital delivery

Almost all TIF grant holders used their grant to embrace and experiment with digital service delivery in order to respond to shielding behaviours and public health restrictions. TIF grants enabled organisations to develop digital skills among staff, develop, test and refine new online services, or shift face-to-face services online.

Switching to digital delivery also brought organisations into contact with a broader range of activity providers and beneficiaries, which has increased their reach and range of activities they can offer to Disabled people. The main lessons learned regarding digital delivery are explored in more detail in [the next section](#).

#### Increase their profile

Several organisations now have a far stronger social media presence following online recruitment drives (via social media etc.) and other publicity activities as part of their project recruitment. This has helped bring about [new partnerships](#).

**“We have a number of regular funders... TIF funding allowed us to develop something new and respond to needs in the moment – that was the real value.”**

**- Birmingham Disability Resource Centre**

**“We have been getting mentions on Facebook, and have appeared on podcasts on BBC sounds.”**

**- Wheels for Wellbeing**



## What we achieved: organisations



This increased the 'reach' of organisations within communities, helping them to extend beyond their core client groups and access new audiences in their communities and different parts of the UK (both in terms of individuals and local organisations).

### Leverage additional funding

TIF funding provided organisations with vital breathing space during the pandemic (at a time of increased demand but reduced income). Several organisations were using the credibility and learning from TIF to apply for further funding to continue to help transition to face-to-face activities, either from the next phase of TIF or from other funders.

**“Before lockdown, sessions were conducted on a very local level. Since in the lockdown, we have done the sessions on Zoom/Teams. The online classes meant that we were no longer geographically bound. People all around UK and abroad were able to join and this was amazing.”**

**- DanceSyndrome**

### Case study. DanceSyndrome – increased reach through online activities

DanceSyndrome is a charity based in Lancashire providing varied dance activities to adults with learning disabilities. The TIF grant enabled DanceSyndrome to set up and deliver an ambitious programme of inclusive online dance classes and weekly outdoor sessions during lockdown. Dance activities were co-produced and co-delivered by volunteer Dance Leaders who have learning disabilities, alongside professional Dance Artists/Teachers. Despite obvious challenges, moving online provided the opportunity to reach a wider audience around the UK and abroad. The positive impact of these sessions for beneficiaries was very clear. Of those surveyed, 100% said they looked forward to workshops and that they have greater mobility/fitness having participated, whilst 98% were proud of what they had achieved.





# TIF grants helped create new cross-sector partnerships and supported communities, which helped Disabled people become or stay active.

Projects reported that TIF grants had knock-on effects in communities:

### **New cross-sector partnerships**

Several projects found that delivering activities catalysed or cemented partnerships between themselves and physical activity and leisure centre providers. A few larger grantholders also built or strengthened relationships with key NHS bodies such as local CCGs.

More diverse partnership networks were felt to have immediate benefits that helped Disabled people become or stay active:

- strengthened reach, helping organisations reach more inactive people (such as people with long-term health conditions);
- strengthened signposting networks within local communities, increasing independence and choice once engaged; and
- increased voice and representation within local agendas and initiatives, such as social prescribing and digital inclusion.

Partnerships were also identified as fundamental to helping Disabled people to stay active in the long-term.

### **Supported local communities**

Several large grantholders used a proportion of their funds to hire freelancers or community venues to deliver activities, which might have otherwise closed. This helped maintain the social fabric of communities and support resilience.

**“The organisation has much more online presence... this has led to greater partnerships agreements with other organisations – they will be able to widen the opportunities for the people we work with.”**

**- DanceSyndrome**

**“We used the local arts centre to run the activities... our funding has kept them alive and saved the building from developers – us renting the rooms keeps them open during the lockdown .”**

**- Always Bee You CIC**





# What we have learned so far

This section examines what has worked well and less well about the approaches grantholders have taken to reducing the negative impact of the pandemic on the activity levels of Disabled people.

It includes:

- co-production
- digital delivery
- added benefits
- programme management



### Co-production with Disabled people helped ensure that activities were needs-led, engaging and inclusive.

All larger grantholders reported that input from Disabled people had made their activities more inclusive and better catered to a range of ability or confidence levels.

Project leads supported participants to lead in the design or selection of activities at the start and throughout projects. This ensured that:

- projects were needs-led;
- client concerns about physical activity were captured and addressed early, which benefited both Disabled participants and DPULO as it avoided wasting time and resources;
- activities were of interest and fun, which supported engagement;
- participants felt ownership over projects, which contributed to sense of achievement and increased self-confidence.

There were also examples of where participants were supported to become volunteers and/or lead sessions themselves.

#### **Case study. Always Bee You CIC – Co-production**

Always Bee You is a CIC based in Hertfordshire that provides engaging social activities, community experiences and work-training for adults with learning disabilities.

