



ENGLAND
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Inactive Adults & Funding



Wellbeing & Health Programme
Fun, social and engaging

Introduction

England Hockey have two new opportunities to help give underserved groups the opportunity to play hockey.

1. Inactive Adults Project

This project targets community groups/Councils and provides them with the tools to deliver Walking Hockey to its inactive participants from January 2023

2. Club & Community Funding

Funding to help hockey clubs or community groups to deliver hockey to new people starting from January 2023



Inactive Adults Project



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England Hockey are looking to assist groups in Leicestershire to help deliver suitable activity to Inactive Adults.

We believe that our Wellbeing and Health program can offer participants in this target group with an enjoyable, relevant and fun experience to help them on the road to becoming more active.



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Wellness and Health sessions are based around Walking Hockey but the focus is on helping people to become more active and improving quality of life.

The premise of the Wellbeing and Health program is a simple one: players can only walk, players do what they can manage, and the sessions are about enjoyment as opposed to competition.



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England Hockey want to work with groups (e.g. community groups, Councils, Sport and Health Alliances etc.) that are looking to help adults to become active.

We believe that any group can offer this activity program to inactive adults in their localities following the training.

This can be a new group or one that is already be working with adults who are classed as inactive.



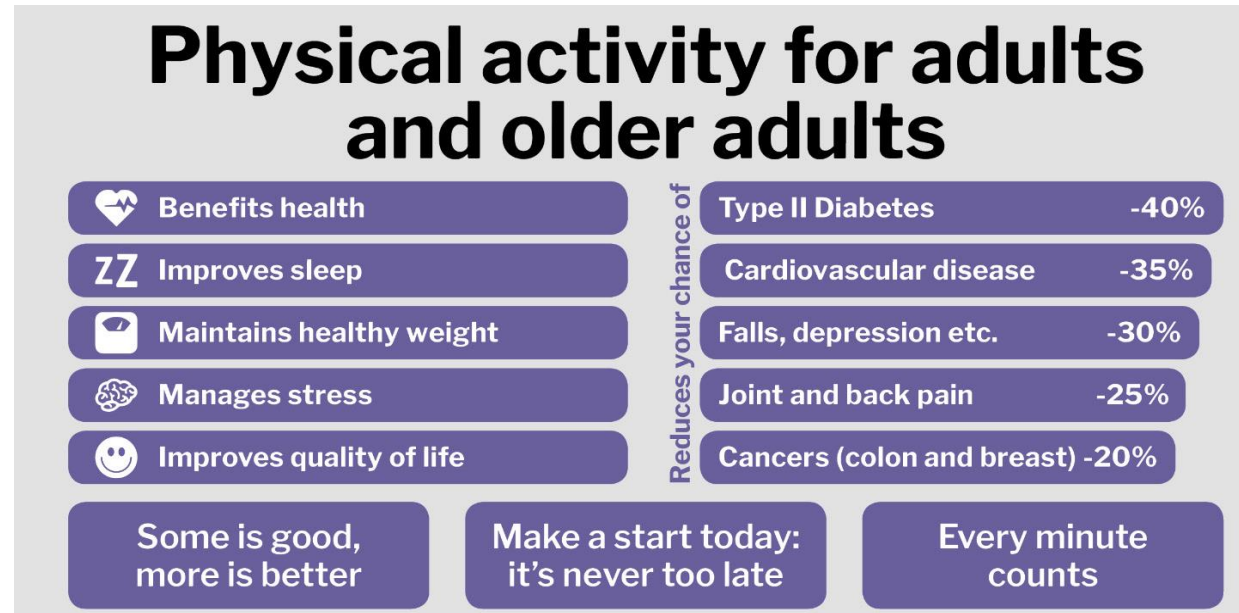
Benefits of the Wellbeing & Health Program

- Participants generally walk approx. 3000 steps in a session
- Social benefits of playing a team sport
- Making new friends
- Enjoyment and having fun
- Lots of Health benefits e.g. keeping active, developing new skills, boosting self-confidence and self-esteem, maintaining good mental health
- Easy on joints due to being low impact
- Helps to keep independence by increasing mobility



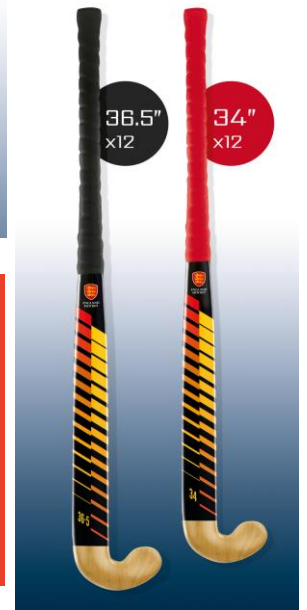
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According to the [UK Chief Medical Officer report](#) Regular physical activity provides a range of physical and mental health benefits. These include reducing the risk of disease, managing existing conditions, and developing and maintaining physical and mental function.



Groups would be provided with:-

- Equipment bag with 24 hockey sticks and 24 larger, lighter and safer balls
- Target Goal
- 12 weeks of sessions with options to extend
- Virtual training session explaining easy to deliver game content
- Links to local Hockey Clubs
- Comprehensive Delivery Guide
- Marketing materials via Marketing Portal



Groups would need to be able to :-



- Have a suitable person(s) to attend the training
- Find a venue that suits Walking Hockey e.g. artificial pitches, tennis courts, playgrounds and sports halls.
- Provide an opportunity for participants to have a chat and maybe a cuppa afterwards
- Provide specific data

England Hockey require quarterly data on the following:-

- Ethnicity
- Employment
- Participants locality/postcode
- Gender
- Age
- Health conditions
- Activity levels
- Participant numbers
- Participant experience questionnaire



What to do next

Projects would commence in 2023 following training (subject to sufficient interest)

If you are interested in finding out more details, please complete these questions prior to 9/12/22 . <https://forms.office.com/r/VtHtwnM21g>

Please pass this onto any groups that may also be interested in delivering sessions in your locality.

England Hockey will then contact everyone regarding the next steps.
Alternatively, you can email
participation@englandhockey.co.uk



Club & Community Funding



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Club & Community Funding

England Hockey are excited to announce new funding to help with delivery of hockey related projects starting from January 2023. (The project must be started by the end of April 2023)

The focus needs to be on offering hockey to groups of people that have never had exposure to the sport or the opportunity to be involved before.



Who Can Apply for Funding?

Applications are open to hockey clubs, community groups, Councils, Sport & Health Alliances etc. who may have established links with the targeted underserved groups that are not currently playing hockey already.

The project must take place in one of the following counties - Nottinghamshire, Derbyshire, Leicestershire and Rutland, Northamptonshire, Staffordshire, Shropshire, The Black Country, Birmingham, Warwickshire and Worcestershire.



Who Should the Delivery Reach?

- Adults and children from ethnically and culturally diverse backgrounds
- Adults and children with disabilities or long-term health conditions
- Adults with decreased mobility
- Inactive adults
- Children and families from low socio-economic backgrounds
- Children attending state schools (primary or secondary) in areas of deprivation (within an area that scores 6 or less)



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Next steps

If you are interested in applying for funding for a suitable hockey project, please complete the relevant application form. If you do not have a form contact participation@englandhockey.co.uk



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