# Our Story

# If you have a great story about how taking part in physical activity has had positive effects on your life, or if you are an organisation that is helping people lead better lives through physical activity, we want to hear it! By answering 10 simple questions, we can help tell your story and show how people can live longer, healthier and happier lives through physical activity. We also use real-life stories to help us shine a spotlight on our sector to help influence policy, leverage funding and create more opportunities for people to be active. Please note that by sending your story to us you are agreeing to London Sport using it for evaluation and marketing purposes, if you wish to remain anonymous within your story please do not give any names or other information that could be used to identify you.

# Contact details are requested to enable us to contact you for more information, If you supply these they will not be shared. All given personal information will be stored securely in accordance with GDPR law.

# When you have completed this short form, please send it London Sport by emailing: [*qasim.zaidi@londonsport.org*](mailto:qasim.zaidi@londonsport.org)

**Activity: (Please type your answer in the space underneath the question line)**

1. What is the **name** of the project and **where** is it taking place?

xxx

1. Can you briefly describe the project and **why it exists**? What challenge was this project looking to overcome? (50-100 words)

xxx

1. Who are the **main beneficiaries/participants** of the project? Any particular ages, gender, etc?

xxx

1. **How many people** have taken part / regularly take part in the project?

xxx

1. What has been the **impact of this project** on the participants? What change has this made in their lives? (~50 words)

xxx

1. Are there any quotes you can provide from the project *organisers* to help tell the story / impact of the project (~50 words)?

xxx

1. Are there any quotes you can provide from the project *participants* to help tell the story / impact of the project (~50 words)? Feel free to include multiple quotes.

xxx

1. What are your plans for taking part in the future? Will you continue this activity / will you try anything else?

xxx

1. Is there anything else you would like to tell us about the project and its impact?

xxx

1. Are there any photos or films that you can share to help tell the story of your project? If so, please attach them to an email along with this form to [*qasim.zaidi@londonsport.org*](mailto:qasim.zaidi@londonsport.org).

**Personal Details**

Please add your contact details if you are happy for someone from London Sport to contact you to find out more information about your story or confirm details. No contact details will be shared outside of London Sport.

1. Name – xxx
2. Email address – xxx
3. Phone number - xxx