At the outset of the pandemic, they identified that their clients were struggling with mental health issues, isolation, lack of physical activity, and deteriorating physical health. To address this, they worked with clients to develop a programme of 24 themed yoga sessions. This not only provided much needed relaxation opportunities for Disabled people, but also respite time for carers. Participants expressed how the sessions helped them to remain calm and manage their physical conditions.

A key lesson from the project is the value of involving clients in designing programmes that are fun and engaging for them. The Harry Potter theme with music and costumes proved very popular. Always Bee You are now aiming to expand into evening and outdoor sessions, as well as storytelling yoga.





# Co-production was more difficult during the pandemic due to practical and emotional barriers.

Co-production was more difficult due to:

### Practical barriers

It was more challenging to engage with Disabled people from an assets-based perspective when running remote discussions, groups or workshops. Challenges compared to face-to-face coproduction included:

- More opportunities for unwanted input from controlling or intrusive parents/carers;
- Reduced independence due to additional support required to help set-up Zoom calls;
- Technical issues interrupting sessions (e.g. connectivity).

To overcome this, Disability Positive sometimes ran a second co-production session with the client without their parent/carer being present.

### Emotional barriers

It was difficult to engage Disabled, furloughed and/or shielding staff and volunteers, who were often managing anxieties about contracting COVID-19. Living with co-morbidities during the pandemic required emotional resilience, which detracted from people's ability to contribute to processes such as co-production.

**“With COVID the group dissipated and didn't engage when this project came about... We relied on trustees to provide lived experience input.”**

**- Living Options Devon**





### Digital delivery opened up physical activity to new audiences, but online sessions still need to consider Disabled people's needs and the barriers they face.

Most projects delivered activities online for the first time during the pandemic – either from the outset or when public health measures restricted face-to-face activities. Key lessons learned about digital delivery included:

#### Planning

- 'Drop-in'-style physical activity sessions, which do not require regular attendance or progression, better accommodate fluctuating health conditions and other barriers (e.g. medical appointments).
- Hybrid approaches that start with face-to-face meetings and then transition to digital delivery help build trust, rapport and increase participation in online sessions.
- DPULOs are also ideally placed as a trusted source of information to collate and signpost service users towards complementary online content that builds on/supports activities.

**“All our activities have to be designed as drop-ins because we can't expect our clients to be able to commit to 12 sessions over a set period of time. [We] have to factor in things like medical appointments, or clients dealing with their various impairments.”**

- Disability Advice Service Lambeth

**“There's a lot of information available for accessible activity opportunities [for the Deaf community], but we compiled that information and disseminated it as a trusted source.”**

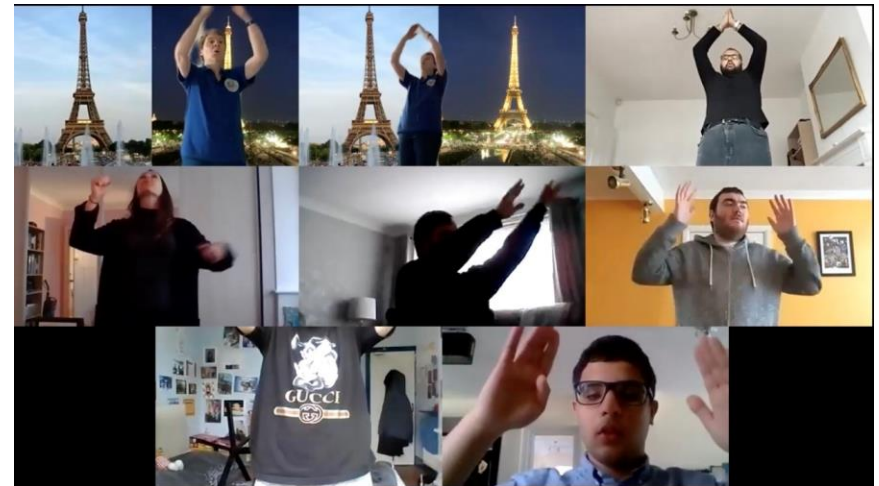
- Living Options Devon



# Social support structures helped keep people connected between activities and stay motivated to be active.

### Delivering

- Incorporating elements of mindfulness within sessions can complement physical activity and help maintain emotional wellbeing.
- Recording sessions enables service users to access content whenever is most convenient for them.
- Producing hard copies of sessions (e.g. DVDs) can help mitigate digital barriers and exclusion.
- Structured debriefs with staff and volunteers after sessions helps ensure staff wellbeing is monitored and supported.



