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## **£4785 to help older Londoners stay active in Lockdown**

Age UK London has been awarded £4785 of National Lottery funding from Sport England's Community Emergency Fund towards its Park Walks campaign during the on-going COVID-19 pandemic. The grant will allow Age UK London to maintain its Park Walks Campaign during the lockdown - through creating a range of online resources for older Londoners.

Park Walks is a partnership project, with Ramblers Walking for Health, London Sport, Diabetes UK, Escape Pain and British Lung Foundation, which supports inactive older Londoners to make and sustain lifestyle changes.

With the onset of Covid 19, we have had to review the way the campaign is delivered, the funding will enable us to create and promote a wide range of accessible online resources, which will:

- give inactive older Londoners the tools and confidence to stay fit and mobile in their own homes whilst they are self-isolating
- support the mental wellbeing of older Londoners with their focus on positivity and enjoying nature from the safety of your home

We will disseminate these resources widely to over 400 older people's organisations in the Capital as well as via our campaign partners' networks. This comparatively small amount of funding will therefore have a wide reach and significant impact on the health and wellbeing of older Londoners.

**Tony Burch, Age UK London's Trustee and retired GP, said:**

"What activities are keeping you going during lockdown? How have you managed to stay active? With our online Park Walks campaign, we want to make sure that we are helping older Londoners keeping active and positive for the upcoming weeks."

**Tim Hollingsworth, Sport England's Chief Executive, said:**

"As the body responsible for the growth of sport and physical activity participation, we want the vital grassroots organisations that make sport and physical activity happen in this country to not just to come through this crisis but to be in a position to thrive again in the future. "We

are proud to be able to provide vital funding to Age UK London to help it through these extremely challenging times.”

You can find Age UK’s extensive list of resources here:

<https://www.ageuk.org.uk/london/projects-campaigns/stay-active-during-this-lockdown/>.

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### **Notes to Editors**

For more details about the project please contact Kathleen Egan at [kegan@ageuklondon.org.uk](mailto:kegan@ageuklondon.org.uk)

### **About Age UK London**

Age UK London is the London-wide charity that campaigns for an Age-friendly London We work with over 400 older people's organisations in London to ensure that the voices of older Londoners are heard by decision makers across our city. We deliver campaigns and projects that improve the lives of older Londoners and their health and wellbeing. We work to tackle the deep-rooted problems faced by the most vulnerable older Londoners.

### **Photography**

High resolution photography of our facility/members in action are available upon request.

### **About the Sport England Community Emergency Fund**

Part of [Sport England’s overall £195m support package](#) to help the sport and physical activity sector through COVID-19, the £20m Community Emergency Fund aims to deliver immediate funding to those most in need. It's specifically targeted at organisations, including those not currently supported by us, who have a role in supporting the nation to be active but who are experiencing short term financial hardship or the ceasing of operations due to the ongoing crisis.

Awards will be between £300 and £10,000, and in exceptional circumstances we'll consider awards of more than £10,000. The types of organisations eligible include local sports clubs forced to close at short notice but who are facing ongoing costs around maintenance and utility bills, and voluntary and community sector organisations who deliver or enable sport and physical activity..

### **About National Lottery**

National Lottery players raise £30m every week for good causes, funding arts, heritage, sports, voluntary and charity projects around the UK. For more information on good causes in your area go to [www.lotterygoodcauses.org.uk](http://www.lotterygoodcauses.org.uk)

### **About Sport England**

Sport England is a public body and invests up to £300 million National Lottery and government money each year in projects and programmes that help people get active and play sport.

It wants everyone in England, regardless of age, background, or level of ability, to feel able to engage in sport and physical activity. That's why a lot of its work is specifically focused on helping people who do no, or very little, physical activity and groups who are typically less active - like women, disabled people and people on lower incomes.

[www.sportengland.org](http://www.sportengland.org)