

## Foundation Round 5

### Frequently Asked Questions (FAQs) and Glossary

The following document should be read as an addition to the Go! London Application Guidance. It provides a glossary, which gives more definition to the terms we use, as well as a set of Frequently Asked Questions about the Fund. These will be updated on a regular basis over the course of the application period, so please look for updated versions of this document.

#### **Glossary**

##### **Underserved children and young people:**

We recognise that the term 'underserved children and young people' is broad. In the context of this fund, the term refers to children and young people who face barriers to accessing sport and physical activity due to social, economic, or structural inequalities. These groups are less likely to engage in regular physical activity and may experience poorer health, wellbeing, and life outcomes as a result.

Underserved community groups include:

- Children and young people from low-income families/backgrounds
- Young people with special educational needs
- Young people with physical/learning/sensory disabilities
- Young people with mental health problems
- Young people who have been, are, or at risk of being excluded from school or college
- Young people who are not in education, employment, or training (NEETs)
- Young people affected by violence
- Young people experiencing, or have been impacted by domestic violence and abuse
- Young people experiencing homelessness

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- Refugees or asylum seekers or newly arrived migrants
- Young people who have a social worker (this includes those in the care of a London borough, those with a protection plan, children in need and care leavers)
- Young carers
- Young people who identify as LGBTQ+

We also recognise that some children and young people may be affected by multiple, overlapping forms of inequality, which can increase the barriers they face to accessing physical activity. The Foundation fund aims to address these inequalities by supporting organisations that are embedded in their communities and can provide inclusive, safe, and relevant opportunities for all young Londoners to thrive.

### **‘Complex Needs’:**

Young people with complex needs are defined as those requiring a high level of support with a range of aspects of their daily life and relying on a range of health and social care services.

### **‘Equity-led’ group:**

The definition of an equity-led group is an organisation in which at least 75 percent of the trustees and at least 50 percent of staff members have direct experience of the issues they are tackling, or the communities that their projects are supporting.

By equity-led/user-led, we mean organisations led by and for underserved communities, in particular:

- Communities experiencing racial inequality
- Deaf and Disabled People
- LGBTQ+ People
- Women and girls

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If you serve more than one of these communities, then the percentage of your Board or staff team could be from more than one community i.e. the 75% could be made up of people from different communities.

## Sport England Definitions of Activity Levels:

- **Active:** Individuals are categorised as active if they engage in 60+ minutes of physical activity per day.
- **Fairly Active:** Individuals are categorised as fairly active if they engage in an average of 30–59 minutes of physical activity per day.
- **Less Active:** Individuals are categorised as less active if they engage in less than 30 minutes of physical activity per day.
- **Physically Inactive:** Individuals are categorised as inactive if they engage in less than 30 minutes of physical activity per week.

## Organisations trusted by children and young people:

We have not defined this term as we would like you to self-define this. We have listed some qualities as a guide:

- Experienced and relatable staff and volunteers that young people trust and build relationships with
- Youth voice and lived experience is centred, and projects are built from local experience and feedback from those who will participate
- Organisations committed to quality, safety, reliability and tangible outcomes for children and young people
- Organisations that deliver inclusive and accessible provision and create safe spaces for children and young people.

## Sponsor Organisation:



If your organisation cannot provide annual accounts for the last financial year or does not have a bank account in its own name, you may apply for funding through a sponsor organisation. If you're an unconstituted group, you will need to apply through a sponsor organisation.

A sponsor organisation must:

- Be a charity or charitable company with at least 3 Trustees or Directors.
- Be able to provide financial accounts covering a full 12-month period.
- May have an income over £500,000 or have received over £50,000 in funding from one of our funders or partners.

The following **cannot** act as a sponsor organisation:

- Local authorities
- Universities
- Constituted community groups

### **Wraparound Support:**

This refers to additional provision for young people alongside sporting/physical activity which addresses specific needs and supports young people to achieve specific goals and outcomes. For example, this could be:

- Mentoring
- Workshops on specific topics
- Specialist 1-2-1 support such as therapeutic support delivered separately to or alongside the sport or physical activity sessions

### **Frequently Asked Application Questions**

#### **1. Can we combine different support tiers in our project?**

- You can combine **Participation & Targeted**, or **Targeted & Specialised**.



- You **cannot** combine **Participation + Specialised** within one project.

## 2. Can a school or local authority apply?

No. Schools, local authorities, and private companies are not eligible to apply directly. However, they can support delivery as unpaid partners.

## 3. What makes a project suitable for the Targeted Tier?

Your project should work with a defined group facing specific barriers - such as disabled young people, girls, LGBTQ+ young people - and aim to achieve a social outcome alongside increased physical activity. Wraparound support, such as skills development workshops that link to the outcome, should be included.

## 4. Can we apply for enhanced funding if we deliver both Targeted and Specialised tiers?

No. Enhanced funding of up to £55,000 is only available for projects that are solely in the Specialised Support Tier. If your project combines tiers, the maximum grant remains £40,000.

