GO! LONDON
CHANGING THE LIVES OF YOUNG PEOPLE

Go! London X MMC Fund

Frequently Asked Questions (FAQs) and Glossary

The following document should be read as an addition to the Go! London Funding 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

Wraparound Support:

Wraparound support is the wider support provided alongside sport and physical activity to help young people overcome barriers and achieve positive outcomes. Examples include:

- Mentoring
- Employability support
- Careers advice
- Mental health and wellbeing support
- Volunteering opportunities
- Training and qualifications
- Pathways into further education, apprenticeships or employment.

Specialist Organisations:

Organisations whose primary purpose is supporting a specific community or group of children and young people through tailored services that respond to their particular needs and experiences. This may include counselling, casework, advocacy, safeguarding, mentoring, practical support, or other trauma-informed approaches that help children and young people navigate challenges, build resilience and improve their wellbeing.

'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

If you serve more than one of these communities, then the percentage of your Board or staff team 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.

Frequently Asked Application Questions

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

   Yes. Projects can combine Targeted and Specialised support where appropriate.

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. **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.

4. **What qualifies as 'specialist support'?**

   Support tailored to the specific needs of the young people you work with and delivered by organisations with relevant expertise. This may include counselling, trauma-informed approaches, intensive one-to-one mentoring, employability support, or other interventions designed to help young people overcome barriers and achieve positive outcomes. Applicants should clearly explain the support they will provide and how it meets the needs of their target group.

5. **What costs can we apply for?**

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.
- **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.
- **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.
- **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.

6. **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).
- 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.

7. **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.

8. **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.

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

   If you currently hold a Go! London grant, you can only apply if your grant has ended and your final report has been submitted before 1 February 2027. Organisations with active Go! London funding from 1 February 2027 onwards are not eligible for this round.

10. **Can I submit an application if I applied in a previous funding round and was not successful?**

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

11. **Will the application process be written only?**

    The EOI and application form are written submissions (see below if you have accessibility requirements), which include questions in an online EOI and application form. Your application form will be scored according to the scoring framework in the Fund guidance document.

    If you have accessibility requirements and find a written form challenging, please contact us at 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.

12. **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.

13. **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.

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

    No. There is no minimum or maximum organisational income requirement for this funding round.

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

    Applicants must meet all eligibility criteria for this funding round, including demonstrating at least two years' experience of supporting young migrants, refugees and asylum seekers.

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

    No, the minimum delivery period is 18 months. However, we would typically expect requests for the maximum grant amount (£80,000) to support delivery over a period of 24 months.

17. **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 group. 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.

18. **Can our sessions include young people who are not from the identified target group?**

The Go! London X MMC Fund is designed to support young migrants, refugees and asylum seekers aged 15 to 24 in London.

We expect this group to make up at least 70% of your project participants.

19. **Can fees be charged for access to sessions?**

As Go! London aims to support underserved young Londoners, 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.

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

Yes, although there needs to be a lead applicant.

21. **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 February 2027.

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

The grant itself is funded by MMC. However, the cost of administering the grant is part-funded by Sport England who are funded by the National Lottery.

23. **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.

Governance	A copy of your latest: - Annual accounts - Governing document
	Information on Directors/Trustees. Do you have at least three Directors in place, with no one person having more than 33% of voting rights? We will check whether any of the Trustees or Directors are on the disqualified or removed registers.
	A copy of the bank account statement dated within the last 3 months
Insurance	Appropriate public liability insurance policy for the planned activities
	Appropriate employers' liability insurance policy if required.

Policies	A copy of your latest child protection and/or adults-at-risk policies and confirmation that the appropriate DBS checks have been carried out.
	Information on your financial controls and how you will monitor spend on your Go! London grant
	If you are applying for more than £20k, a copy of your whistleblowing and anti-fraud policy documents. N B these documents are not mandatory and if you do not have them, you will receive support through the capacity offer to develop them.
	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.
	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.