

Let's Move Together Fund: Delivered by Versus Arthritis

Guidance Notes

Introduction to the Let's Move Together Fund

The Let's Move Together Fund has been set up to:

- Help aid recovery from COVID-19 and reduce the long-term impact
- Reduce the widening of the inequalities in sport and physical activity for people with musculoskeletal conditions
- Support specific activities to increase availability of exercise opportunities in local communities across Wales, Scotland, and Northern Ireland.

Organisations based in England should apply to the Together Fund.

The fund will continue to evolve in line with our approach to date, building on ways in which we can continue to narrow the gap for communities that need our support. When we started out on this journey, COVID-19 was in its relative infancy, we were all coming to terms with what it meant and trying to understand how we could best support community sport and physical activity. We knew it was having a significant impact on communities and there was a need for an immediate response. We are finding out more as we go and starting to move from an immediate critical response to one looking at recovery, the long-term impacts of COVID-19 and emergence from, rather than reaction to.

MSK conditions include a broad range of health conditions affecting the bones, joints, muscles, and spine. They include conditions like osteoarthritis and osteoporosis, pain conditions like fibromyalgia and rarer inflammatory conditions such as rheumatoid arthritis and lupus. There are 3.2 million people with MSK conditions, including arthritis, in Scotland, Wales and Northern Ireland – approximately 31% of the population. For more information on what MSK conditions are and who they can affect, please visit: [About arthritis | Conditions, symptoms, treatments, support \(versusarthritis.org\)](https://www.versusarthritis.org/about-arthritis/conditions-symptoms-treatments-support).

We particularly welcome applications from organisations who support people with long-term health conditions, people from culturally diverse communities, disabled people and lower socio-economic groups.

Higher than average mortality rates from COVID-19 have created a culture of fear where people are choosing to stay indoors to keep safe. We also know disabled people and those with MSK conditions are more likely to continue self-isolating because of the increased risk to their health.

Through Let's Move Together, Versus Arthritis want to address and prevent the likely reduction of marginalised communities driving sport and physical activity forward, by fostering and protecting community bodies, coaches, and volunteers.

Please note we expect this fund to be oversubscribed and it will close once we receive sufficient high-quality applications.

Versus Arthritis

Versus Arthritis exists to empower people to push back against the limits of arthritis, by providing tailored support, information and advice, and campaigning for greater awareness and positive change. Everything we do is underpinned by our investment in exceptional research and insight provided by people living with arthritis and musculoskeletal conditions.

Through the physical activity programme, Versus Arthritis aims to support reducing inequalities in physical activity experienced by people with MSK conditions.

People with long-term health conditions and those from underserved groups have been particularly affected by the pandemic. These include people from culturally diverse communities, disabled people, and people from lower socio-economic groups. We are keen to reduce the inequalities experienced by these groups and encourage applications that seek to redress the imbalance.

Available grants

Grants between £1,000 and £5,000 are being offered as part of the fund.

Additional funding may be available above the £5,000 limit but you will need to discuss this with a member of the Versus Arthritis team before submitting the application.

Please email: [Physical Activity team](#).

Funding should be spent within six months of being awarded.

If your organisation does not ordinarily provide activities for the targeted groups as a priority group(s), please tell us in your application how you intend to reach out to include more people from these target groups.

Eligibility criteria for funding

Applicant organisations must be based in Wales, Scotland, or Northern Ireland, and be working with people with MSK conditions like arthritis. Organisations based in England should apply to our Together Fund.

We understand that your organisation may serve a wide range of people and that you might not have data to show how many of your service users have arthritis.

Please show in your application that:

- You know the audience that you plan to work with
- You have good reason to believe that a majority of your target audience are affected by MSK conditions. You might want to visit [The State of Musculoskeletal Health Report](#) for more detailed information about MSK conditions
- Your activities have been designed and are suitable for people living with MSK conditions
- If your organisation does not ordinarily provide activities for people with MSK conditions as a priority group(s), please tell us in your application how you intend to reach people from these target groups

We welcome applications from community groups and local organisations working with the groups we are aiming to reach, even if you have never delivered a sport, physical activity, or exercise project before.

We would welcome applications from disability-led (where 51 per cent or more of the organisation's board and senior management team are disabled) and/or culturally diverse community-led (where 51 per cent or more of the organisation's board and senior management team are from a culturally diverse community) groups, as well as organisations/groups located within areas classified as deprived by the [Northern Ireland Index of Multiple Deprivation](#), [Scottish Index of Multiple Deprivation](#) or [Welsh Index of Multiple Deprivation](#)

Your organisation can apply if you are:

- A not-for-profit voluntary or community club or organisation
- A registered charity
- A not-for-profit company, community interest company or other social enterprise
- A statutory body
- Sole Trader /Partnerships and freelancers – please contact us before applying

Un-constituted groups

Versus Arthritis acknowledges that in some cases the ideas that you generate from within the community might come from individuals and/or un-constituted informal groups. Where this is the case, it's worth considering whether another Accountable Body, such as a VCS, could support the group and act as the applicant/manage the funds for them.

Football

Please contact us if you wish to apply for a football-focussed project as other sources of funding may be more suitable.

Gardening

Generally, this funding cannot be used to fund the sole purpose of gardening. However, if the gardening activity is part of a wider project that involves other forms of physical activity, for example, walking, cycling, outdoor gym exercise, we may consider this. Please get in touch and we can discuss specific cases with you.

