

**Energise Me and Sport England are launching a new Investing in Communities project. The project will support groups across Hampshire and the Isle of Wight in the wake of COVID-19. It aims to reduce widening inequalities in physical activity and sport.**

**Physical activity boosts wellbeing. It also reduces our risk of developing major illnesses by up to 50%. Energise Me and Sport England want everyone to enjoy this benefit. But some communities are less likely to take part in regular physical activity. COVID-19 research shows that the pandemic has compounded this. It has led to challenges for voluntary groups too.**

Investing in Communities will tackle these inequalities head on. Energise Me will work across Hampshire and the Isle of Wight to identify groups who are most in need.

The project will support:

- **people from lower income families**
- **people from Black, Asian and minority ethnic communities**
- **people living with long-term health conditions**
- **people with disabilities**

We will invest in these communities in ways that will benefit them the most. This might be financial, but it could also be time, expertise or support to make connections. The important thing is that we act now to protect the health and wellbeing of our communities.

If you are helping people from these communities to be active - or you could be - please contact us. What do we mean by active? That is for them to decide. It may be walking, gardening, dancing, hula-hooping or doing yoga or workouts at home.

**If you are passionate about helping people to move more then we want to hear from you. Our contact details are:**

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