REPORTING GUIDANCE

FOUNDATION FUND:

FOCUSED ROUND

2026

GO! LONDON

CHANGING THE LIVES OF YOUNG PEOPLE

FUNDED BY

MAYOR OF LONDON

LONDON MARATHON FOUNDATION INSPIRING ACTIVITY

THE NATIONAL LOTTERY

SPORT ENGLAND

IN PARTNERSHIP WITH

LONDON SPORT

LONDON MARATHON EVENTS INSPIRING ACTIVITY



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INTRODUCTION

The Go! London Foundation Fund: Focused Round aims to increase levels of participation in sport and physical activity for young people who are experiencing or at risk of homelessness, affected by domestic violence and abuse, leaving prison or with experience of the criminal justice system, LGBTQ+, or care-experienced. The fund also aims to use sport and physical activity to support a range of social outcomes such as mental wellbeing, improved safety, employability, and community and social connection. This will in turn help to broaden opportunities for underserved children and young people by removing barriers to sport and physical activity, to help create a fairer London.

To enable the funders and grantees (you) to evaluate and understand what works and which activities generate the best outcomes for children and young people, you will be expected to capture outputs and outcomes for your activity. We expect you to capture and report on this information on an ongoing basis via Upshot and will analyse this data on a quarterly basis.

This reporting guidance takes you through the different levels of support you may offer and outlines what we expect in terms of data collection to demonstrate your chosen outcomes. The questions you respond to will be tailored to the outcomes you choose to measure, and there will be space for you to report any other general reflections and learnings, including feedback and observations from project staff, families and carers.

All projects will be expected to deliver sport and physical activity sessions as part of their core activity. We expect you to report progress on:

- **Number and type of sessions delivered,** including number of new sessions delivered as a result of the funding.
- **Number of staff and volunteers** supporting project delivery, including number of new staff and volunteers onboarded as a result of the funding.
- **Number of young people engaged** in these activities, including the number who are new to the project (minimum 30% increase in young people newly engaged).
- **How often these young people engage in your sport and physical activity sessions.**

In addition to this information, we would expect you to record the number of wraparound support sessions delivered, how all your participants are progressing towards and achieving outcomes through **pre and post project surveys,** and by providing a **case study** (annually) demonstrating how your project has supported a young person to achieve a social outcome. The outcomes you will measure, and the survey questions you will need to determine this, are covered in the remainder of the guidance notes.

TARGETED

A minimum of 6 physical activity and sport sessions and 6 wraparound support sessions over a three month period.

Targeted support refers to a structured programme for young people facing identifiable barriers to participation.

It is relevant for organisations that combine sport and physical activity with wraparound support designed to help young people overcome barriers and achieve specific outcomes. Delivery should include accessible and engaging physical activity sessions that encourages regular attendance.

We would expect young people receiving targeted support to engage consistently over a sustained period, for example by attending sessions once a week over a period of three to six months.

All grantees offering targeted support will be expected **to measure improvements in physical activity.** In addition, projects should measure progress in **one other outcome area** relevant to their approach. Data will be collected through surveys at the start and end of participation, and at interim points where appropriate.

SPECIALISED

A minimum of 8 physical activity and sport sessions and 8 wraparound support sessions over a six month period

Specialised support is designed for young people with more complex needs who require intensive or tailored support alongside sport and physical activity.

It is relevant for organisations that can provide sport and physical activity alongside specialist interventions and tailored wraparound support that address the specific needs of young people.

Specialised support is typically delivered over a longer period, often lasting six to twelve months, and may involve a higher level of engagement and individualised support. For example, young people may attend activities once or twice a week over a period of at least six months. Organisations may provide specialised support to a smaller group of participants alongside wider targeted provision, recognising that different young people may require different levels of support.

All grantees offering specialized support will be expected **to measure improvements to physical activity.** In addition, projects should measure progress in **one other outcome area** relevant to their approach. Data will be collected through surveys at the start and end of participation, and at interim points where appropriate. We encourage grantees to share **individual case studies** every six months, and where relevant **report on secondary data** such as number of work experience/training opportunities accessed, or referrals made to other services.