Credit : Street Katz Theatre and Film

### Supporting

- Creating social structures within or around activities can help foster connections between participants and keep them connected outside of sessions (e.g. private Facebook groups).
- Establishing mentoring or peer support systems within projects can help Disabled people with low self- or digital confidence overcome barriers, or stay motivated to be active.

**“COVID has had such a major impact on Disabled people accessing physical activity because of the barriers caused by IT – makes it very important to have mentors to help overcome digital exclusions.”**

- Disability Advice Service Lambeth





# Online physical activity also helped people develop life skills essential to mitigating the negative impacts of the pandemic.

Online physical activity was invaluable for helping Disabled people maintain or improve their mental wellbeing during a period of shielding and isolation.

As explored [earlier in this report](#), online group activities with others helped reduce social isolation and improve mental wellbeing (in line with programme aims).

However, TIF projects showed how taking part in online activities could help Disabled people to develop skills to manage social isolation outside of activities. This included:

- Social skills, such as how to communicate with friends remotely and in-person.
- Technical skills, such as creating or joining a video call on Zoom.
- Practical skills, such as using an online booking system to access certain facilities such as leisure centres.

This also highlights the value of DR UK adopting an outcomes-led approach to grantmaking and allowing organisations to apply and deliver activities that best responded to the needs of the people they work with.

**“[One change was the] confidence across everyone who took part – taking part and chatting to people – it shocked us how these young people who normally chat a lot had quickly become [anxious] after 12+ weeks. We initially had to almost start from scratch, helping clients re-introduce themselves... nervousness to return to the community was reduced.”**

**- Disability Positive**





### Grant programme management was widely praised as adaptable, flexible and supportive of applicants and grantholders.

DR UK's grant management was widely praised. Projects particularly appreciated DR UK's:

- Supported application process, working with applicants to help them interpret fund guidance, focus their application and get their proposal right;
- Focus on outcomes over activities, which enabled projects to quickly and easily flex their delivery plans to changing circumstances;
- Understanding of working with Disabled people and the barriers they often face;
- Networking support, from putting people in touch with possible partners to (non-mandatory) share and learn events.

Projects did, however, suggest that certain elements could be more specific (e.g. deadlines, word counts). They also suggested changes to grant monitoring and evaluation. Several projects reflected that the pre- and post- service user questionnaire was not appropriate for their service users (young people, people with learning difficulties), particularly the healthcare utilisation question.

**“[DR UK] were incredibly responsive and supportive, approachable – my team had no negative feedback. Application process was great – a lot of back and forth with recommendations on improvements. DRUK also gave support with putting the team in touch with possible partners and also the evaluation process.”**

**- Living Options Devon**





## What next

This section examines how funded organisations and DR UK will build on outcomes achieved and learning to date.



# TIF has created sustainable elements within some projects, but most require further funding to sustain or embed their activities.

All TIF projects are due to complete their activities by March 2022. These will be included in the final report.

Approaches to sustainability varied across projects, but most will require further funding to continue their activities in their current form.

Several projects had applied for or received follow-on funding from DR UK and Sport England. All plan on using this to transition their current activities to face-to-face or hybrid delivery models. One project has continued activities through introducing a small fee for monthly face-to-face sessions, which has not deterred anyone.

Regardless of further funding, sustainable elements that will continue to contribute to reducing the negative impact of the pandemic on Disabled people's physical activity include:

- the use/loan of adaptable physical activity equipment purchased with grants;
- recorded and collated physical activity content;
- ongoing use of social media groups that were established between participants;

- continued relationships between mentors, buddies and participants.

### **Case study. Street Katz Theatre and Film - sustainability**

Based in Birmingham, Street Katz Theatre began operating just two months before lockdown in January 2020.

Faced with major income shortfall, the grant enabled the purchase of equipment (including a projector screen, microphones, and tablet devices). This was used to deliver an eight-week programme of musically accompanied movement sessions.

Key benefits observed for clients included an increased sense of independence, and the opportunity to make friends and tackle social isolation. The group will continue their activities, using the experience and resources gained from the project to reach wider audiences through future live performances.



# Conclusions & recommendations

This section presents interim recommendations for DPULOs and DR UK.

## Conclusions and recommendations



There is good evidence to suggest that TIF is helping to reduce the negative impact of the pandemic on Disabled people's activity levels.

TIF projects have increased the number of opportunities for Disabled people to be active, reached new audiences, and improved people's knowledge of how to be active at or around home during the pandemic. This has brought a range of physical and mental wellbeing benefits.

As per before the pandemic, tailored, flexible approaches that place quality over quantity have been critical to overcoming the practical and emotional barriers Disabled people face. Social support has also been key, with peer mentoring and buddying approaches helping to encourage and sustain participation.

