

NEWS RELEASE



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Sport Relief Grants available for Essex Charities

Voluntary and Community groups working in Essex, Southend and Thurrock are urged to contact Essex Community Foundation to apply for grants from the Sport Relief programme. Grants of up to £5,000 are available and applications should be submitted by 9 August 2006.

Sport Relief was set up by Comic Relief and BBC Sport to fund projects that use sport to tackle the exclusion and isolation experienced by some of the poorest and most disadvantaged communities. It recognises that the power and passion of sport is a valuable tool in tackling poverty and disadvantage, both in the UK and in some of the world's poorest countries. In the UK, Sport Relief will fund work that uses sport and exercise to strengthen communities and provide opportunities for people who are excluded or disadvantaged. This may be through low income, rural or social isolation, age, disability, race, sexuality or gender.

Successful applicants must show that they meet the criteria set by Sport Relief. Projects must increase access to sport and exercise for people who face social exclusion or isolation; help people experiencing difficulties in their lives to regain their confidence and; encourage people to take part in sporting activities that bring communities together.

Essex Community Foundation is managing the funding programme that has been allocated for Essex, Southend and Thurrock and is now inviting applications for the final round for 2006.

Examples of grants recently awarded include: PARC Mid Essex, £1,269 towards the cost of running a football club for young people with a disability; Colchester Phoenix Amateur Swimming Club, £5,000 to help provide more qualified Swimming Teachers and Coaches to assist expansion of disability swimming for members; Belhus Cricket Club, £1,252 to provide sportswear to help develop membership of their Youth section; Essex Association of Boys' Clubs, £4,743 towards the cost of running a mobile health and fitness programme for young people from disadvantaged areas to introduce them to sporting activity and encourage a healthy lifestyle.

For further information on the Sport Relief programme in Essex and how to apply please contact Essex Community Foundation on 01245 356018 or visit their website www.essexcommunityfoundation.org.uk. Information can also be found at www.sportrelief.com.

[Ends] (119/170706)

For further information contact Jo Murphy/Andrew Clarke
Essex Community Foundation

E. general@essexcf.org.co.uk
www.essexcommunityfoundation.org.uk

Patron: The Lord Lieutenant of Essex

Chief Executive: Laura Warren



Tel: 01245 356018 Fax: 01245 346 391
E-mail: grants@essexcf.org.uk



121 New London Road
Chelmsford
Essex
CM2 0QT
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F. 01245 346391

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Notes to Editors:

Essex Community Foundation was set up in 1996 and has established a grants programme which has seen around 3000 Essex based charities and community groups receive over £7 million in grants. Funds are distributed on behalf of a wide range of donors who want their charitable giving to be accessible to local charities.

www.essexcommunityfoundation.org.uk

Sport Relief:

- Sport Relief was set up by Comic Relief and BBC Sport to use the power and passion of sport to tackle poverty and disadvantage, both in UK and in some of the world's poorest countries.
- Summer 2004 saw an estimated 81,000 people turning out at 150 events all over the UK to take part in what was undoubtedly the biggest Mile event ever – The Fitness First Sport Relief Mile.
- In UK, Sport Relief '02 cash is levelling the playing field – helping tackle poverty and bringing young people that have been divided by conflict and tension together through sport.
- Overseas, Sport Relief '02 is helping children like 10-year-old Elisabeth, who lives in Peru. Elisabeth used to get up at 5am every day to work in the quarry making bricks. Thanks to the money that everyone has helped raise, Elisabeth can now go to school and be a child again.
- Visit www.sportrelief.com for more information
- Sport Relief is an initiative of Comic Relief, registered charity 326568.



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