

Active Travel Projects



ACTIVE
EASTBOURNE & LEWES

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Across England, there is a growing recognition that active travel – walking, wheeling, cycling for everyday journeys – can play a significant role in improving physical activity levels, reducing health inequalities and supporting healthier communities.

The [Walking and Cycling Index Report 2025](#) found that walking, wheeling, and cycling prevent more than 28,000 serious long-term health conditions each year and save the NHS an estimated £346.7 million annually across participating areas. The report also highlighted that many people want to be more active in their daily journeys but face barriers that prevent them from doing so.

Research consistently shows that the most effective methods for increasing active travel include:

- Providing free / low-cost cycle confidence and learn to ride sessions.
- Delivering workplace and school active travel challenges.
- Creating opportunities that build confidence and social connections, particularly for women, older adults and inactive residents.
- Delivering activities within communities experiencing the highest levels of deprivation

Active Travel

Project Overview

Active Eastbourne and Lewes are inviting partners to apply for a grant of up to £1,000 to deliver projects that encourage residents to walk, cycle, wheel or scoot for everyday journeys – to get to work, to pick up shopping, to collect children from school.

The funding receive will support initiatives that remove barriers to active travel, creating opportunities for residents to incorporate physical activity into their daily lives. Where possible projects should focus on engaging inactive residents and people experiencing the greatest health inequalities.

Aims and objectives

The active travel fund aims to:

- Increase the number of people walking, cycling, and wheeling for everyday journeys
- Improve confidence and skills to use active travel safely
- Improve connections between communities and local amenities
- Encourage long-term behaviour change and sustainable travel habits

Scope and delivery

Funded projects should look to utilise partners:

- Community walking groups linked to local destinations
- Beginner cycle sessions
- Lear to ride programs for children and adults
- Workplace active travel challenges
- Walking maps and guided route programmes
- Projects that support people with disabilities and access to adapted cycle

Funding available

Facilities may run more than one taster group/sessions (if feasible), but only one funding pot per venue is available at this time. Up to £1000 is available to support:

- Instructor delivery time
- Any minor promotional support
- Small scale community engagement activities

Who should apply

We welcome interest from:

- Community originations and charities
- Cycling and walking organisations
- Employers and workplace wellbeing groups
- Organisations that support residents to become more physically active

*All instructors must be appropriately qualified and insured; sessions must be inclusive and welcoming.

Reporting Requirements

As a condition of funding, providers must submit a short feedback form that includes:

- Number of sessions delivered
- Total number of attendees
- Demographic details (age group, gender)
- Number of participants who took up a follow up offer (class pass, membership, return attendance)

Note: The information helps assess the impact of the initiative.

Expectations Active Eastbourne and Lewes

With the funding there does come some expectations from us.

- Sustainability. After the funding has come to an end, how will the project continue to run and be affordable to participants.
- Evaluation. Pre and Post project forms will need to be completed by participants in the project and evaluation form by you.
- Reporting. Once the project is completed, we would like you to present at one of the Active Eastbourne and Lewes partner meetings.

How to express interest

Please complete the following short [proposal form](#).



Next Steps

Expression Of Interests will be reviewed based on suitability of the space, potential reach, and ability to deliver in a safe and inclusive way. We may contact shortlisted applicants for a brief conversation before confirming support.