## 5. Can we work with a small number of young people under the Specialised Tier?

Yes. Because of the intensive nature of this work, smaller group sizes are accepted, but you must still demonstrate strong outcomes.

## 6. What qualifies as 'specialist support'?

This might include mental health interventions, counselling, trauma-informed care, or intensive 1-2-1 mentoring. If you request the higher funding cap (£55,000), you must clearly explain the type of support and how it relates to the specific needs of your target group.

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## 7. What costs can we apply for?

For Foundation grants, you can apply for project-based costs, and you can allocate up to 20% of your total grant towards management or overhead expenses.

Costs we will fund include:

- **Staffing costs** - Project-related members of staff, such as staff that manage, coordinate, or deliver the project activities (including sport and physical activities as well as additional support).
- **Staff training costs** - This could include technical sports training, such as Level 1 Award in Coaching Football, for example. Remember, for non-sports related staff training, there will be organisational development training on offer as part of a programme of additional support, at no cost to grantees.
- **Equipment** - The hire or purchase of items of equipment or clothing needed to deliver the sport/physical activity sessions.
- **Venue hire costs** - If you need to rent a pitch or other type of space for your project.
- **Volunteer costs** - Volunteers cannot be paid a salary and can only be paid reasonable out of pocket expenses such as reimbursements for travel.
- **Club membership costs** - These will be considered if they are required for beneficiaries to take part.
- **Transport** - To help volunteers and beneficiaries to get to your project and return home. (This excludes the purchase of vehicles)
- **Refreshments** - This can be provided for volunteers and participants. We will cover food and soft drinks only.
- **Marketing information** - To let your community know about the project, including social media promotion or printed marketing materials.
- **Accessibility costs** - To ensure people with accessibility requirements are able to come to your project, please include any necessary costs.

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- **Monitoring and evaluation costs** – Please do not include any costs for a monitoring or evaluation system, as your grant includes an Upshot licence. However, you may include data collection costs, provided these are not already covered within the project staff budget.
- **Overhead/management costs** – These are the indirect costs you might need to support you in running your project or organisation. You can allocate up to 20% of your total budget towards management or overhead expenses. Examples include a contribution towards salaries for non-project staff, day-to-day running costs such as rent, heating and lighting, improving leadership and governance, business planning or organisational development.

## 8. What will you not fund?

We are unable to support:

- Individuals or organisations applying on behalf of individuals.
- Companies with a legal status of Limited by Shares.
- For-profit organisations, including those that apply with a non-profit sponsor.
- Sole traders, including those that apply with a non-profit sponsor.
- Local authorities.
- Schools or formal educational settings (although we will consider funding projects that take place outside of statutory PE classes by after-school projects, PTAs, local charities, charitable companies or sport groups that are a separate legal entity to the school and meet our eligibility requirements).
- Statutory provision. These grants cannot be used to fund activities that would replace PE in schools. The purpose of the Go! London fund is to provide additional opportunities for children and young people to take part in sport and physical activity and can't be used to replace statutory PE classes.
- Significant capital cost projects, such as building work, refurbishment, furnishings or substantial equipment (a minibus, for example).

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- Projects where there is no sport or physical activity.
- Projects that are either restricted to or promote a religion. Projects must be open to beneficiaries of all faiths or no faith.
- Projects taking place outside of London.

## 9. I've started a form and saved it, but I'm not sure how I retrieve it to complete and submit it.

Please login to your account [here](#). You will see any in-progress applications which you can view and continue.

## 10. How do I know if my application has been submitted?

You will receive an email confirming that you have submitted your application. You can also check the [grants management portal](#) and under 'My Applications', it will show the status of your application.

## 11. Can I submit an application if I'm already receiving a Go! London grant?

If you have already received a Go! London grant, you can only apply to Round 5 if your grant will finish by 31 July 2026 and you will have submitted your final report by then. If your grant will be active from 1 August 2026 onwards, you cannot apply to Round 5 of the Foundation Fund.

## 12. Can I submit an application if I applied in a previous Foundation or Evolution round and was not successful?

Yes. Applicants who submitted an application in a previous round can reapply.

## 13. Will the application process be written only?

The application form is a written submission (see below if you have accessibility requirements), which includes questions in an online

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application form. Your application form will be scored according to the scoring framework in the Fund guidance document. Applications will be presented back to a panel comprising the GLA, London Marathon Foundation, Sport England, London Marathon Events, London Sport for final decisions to be made.

If you have accessibility requirements and find a written form challenging, please contact us at [golondon@rocketsciencelab.co.uk](mailto:golondon@rocketsciencelab.co.uk) Our team will work with you to submit your application. This could include a telephone call, virtual, or face-to-face to support you with submitting an application form.

#### **14. Can my project be delivered in multiple boroughs?**

Yes, if it makes sense for your project to be delivered in more than one borough. You will need to explain why it is necessary for your project to operate in multiple boroughs in your application form.

#### **15. I would like to deliver some of the project outside of London, is that possible?**

We expect the majority of the project to be delivered in Greater London but can fund some delivery outside of London. For example, one-off trips such as residentials or celebration events, and if the young people benefitting live in London.