The shift to digital delivery mechanisms has also opened up new opportunities for Disabled people, but these need to be utilised carefully to ensure genuine inclusion and accessibility. Likewise, genuine co-production has become far harder for organisations during the pandemic.

TIF has also helped cultivate increased collaboration between DPULOs and physical activity providers. This often occurred organically through the delivery of activities or increased publicity off the back of them. This suggests there is the potential for more strategic planning and

support in this area, especially in regard to building links with health and social care sectors.

These successes are, in part, linked to DR UK's programme management – defined by a flexible, outcomes-focused approach. The programme has provided vital breathing space for organisations, but there is an opportunity for a stronger focus to be placed on partnership building.

### **Recommendations for DPULOs:**

- Adopt an integrated approach to physical activity design that considers both physical & mental wellbeing outcomes.
- Consider hybrid models of delivery to maximise the benefits of remote (flexible, inclusive delivery) and face-to-face approaches (build rapport).
- Embed outcomes-based approaches to better measure and understand what does and does not work for Disabled people.

### **Recommendations for DR UK:**

- Offer support to grant holders to plan and build strategic partnerships and sustainability plan.
- Bring grant holders together to discuss lessons learned about how to do co-production digitally.



# Appendices

## Appendix A: Project list



Organisation Project name	Description	Project type	No. people supported
DanceSyndrome Tackling Inequalities	DanceSyndrome ran weekly inclusive dance sessions (296 online, and 4 outdoor) from October 2020 to March 2021. These were co-produced and co-delivered by volunteer Dance Leaders who have learning disabilities, alongside professional dance artists and teachers.	Dance or performance based	343
Disability Positive Active Friendships	Disability Positive provided a wide-ranging programme of 40 sessions including Street Dance, Rock and Roll Dance, yoga and Pilates over a 20-week period. Participants also took part in an online live performance.	Dance or performance based AND Fitness and yoga	19
Disability Advice Service Lambeth Intosport	The project established mentoring relationships with goals and activities tailored to meet individual needs and preferences. These included support with technology or encouragement to start swimming. Some beneficiaries also became volunteers and peer leaders.	Mentoring and peer support	18
Birmingham Disability Resource Centre Fit for Life	The project offered a range of fitness activities, including guided exercise routines, spinning, and a dedicated YouTube channel to enable users to access material in their own time and at their own pace, as well as a podcast.	Fitness and yoga	49
Living Options Devon Devon Get Active – Accessible Activity for All	Living Options Devon provided a combination of peer support, mentoring and fitness instruction video content. Activities were aimed at people with disabilities, long term health conditions (LTHCs) and Deaf British Sign Language (BSL) users.	Fitness and yoga AND Mentoring and peer support	415
Wheels for Wellbeing Back on Track	Wheels for Wellbeing delivered 18 inclusive cycling sessions, and provision of access to a fleet of adaptive cycles at Herne Hill velodrome.	Sport	66
Disability North Ability North	Disability North enabled 26 people to each be given three tailored personal training sessions. They also provided online sessions for people who were shielding, and 5 online workshops.	Fitness and yoga	182

## Appendix A: Project list



Organisation Project name	Description	Project type	No. people supported
Timebanking UK Timebanking Together	Timebanking UK used their grant to develop a buddy programme with the purpose of encouraging participants to become more mobile and in turn improving their mental and physical health and wellbeing. The aim was to help individuals see their own self worth by giving and receiving time, and sharing interests and ideas. The length of time each week was varied to suit the activity partner.	Mentoring and peer support	46
Always Bee You CIC Always Bee OM	Always Bee You offered a programme of 24 themed yoga sessions aimed at adults with learning disabilities. Sessions were co-designed with beneficiaries who opted for a Harry Potter theme.	Fitness and yoga	25
Creative Choices CIC Tackling Inequalities Fund	Creative Choices ran a socially-distanced exercise class three times per week. Additionally, they provided one-to-one sessions for people who were shielding, as well as some small group outdoor walking, cycling and outdoor gym sessions.	Fitness and yoga	25
Ataxia North West support group CIC Zoom sports session	Aimed to keep Disabled people active through an online, sports coach-led stretch and resistance class three times each week. The sports coach provided seated exercise in breathing, stretch, resistant bands, cardio, strength, balance, co ordination and confidence training.	Fitness and yoga	35
Street Katz Theatre and Film A City of 1000 Faces	Purchased equipment that enabled the delivery of online theatre sessions (e.g. large screen, radio mic etc.)	Dance or performance-based	8
ArtWorks Staying Active Together	Purchased equipment to run remote live and pre-recorded sessions.	Fitness and yoga	121
Jigsaw Youth Club Staying Active Together	Delivered a five-day kayaking course at a local Adventure base, supporting social interaction, teambuilding and accreditation.	Sport	16