

Addressing Youth Isolation Fund

London Sport has set up the Addressing Youth Isolation Fund to identify how physical activity can be used to reduce isolation in young people (aged 14-19) especially during challenging periods of life. We want to see how physical activity can support young people who may be feeling isolated due to challenges like lockdown, school transitions, relocation, or separation from loved ones.

Background

London Sport exists to make London the most physically active city in the world. We are supported by Sport England and the Mayor of London, and work in partnership with London's Local Authorities and a host of other organisations to support less active Londoners to build physical activity habits that support their health, wellbeing and prosperity. A key aspiration of London Sport is giving young people a physical activity habit for life. To help achieve this aspiration, we want to learn more about how organisations working to improve young people's lives can use physical activity to achieve their aims. This year, we are looking to identify how physical activity can be used to reduce isolation in young people especially during challenging periods of life (challenges like lockdown, school transitions, relocation, or separation from loved ones).

Why Isolation

In 2018 the Office for National Statistics reported that 11.3% of children in the UK said that they were "often" lonely; this was more common among children living in a cities with 19.5% reporting "often" feeling lonely, compared with just over 5% of those living in either towns or rural areas. The same research found that 1 in 10 young people aged 16 to 24 said they were often lonely. Isolation affects people's health, with individuals who report being lonely 'often' being twice as likely to rate their health as 'poor' or 'fair' than those who report being lonely 'less than often'. There is also evidence that social isolation increases the risk of premature death as well as a number of serious health conditions. Research conducted on how covid-19 has affected isolation shows an increase in the number of young people who feel lonely with 52% of 18 to 24-year olds felt lonelier during lockdown. At London Sport we see every day how physical activity can bring people together, create communities and improve lives and we want to know how this can be used to tackle loneliness.

Source: [ONS, Community Life Survey 2016-17](#)

Aged 10-24

Source: [The Health Foundation](#)

Source: [Campaign to End Loneliness](#)

Source: [POPULUS Coronavirus and health](#)

Other resources used: [Tortoise Media](#) [The Independent](#)

We want to identify

- How can physical activity enhance services supporting young people during challenging periods of their life?
- What role can physical activity have in preventing isolation in young people?
- What role can physical activity have in tackling isolation in young people?
- When using physical activity, what is required to reduce isolation in young people?

Key principles of the fund

This is a list of what we are looking to see from an application for this fund.

1. Helps answer 1 of the 4 questions above.

2. Focused on 14-19 year olds.

Most of those participating should be in this age bracket but we are comfortable with not all participants being in this age bracket.

3. Involves young people in the design.

4. COVID-19 safe.

Interventions must follow the guidance at the time of writing. However, if you can display flexibility in planning this is helpful

5. 'Delivered' for a minimum of 30 weeks.

This means the intervention but does not mean the activity has to be the same for 30 weeks.

Interventions do not have to be a recognised sport, provided they get participants moving more.

6. Offers value for money.

There is no set limit for what you can apply, however we will be scoring against the value for money of your bid to achieve the 5 aims above

You can apply for revenue or capital costs. If you are not sure ask.



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ADDRESSING YOUTH ISOLATION FUND

John Arthur

AGENDA

Please mute unless speaking & camera on/off optional

1005 **Presentation- The Addressing Youth Isolation Fund**

- What is the fund
- Useful dates

1030 **Comfort Break**

1035 **Comments & Questions From You**

An aerial photograph of London, England, taken at sunset. The River Thames flows through the center of the city, with several boats visible on its surface. The sun is low on the horizon, casting a warm, golden glow over the city and reflecting off the water. The London skyline is visible in the background, featuring prominent buildings like The Shard. The overall atmosphere is serene and picturesque.

#MostActiveCity

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AIM

How can physical activity can be used to reduce isolation in young people?

4 Questions

1. How can physical activity enhance services supporting young people during challenging periods of their life?
2. What role can physical activity have in preventing isolation in young people?
3. What role can physical activity have in tackling isolation in young people?
4. When using physical activity, what is required to reduce isolation in young people?

WHY ISOLATION

- 1 in 10 young people often feel lonely

Source: [ONS, Community Life Survey 2016-17](#)

- Loneliness linked to a number of diseases

Source: [The Health Foundation](#)

- How can physical activity be used to address this?





FUND PRINCIPLES

1. Helps answer 1 of the 4 questions
2. Focused on 14-19 year olds
3. Involves young people in design
4. COVID-19 safe
5. 'Delivered' for a minimum of 30 weeks
6. Value for money

DATES

DATE	SUPPORT
January 13 th	Information session with prospective partners on Zoom
End Jan	Opportunity for prospective partners to talk through their ideas for the fund with London Sport staff/ strategic partners
Start Feb	Application window opens
End Feb	Application window closed
End March	Funding contract signed





QUESTIONS

- How does your service work with young people?
 - BC (before COVID-19)
 - DC (during COVID-19)
- What monitoring & evaluation do you currently do on projects/ with young people?
- Does your organisation do any physical activity with young people?

COMMENTS & QUESTIONS

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4 Questions

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