Religious groups

We welcome the contribution of all faith groups, particularly given the role that many can play in connecting with the priority audiences. Please be aware that any funded activity should not be used to promote the religious beliefs of the organisations.

The grant can be used to fund any of the following. If you have other ideas which aren't included on this list, please get in touch to see if it's something we will consider:

- Equipment/activity packs
- Live streaming platform licences
- Instructor/coach/deliverer costs
- Training/delivery costs
- Transport costs
- Volunteer costs or expenses

- Venue hire
- Research, monitoring and evaluation (capped at 10% of the total funds requested)

This fund will also support organisations and groups facing financial hardship due to COVID-19 with a view of enabling delivery of sport and physical activity work in the future.

There are certain items that are not eligible for funding as follows:

- Activities or costs which are already covered by other government funding schemes, including rates
- Capital works
- Activities promoting religious or political beliefs
- Individuals
- Any private business or profit-making organisations unless they are a Social Enterprise or Community Interest Company
- Loss of Sponsorship or loan repayments
- Replacement of equipment (that is broken, tired, torn etc.)
- Contingency costs and VAT organisations are seeking to recover

If you are a Sole Trader, please contact us to discuss your eligibility before applying.

This list is not exhaustive, if you are unsure, please do get in touch.

Please consider the following questions when writing your application, as this is what Versus Arthritis will need to consider when assessing applications. Can you answer yes to each of the following?

1. Will this investment impact people living with MSK conditions? Ideally your project will also support people from one or more of the following audiences: culturally diverse communities, disabled people, and lower socio-economic groups.
2. Is there a real 'here and now' requirement to support this audience (now to March 2023)?
3. Will this investment help people with MSK conditions to be more physically active and/or help an organisation/group benefitting target communities to continue to survive?
4. Is there a clear 'line of sight' from this investment to physical activity taking place either now, or in the immediate future (now to March 2023)?

What we anticipate the fund will achieve

Overall, the outcomes we expect to see from the fund are:

- People living with MSK conditions to maintain or increase levels of fitness
- People living with MSK conditions keeping physically well and therefore reducing the likelihood of other illnesses
- Improvements in people's mental health and overall well-being
- Reduction in social isolation, enabling connectivity with others through exercising together e.g., online group class or, a Personal Trainer/Personal Assistant supporting with 1:1 exercise
- Opportunity to try new forms of exercise

- Creating opportunities to exercise for people who have not participated before e.g., found leisure centre inaccessible/too difficult to attend/expensive, or just “didn't know where to start”
- Some community groups and sports providers to be given a “new lease of life” and potentially enable them to benefit from new ways of providing support or a service

The application process

We have designed the application process to be as efficient as possible. Your application will proceed as follows:

- Complete the appropriate Let's Move Together Online Application Form on Versus Arthritis online grant management system [Grant Tracker](#)
- Versus Arthritis will check your responses and let you know if any information is incomplete or needs to be clarified
- Once complete, your application will be subject to review and consideration by a panel which will include experts by experience with MSK conditions
- The panel will decide the outcome of your application
- We will let you know the outcome and provide feedback
- If successful, we will draw up a partnership agreement between us

We expect all funds to be awarded by 30th September 2022.

Next steps if successful

Grant Money

If successful, we will send you a grant award letter and request your bank details and will aim to pay your grant money within two weeks of receipt. Further details of the information we need will be given to you if your application is successful. We advise you to keep receipts of all spend related to the award, as our auditors may ask us to see these at any point.

We recognise that your project might need to change after it has been approved.

We want your project to have the best possible impact for people with MSK conditions and will work with you to make sure that you can adapt to changes in circumstances as they arise.

Capturing Impact / Partnership Agreement

Versus Arthritis would like to work with you to monitor the reach and the impact of funding. If you are successful, we will provide you with the details you need to collect to provide a report at the end of the project.

We will offer email and phone support to project leads as and when necessary, as well as receive learning and insights as stated in the partnership agreement. We may also ask project leads to take part in learning sessions with other organisations to share knowledge and insights on project delivery. We would also welcome any opportunities to facilitate peer support between organisations.

We will ask for a short end of project report from each successful applicant. This will be an online form which will include narrative and financial reporting. We will also be requesting case studies and

other media to demonstrate the activities undertaken. We will be interested in keeping in touch regarding your project's future plan to build on the learning from the funding.

Further Information and submitting your application form

If you would like any further information about the Let's Move Together Fund, please contact: Sophie Priestley (Trusts Manager) or Ashleigh Ahlquist (Physical Activity Manager): e-mail: [Physical Activity team](#)

Further information

About Arthritis: <https://www.versusarthritis.org/about-arthritis/>

Versus Arthritis State of MSK Health 2021:

<https://www.versusarthritis.org/about-arthritis/data-and-statistics/the-state-of-musculoskeletal-health/>

Northern Ireland Multiple Deprivation Measures: <https://www.nisra.gov.uk/publications/nimdm17-soa-level-results>

Scottish Index of Multiple Deprivation:

<https://www.gov.scot/collections/scottish-index-of-multiple-deprivation-2020/>

Welsh Index of Multiple Deprivation: <https://statswales.gov.wales/Catalogue/Community-Safety-and-Social-Inclusion/Welsh-Index-of-Multiple-Deprivation/WIMD-2019/welshindexofmultipledeprivation2019-by-rank-decileandquintile-lowerlayersuperoutputarea>

Versus Arthritis Grant Tracker: <https://gt.versusarthritis.org/Login.aspx>

Email contact: [Physical Activity team](#)