#### **16. Is there a minimum or maximum income criteria in order to be eligible?**

There is no minimum income criteria to apply for a Go! London grant. Maximum turnover to be eligible is £499,999 (under £500,000).

#### **17. How important is the age of the organisation when it comes to accessing the fund?**

As long as the eligibility criteria to provide one year of accounts can be met, the age of the organisation is not a factor in the assessment.

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**18. Can I apply for the maximum amount of grant for one year only?**

You can apply for the funding you need to deliver your project, which might be £40k for one year.

**19. Is there any guidance on how much we should pitch/apply for?**

You will know what you need to deliver services and are much closer to the young people to understand their needs. We encourage applicants not to try to reduce costs to compete for funding as this could end up with projects costing the organisation money. We would rather you used full-cost recovery to ensure all your costs are proportioned and apply for what you really need, including management costs.

**20. If we reduce our costs to show value for money, will this increase our chances of being awarded a grant?**

We will be looking at the bigger picture - what you are delivering, who you are reaching, the intensity and frequency of support, what additional support you are providing etc. We will look at costs to ensure this seems like the right fit and will not base the assessment on a straightforward value for money calculation.

**21. Is there a separate capital grant?**

No, currently there is no separate capital grant funding stream. Please note, other grants are available for facilities, places, and spaces, such as the London Marathon Foundation [Active Spaces Fund](#). To hear about other Go! London funding streams, please sign up to the newsletter on [our website](#).

**22. Can the funding apply to any sport or physical activity/do you have a list of eligible sports or activities?**



We're flexible about the definition of sport and physical activity, recognising the importance of many different types of active participation to bring people together and improve their lives. Your project does not need to include traditional sport but might engage people through various kinds of activities such as dance, yoga, and running. The focus should be on identifying the right sport/physical activity that will engage and support the desired outcomes for the target groups of Children and Young People. However, we would expect the physical activity/sport you propose to entail some moderate intensity exercise, at the minimum raising the heart rate and making participants feel a little out of breath.

Please note that we cannot consider applications from Martial Arts groups that use weapons (including Mixed Martial Arts/MMA) and axe throwing.

### **23. Can our sessions include young people who are not from underserved communities?**

Go! London Foundation Round 5 funding aims to specifically support underserved young Londoners. If other young people attend sessions, then Go! London funding should not be used for these places.

### **24. Can fees be charged for access to sessions?**

As Go! London aims to support young Londoners from low-income families, the preference of the partnership is for the services to be free at point of access. However, if you wish to charge a nominal fee to encourage attendance then please outline your rationale for this.

### **25. Will consortia, partnership or collaborative bids be considered?**

Yes, although there needs to be a lead applicant.

### **26. Can large organisations be included in Foundation grant partnerships?**

Yes, although if they have an income of over £500k, they should not receive grant funding unless it is being used to pay for a specialist service, such as mental health support. We will consider this on a case-by-case basis.

**27. Is it possible to receive funding if you don't directly deliver provision to children and young people?**

No, you are not eligible for funding if you don't directly deliver provision to children and young people.

**28. If I am successful, when is the earliest date I can start my project?**

The earliest anticipated start date for projects, once grants are in place, is the end of August 2026.

**29. If I am offered a Go! London grant, am I in receipt of funding from the National Lottery?**

Yes. Sport England is funded by the National Lottery, so if you are offered a Go! London grant, you would be indirectly funded by the National Lottery.

**30. What are the due diligence verification requirements at the application or award stage?**

If your application is successful, you will be sent a provisional offer letter and a due diligence form, which you will need to complete by a set date. This will require you to provide the following documents, which will be checked before the grant is awarded.

<b>Governance</b>	A copy of your latest: <ul style="list-style-type: none"> <li>- Annual accounts</li> <li>- Governing document</li> </ul>
	Information on Directors/Trustees. Do you have at least three Directors in place, with no one person having more

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	<p>than 33% of voting rights? We will check whether any of the Trustees or Directors are on the disqualified or removed registers. If you have two Directors/Trustees, you will need to recruit a third unrelated member within six months of receiving a grant.</p> <p>A copy of the bank account statement dated within the last 3 months</p>
<b>Insurance</b>	<p>Appropriate public liability insurance policy for the planned activities</p> <p>Appropriate employers' liability insurance policy if required.</p>
<b>Policies</b>	<p>A copy of your latest child protection and/or adults-at-risk policies and confirmation that the appropriate DBS checks have been carried out.</p> <p>Information on your financial controls and how you will monitor spend on your Go! London grant</p> <p>If you are applying for more than £20k, a copy of your whistleblowing and anti-fraud policy documents. NB these documents are not mandatory and if you do not have them, you will receive support through the capacity offer to develop them.</p> <p>A copy of your data protection policy document or commitment to develop a policy document within the first 6 months of your grant with support from the capacity building organisations.</p> <p>A copy of your equal opportunities policy or commitment to develop a policy document within the first 6 months of your grant with support from the capacity building organisations.</p>