OUTCOMES FRAMEWORK

TARGETED *(minimum of 6 physical activity sessions and 6 wrap around support sessions over a 3-month period)*

OUTCOME AREA	ACTIVITIES	OUTPUTS	OUTCOMES
PHYSICAL WELLBEING	Delivery of structured sport and physical activity sessions	• Number of sessions delivered • Number of additional physical activity sessions delivered by the project as a direct result of Go! London funding • Total hours of provision delivered • Total number of CYP attending sessions • Number of CYP new to the project	Increase in regular physical activity levels among participants, measured using Sport England Active Lives survey questions. Number of CYP reporting positive attitudes towards physical activity, measured using Sport England Active Lives survey questions.
MENTAL WELLBEING	Group or individual mental wellbeing support (eg mentoring, peer support).	• Number of CYP attending mentoring/1-2-1 sessions focused on mental wellbeing • Number of group sessions delivered • Number of CYP attending group sessions	Improved mental wellbeing among participants, measured using the Warwick-Edinburgh mental wellbeing (7-item) scale (for CYP aged 11+) or the Office of National Statistics (ONS) happiness scale (for CYP aged under 11).
EMPLOYABILITY SKILLS	Group sessions preparing CYP for employment (eg CV writing, presentation skills, career awareness workshops)	• Number of group training sessions (and total hours delivered) focused on employment and/or additional training • Number of CYP attending training sessions	Improved confidence in job seeking skills, measured using the Future Skills Questionnaire.
SAFETY	Safety-focused workshops or sessions	• Number of safety workshops/sessions delivered (and total hours delivered) • Number of CYP attending safety workshops/ sessions	Improved feelings of safety in their community. Improved knowledge of personal and community safety strategies.
COMMUNITY & SOCIAL CONNECTION	Opportunities for CYP to engage with other events/organisations in the local community (eg signposting to other organisations)	• Number of CYP actively engaged in the co-design and delivery of community projects • Number of new collaborative activities with other local groups • Number of CYP attending community events	Improved sense of belonging, measured using the Community Life survey.

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OUTCOME AREA	ACTIVITIES	OUTPUTS	OUTCOMES
PHYSICAL WELLBEING	Delivery of structured sport and physical activity sessions	• Number of sessions delivered • Number of additional physical activity sessions delivered by the project as a direct result of Go! London funding • Total hours of provision delivered • Total number of CYP attending sessions • Number of CYP new to the project	Increase in regular physical activity levels among participants, measured using Sport England Active Lives survey questions. Number of CYP reporting positive attitudes towards physical activity, measured using Sport England Active Lives survey questions.
MENTAL WELLBEING	Expert/professional mental health interventions (eg therapy, counselling, psychoeducation, crisis intervention)	• Number of CYP attending mentoring/1-2-1 sessions with a professional mental health expert • Number of group sessions delivered • Number of CYP attending group sessions	Improved mental wellbeing among participants, measured using the Warwick-Edinburgh mental wellbeing (7-item) scale (for CYP aged 11+) or the ONS happiness scale (for CYP aged under 11).
MENTAL WELLBEING	Strengthening existing or developing new partnerships with local health organisations to increase referral pathways	• Number of partnerships established for referral and/or to secure additional support. • Number of CYP referred to additional support	Increase in young people accessing appropriate mental health support linked to new/expanded partnerships with external organisations, measured using referral logs.
EMPLOYABILITY SKILLS	Delivery of employability training (eg interview preparation, career coaching, mentoring)	• Number of employability focused mentoring sessions /1-2-1 (and total hours delivered) • Number of CYP attending the mentoring/ coaching sessions • Number of training sessions delivered (CV writing presentations skills etc) • Number of CYP attending training sessions	Improved confidence in job seeking skills, measured using the Future Skills Questionnaire.
EMPLOYABILITY SKILLS	Working in partnership with local employers to provide participants with employment opportunities (eg internships, training or work placements)	• Number of partnerships created with local employers • Number of CYP taking part in internships, training or work placements	Increase in participants completing accredited training, work experience or volunteering placements, measured using participation logs. Supplemented by an in-depth case study of a CYP who has gained a qualification or work experience.
SAFETY	Structured activities working with at-risk CYP (eg teaching social, emotional and cognitive skills or using therapeutic techniques to regulate behaviour and develop coping strategies)	• Number of safety-focused sessions delivered • Number of CYP attending group sessions • Number of CYP referred for additional support	Improved feelings of safety in their community. Improved knowledge of personal and community safety strategies.

