



## How to find individual funding opportunities in physical activity and sport

### About

This short guide has been created to help those looking for grants and funding that would benefit an individual primarily, whether that be an athlete, professional coach, or volunteer. This guide can also be used alongside our [Funding Search Tool](#), which helps people to search for live grants, and is constantly updated to provide the latest opportunities.

### Background

Although there has been a decline in grant funding opportunities for individuals over recent years, there are still accessible funds that will support individuals to either participate or deliver physical activity and sport.

### Types of individual funding available

Funding is usually aligned to a cause, or need, that exists within society. In the case of physical activity and sport, causes where funding may be available for individuals includes:

- Bursaries or subsidies for talented athletes, with a focus on talented young athletes;
- Coaching development and training grants for existing and potential coaches, particularly those coming from a deprived background, and young people;
- Development or training grants for volunteers in other areas of sport, for example officials or administrators;
- Funding to support disabled people to be active, for example to access specialist equipment;
- Funding for young people to develop a positive idea into a real project;
- Funding for individuals to realise a landmark feat or ambition;

Note: this list is not exhaustive but does represent the most likely funding opportunities. To help explain each of the different types of individual funding, we have outlined examples of each type of funding below.

### Finding funding for individuals

We have developed our Funding Search Tool to support both individuals and organisations to find funding opportunities that are suited to their needs. We have made it simple for you to search for the right funding for you, through a guided search and also the option to select the 'individuals' category.

### Examples of funding opportunities for individuals

*Bursaries or subsidies for talented athletes, with a focus on talented young athletes*

Most of the opportunities in this category are from the [GLL Sports Foundation](#), which supports talented young people in the London boroughs in which GLL operates, and [Sports Aid](#), which is a national charity that supports international level young athletes. A similar scheme to GLL Sports Foundation is [Everyone Active Sporting Champions](#), which is available in boroughs where Everyone Active operate. The [Tim Davis Sports Scholarship](#) provides a £5,000 opportunity for an aspiring sports person in West London. Another opportunity is the [Joanna Brown Trust](#), which has no set criteria for athlete support.



Although the number of Local Authorities providing support in this area has reduced, some still do provide financial assistance for resident athletes (typically a bursary of £500). These include [Havering Sports Council Bursary Scheme](#), [Camden Sports Council bursaries](#), [Sport Islington bursaries](#), [Hackney Youth Sports Fund](#), [Newham People's Trust](#), [Lewisham Sports Talent Bursary](#), [Greenwich Starting Blocks Trust](#).

National Governing Bodies of Sport are always worth contacting to check whether any funds are available through the sport or associated trusts. An example is the [Ron Pickering Memorial Fund](#) in Athletics, which has an annual grant process.

Coaching development and training grants A number of Local Authorities provide funding for coach development and training, some under the same funding opportunity as talented athletes. Local Authorities that offer this opportunity are [Camden](#), [Islington](#) (through a club application only), [Epic Kensington and Chelsea \(for young people\)](#), and [Hackney Youth Sports Fund](#) (through a club application only). [Westway Development Trust](#) have a similar scheme available for their benefit area of West London.

If you are under the age of 25 and working less than 16 hours a week then you may be able to receive a bursary for coaching training through the [Prince's Trust](#).

A number of organisational awards can be accessed by a club or community group, and can include funding for training and education. Examples are [Awards for All](#) and [Sport England Small Grants](#), both lottery funded.

The National Governing Bodies of [Bowls](#) and [Exercise Movement and Dance](#) offer bursaries to coaches, as do [England Golf Trust](#). The English Schools Football Association offers [coaching bursaries for teachers](#).

[UK Coaching](#) compile and periodically update a document on their website that details funding opportunities nationally and by region.

*Funding to support disabled people to be active, for example to access specialist equipment*

There are a large number of specialist trusts and charitable organisations that will provide funding for disabled people to be active, particularly young disabled people, for example in purchasing specialist equipment. As ever, do use [our Funding Search Tool](#) to find the latest opportunities.

Example opportunities include [Richard Overall Trust](#), [the Adam Millichip Foundation](#), [Children Today](#), [the Paul Bush Foundation Trust](#), [Gardening for disabled people trust](#), [Lords Taverners](#) (particularly for wheelchair Basketball and Boccia) and [the ACT Foundation](#). For equipment for talented young disabled people, see [Caudwell Children – Enable Sport](#) for support options.

*Funding for young people to develop a positive idea into a real project or business*

There are a small number of funding opportunities that provide funding for young people to develop or realise a project or ambition. The main ones are [V Inspired Cashpoint](#), which provides up to £500, and [02 Think Big](#), up to £300. For business development, [the Prince's Trust](#) provides funding and support for young people looking to turn their idea into a business opportunity.

For young people over 18 and adults to develop an idea into a funded project, see the [Paul Hamlyn Foundation – Ideas and Pioneers Fund](#).

*Funding for individuals to realise a landmark feat or ambition*



There are also a number of funding opportunities for individuals, again particularly young people, to achieve a challenge or travelling ambition. Funds include [the Mark Evison Foundation](#) for 19-25 year olds, [The Captain Scott Society's](#) Spirit of Adventure and Vivian Fuchs awards, and the [Milly Althorp Charitable Trust](#).

There are also a number of sport specific funds, namely [the RYCT Charitable Trust](#) (for young people to undertake sailing expeditions), and the [Lisa Ullman Dance travelling Scholarship Fund](#).

### **Other useful sources of information and opportunities**

Individuals should also consider the use of Crowdfunding to fundraise. Crowdfunding provides a platform for someone to share a cause with a 'crowd' to fundraise from the public. [Podium Partners](#) is one Crowdfunding website set up to specifically support sporting individuals.

We keep our [Funding Search Tool](#) up-to-date with all the latest opportunities, so do make sure you use this to find the latest funding opportunities. Through the guided search, you can filter by opportunities for individuals rather than organisations.

You should also keep in touch with your Local Authority, Council for the Voluntary Sector (if one exists in your borough), and if you are involved in a specific sport, your National Governing Body of Sport. All of these organisations are likely to have a bulletin or newsletter that it is worth signing up to for the latest information.

---

For more information on the [Funding Search Tool](#) and any potential funding that may be available, get in touch with our Funding Manager, Caroline Brooks by email at: [caroline.brooks@londonsport.org](mailto:caroline.brooks@londonsport.org). Alternatively, you can contact by phone on: 020 7868 5055