



From: Charlie White charlie.white@energiseme.org  
Subject: Funded Physical Activity Opportunity for Young People
Date: 9 September 2020 at 15:53
To:
Cc: Emma Dovener emma.dovener@energiseme.org



Good Afternoon,

Would the young people in your parish like the **opportunity to be more active?**
Would they benefit from receiving **funding** to help with this?
Please read on...

My name is Charlie White and I work for **Energise Me** - the Active Partnership for Hampshire and the Isle of Wight.
We are a charity funded through organisations such as Public Health and Sport England.
We exist to beat inactivity.

Our work is focused around 3 core populations: women and girls, children and young people, and those with long-term health conditions.
One element of our work with children and young people is our '[Energise YOUth](#)' programme (formerly Satellite Clubs). This involves **funding new clubs** with the aim to provide **inactive, vulnerable 11-19-year-olds** an opportunity to be active, stay active and ultimately improve their physical and mental health.
These clubs should be youth-led, so will typically begin with a group of young people that fit the above description, evolving into a club based on their needs and preferences.

Do you know of any youth groups, clubs, organisations or individuals that may be interested in this opportunity?

Check out the [Energise Me website](#) to see what our organisation is all about.
More information about our **Energise YOUth funding can be found [here](#).**

Feel free to forward this email onto any youth groups or community groups that may benefit from this.

If you have any ideas, questions or would like some more information, please contact us via email or over the phone.

We understand that these are times of uncertainty and that currently, group settings may appear particularly daunting. If you would appreciate some support or a discussion around returning to physical activity we would be more than happy to have an informal chat.

All the best and I hope to hear from you,

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We are Energise Me
Changing lives through physical activity and sport

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