ADDITIONAL REQUIREMENTS

ORGANISATIONAL DEVELOPMENT

To measure the impact of the funding on your organisations, we will conduct an annual online survey asking questions to assess any impact the grant may have had on your organisation's **financial sustainability, capacity to engage young people and deliver activities, widening your collaboration networks and ability to leverage funding from other sources.**

FINANCIAL REPORTING

We will ask you to provide an up-to-date budget spreadsheet showing your last six months of spend and forecast spend for the rest of the grant. If you have had any unforeseen costs, please add them into the relevant cost category and provide a brief explanation in the notes section. Please note that for any considerable unforeseen costs, you need to let us know prior to spend for us to approve them. If we do not approve the costs, you will not be able to use the grant to cover these costs. For any roles funded through Go! London, please specify their hourly rate in the notes section, so we can ensure all roles being funded through this grant are receiving at least the London Living Wage.

We will also ask you to highlight any significant overspend or underspend or changes to your organisation's finances. We may follow up with you if there is anything further to clarify on the information you have submitted. We will also randomly select grants to go through their financial records and request invoices, receipts and pay slips to evidence spend – so please ensure you keep accurate financial records, and all invoices and receipts to evidence your spending.

CHILD PROTECTION AND SAFEGUARDING

We will ask a series of yes/no questions to identify if there have been any child safeguarding incidents or allegations relating to the project, any negative publicity, or any allegations that your funding has been misused. We ask that you provide further information if this does apply to your project, without identifying any individual members of staff or children and young people.

HOW WE WILL USE THE DATA YOU PROVIDE

You will submit data via Upshot which is fully GDPR compliant. Data will be shared with the Go! London Monitoring, Evaluation and Leaning provider, who will analyse the responses provided across all grantees and look for trends in certain types of organisations, funding pillars, or outcome areas. They will submit reports on progress and key trends to the funding partners at regular intervals.

The data you provide will be stored and transferred in a fully GDPR-compliant way, with access restricted to the project team. We will only ask for data we need to know for the purpose of our monitoring, evaluation and learning activity. We will ask for sensitive category data (eg relating to ethnicity, gender, age, disability) relating to the children and young people taking part in your activities so we can track engagement within underserved young groups, but we will do this in a way that ensures specific individuals are not identifiable. The Monitoring, Evaluation and Learning provider will report on overall trends within the data and specific organisations or individuals will remain anonymous.

DATA COLLECTION AND REPORTING

We will provide you with access to Upshot to enable you to provide this data. You can import attendance logs, participant details and survey responses via the software. These will be tailored to the outcomes your project is measuring, with the full list of survey questions outlined below.

OUTCOME AREA	SURVEY MEASURE	SURVEY QUESTIONS	SCORING
Physical wellbeing	**Sport England Active Lives survey** (Attitudes towards sport and physical activity): Active Lives | Sport England	**Responses measured on a 5-point Likert scale** *(ranging from 'Strongly disagree' to 'Strongly agree')*: 1. I enjoy taking part in physical activity or sport 2. I feel confident when I do physical activity or sport 3. I find it easy to take part in physical activity or sport 4. I understand why doing physical activity or sport is good for me 5. I know how to get involved in physical activity or sport	A child is considered to have a positive attitude in a category if they respond with 'Agree' or 'Strongly Agree.' The total number of positive attitudes (out of 5) is used to categorise physical literacy: **0–1 positive attitudes:** Low physical literacy **2–3 positive attitudes:** Moderate physical literacy **4–5 positive attitudes:** High physical literacy
Physical wellbeing	**Sport England Active Lives survey** (Levels of activity): Active Lives | Sport England	1. **In the past 7 days, have you done a continuous walk lasting at least 10 minutes/a cycle ride/sport, fitness activity or dance, none of these?** *(Yes/No)* a. (If yes) In the past 7 days, on how many days did you do [activity]? (0-7) b. (If yes) How much time did you usually spend [doing activity] on each day that you did the activity? (Estimated hours and minutes) c. (If yes) Was the effort you put into [activity] enough to raise your breathing rate? (Yes/No)	Use Sport England's scoring tool to analyse participants' survey results: short-active-lives-scoring-tool.xlsx To count as having improved their levels of physical activity, participants should move from being inactive to fairly active or active, or from being fairly active to active.
Mental wellbeing	**Warwick-Edinburgh mental wellbeing** (7-item) scale (for CYP aged 11 or over): The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)	**Responses measured on a 5-point Likert scale** *(ranging from 'None of the time' to 'All of the time')*: 1. I've been feeling optimistic about the future 2. I've been feeling useful 3. I've been feeling relaxed 4. I've been dealing with problems well 5. I've been thinking clearly 6. I've been feeling close to other people 7. I've been able to make up my own mind about things	**Each item is scored on a 5-point scale:** **1 = None of the time** **2 = Rarely** **3 = Some of the time** **4 = Often** **5 = All of the time**
Mental wellbeing	**ONS happiness question** (for CYP aged 11 or under): Surveys using our four personal well-being questions - Office for National Statistics	**Responses measured on a 4-point Likert scale** *(ranging from 'Not at all' to 'Very')*: 1. Overall, how happy did you feel yesterday? 2. Overall, how satisfied are you with your life nowadays? 3. Overall, to what extent do you feel that the things you do in your life are worthwhile?	**The responses are scored on a scale from 0 to 3:** **0 = Not at all** (happy/satisfied/worthwhile) **1 = Slightly** (happy/satisfied/worthwhile) **2 = Quite** (happy/satisfied/worthwhile) **3 = Very** (happy/satisfied/worthwhile) The responses are scored on a scale from 0 to 3, with higher scores indicating greater happiness. To count as having improved their wellbeing, participants should show a minimum 2-point increase in the total score.

