

## Club Guide:

### Examples of Successful Grant Applications

These six examples are of projects that have received grant funding related to weightlifting and strength training. Each organisation demonstrates connections with the wider community or seeks to address unmet needs of the community.

#### **1. Atlas Junior Weight Lifting Club**

**Award:** £7,019

**Grant Fund:** Sport England Jubilee Fund

*'This project will offer fitness and wellbeing programming and activity (including weightlifting), using a variety of activities and approaches to suit each individuals needs and abilities. Their work will focus on engaging with marginalised, under-represented and protected characteristic groups from a range of demographics'.*

#### **2. Atlas Junior Weight Lifting Club**

**Award:** £2,981

**Grant Fund:** Sport England Jubilee Fund

*'This project will run a series workshops in local schools, community clubs and to also link in with existing sports clubs around the Sneinton and St Ann's areas'.*

#### **3. Bristol Cooperative Gym**

**Award:** £10,000 from Sport England and £17,440 from Crowdfunding

**Grant Fund:** Sport England Active Together Fund

*'A Home for the UK's only Member-Owned Gym - a Community crowdfunding project in Bristol by Bristol Co-operative Gym. Building the first gym designed by its members; a welcoming, supportive place to strengthen ourselves and our communities'.*

This was an online crowdfunding campaign which Sport England contributed towards, with a pledge value of £10,000. The project Crowdfunded an additional £17,440 from 236 supporters in 42 days.

Bristol Co-operative Gym's campaign page can be viewed [here](#).

#### **4. Misfit Barbell Club**

**Award:** £9,948

**Grant Fund:** Sport England Jubilee Fund

*'A project to address inequality of access to weightlifting strength & fitness coaching for female survivors of domestic abuse in a safe and supportive training space, supporting women to develop new skills in weightlifting / powerlifting'.*

## 5. Spartan Weightlifting & Strength Sport Club

**Award:** £9,880

**Grant Fund:** National Lottery Awards for All England Fund

*'The project will use the funding to support people over 55 who are struggling with their mental & physical health or may have learning disabilities or conditions including dementia with a regular programme of adapted exercise sessions. This aims to reduce isolation improve mental and physical wellbeing and help people to make friendships.'*

## 6. Pembrokeshire Weight Lifting & Strength Academy

**Award:** £2,021

**Grant Fund:** Community Foundation Wales Funding

*'Covid lockdowns affected our young members greatly, although our volunteers gave equipment out so members and their families could train at home and provided weekly zoom coaching sessions and online social bingos and similar activities, motivation soon ran out. A number of our youngest age groups have struggled, especially girls who have really struggled with their confidence and have become more reserved and lacking in self-esteem. Parents have been concerned and have tried to help with encouraging them to overcome their confidence issues. Although we are back open now, not all have returned and we have a lack of volunteers and have not as of yet built up the junior age groups, u13, u15 and u17. We have had in place very good Covid regulations, some of our disabled youth members were and have been concerned about returning. Other able bodied youth members worried about engaging with others due to their inactivity and from being isolated. There seems to be many youths, more than pre-covid who lack self-esteem and who are in active. We not only want to engage with previous members we want to encourage others to benefit from our inclusive and supportive environment. Clubs in Crisis funding if successful will help us to really kick start opportunities for the younger local community to be involved'.*

### Want further inspiration?

Search grants, funders, recipients, and locations at [360 Giving](#)

360 Giving helps funders publish open data about their grants and empower people to use this data to improve charitable giving.

Funders of all shapes and sizes share information about who, what and where they fund using the 360 Giving Data Standard.