OUTCOME AREA	SURVEY MEASURE	SURVEY QUESTIONS	SCORING
Employability skills	**Future Skills questionnaire:** Future Skills Questionnaire | CEC Resource Directory	**Responses measured on a 5-point Likert scale** *(ranging from 'Strongly disagree' to 'Strongly agree')*: 1. I have ideas about my future career 2. I am clear about what I need to do to achieve my ambitions 3. I can assess my strengths and weaknesses 4. I can work well with different sorts of people 5. I can seek help and support with my future education and career when I need it 6. I can write a good CV 7. I will be successful at job interviews	Each item is scored on a 5-point scale: **1 = Strongly disagree** **2 = Disagree** **3 = Neither agree nor disagree** **4 = Agree** **5 = Strongly agree** The total score is the sum of the scores for each item. To count as having improved their wellbeing, participants should show a minimum 3-point increase in the total score.
Safety	**Go! London-specific survey measures** (developed by Ecorys)	**Responses measured on a 5-point Likert scale** *(ranging from 'Strongly disagree' to 'Strongly agree')*: 1. I feel respected by the people around me 2. There is someone that I can trust in my life 3. I feel safe in my community 4. I know how to keep myself safe 5. I can identify harmful behaviours 6. I have someone in my life I can ask for help 7. I know how to ask for help if I need it	Each item is scored on a 5-point scale: **1 = Strongly disagree** **2 = Disagree** **3 = Neither agree nor disagree** **4 = Agree** **5 = Strongly agree** The total score is the sum of the scores for each item. To count as having improved their wellbeing, participants should show a minimum 3-point increase in the total score. To count as having improved their feelings of community and social connection, participants should show improvements in at least 4 out of the 7 questions/sub-questions.
Community & social connection	**Community Life survey** ('Your Community' and 'Pride in Place and Life Chances'): Community_Life_Survey_2023-24_-_Q2_Online_Questionnaire.pdf	**1. How much do you agree or disagree with the following statements?** *(Definitely agree, tend to agree, tend to disagree, definitely disagree, don't know)* a. I am proud to live in my local area b. My local area is a place where people from different backgrounds get on well together c. I feel like I belong to my local area d. I would recommend my local area to others as a good place to live **2.** Over the last 12 months, how often have you taken part in...? *(At least once a week, less often than once a week but at least once a month, less often than once a month but at least 3 or 4 times a year, twice in the last 12 months, once in the last 12 months, not in the last 12 months)* f. Activities, groups and events in your local area g. Sport teams, clubs or exercise at sports facilities in your local area **3.** How often do you feel lonely? *(Often/always, some of the time, occasionally, hardly ever, never, prefer not to say)*	To count as having improved their feelings of community and social connection, participants should show improvements in at least 4 out of the 7 questions/sub-questions.

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