

Disability and long-term health conditions



ACTIVE
EASTBOURNE & LEWES

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Across Eastbourne and Lewes, the need for targeted intervention for people living with a disability and/or long-term health condition is increasing.

Over the next 10 years, the number of people living with a disability is expected to increase by 23% in Eastbourne and 26% in Lewes District. During the same time people living with a long-term health condition is reported to grow by 20% in Eastbourne and 28% across Lewes District. Despite the increasing number, participation levels for people living with a disability or long-term health condition, achieving 150+ minutes of physical activity a week remains significantly lower when compared to non-disabled adults. The current Active Lives Adult Survey (2024-25) reports 49.1% of people living with a disability or long-term health condition are active – a gap of around ~20% when compared to non-disabled adults and with no long-term health condition.

Barriers such as confidence, accessibility, cost and concerns managing health conditions continue to limit participation. Reinforcing the need for locally designed, inclusive and supportive opportunities that specifically respond to the challenges face – making it easier for participation.

Disability and long-term health conditions

Project Overview

Active Eastbourne and Lewes are inviting expression of interests from healthcare providers, community organisations, sports clubs, and physical activity providers to deliver a project focused on supporting people living with a disability or long-term health condition to become more active across Eastbourne and Lewes District.

The project aims to increase physical activity levels through a piloted referral pathway from GP practices, social prescribers, physiotherapists and community health professional into a structured, local sport or physical activity session.

This is a fully funded initiative designed to create a safe, supportive, and accessible opportunities for individuals. Activities will focus on gentle, progressive movements in welcoming environments.

Aims and Objectives

The project addresses significant inequalities in physical activity participation among people living with long term health conditions and disabilities. The Active Lives Survey (2024025) reports a gap of ~20% between non-disabled adults and adults who are living with a disability and long-term health condition.

Objectives:

- Design and deliver an inclusive physical activity programme linked to healthcare referral / signposting pathways (GPs, social prescribers, health coaches, physio etc)
- Provide a structured 8-12 week or longer programme that supports individuals to safely increase their physical activity levels / start exercising
- Offer accessible beginner friendly appropriate activities (chair based, water based or low impact)
- Support participants move more and continue being physically active post project.
- Collect insight and feedback which could help inform future health and physical activity provision

Scope and Delivery Expectations

Active Eastbourne and Lewes, welcomes a range of inclusive and supportive offers to help people living with a disability or long-term health condition being more physically active.

- Chair-based exercise such as gentle circuits, Yoga and mobility and strength sessions.
- Supported walking groups
- Water-based or low-impact fitness sessions
- Strength and balance or gym sessions aimed at people living with a health long term health condition or disability.
- Focus on small group delivery (10-15 participants) to allow personalised support

Referral / Signposting

The project delivery partner should be able to accept referrals / signposting from:

- GP practices (these can be localised to the project)
- Social prescribers / link workers
- Health professionals (physiotherapists, chiropractors etc)
- Work with refers to ensure participants are appropriately support and safe to engage in physical activity sessions

Delivery Partners should be able to:

- Deliver 8-12 weekly sessions (more if you can)
- Provide a safe and welcoming environment tailored to people with disabilities and/or long-term health conditions
- Demonstrate inclusive practice
- Support participants engagement, retention and progression
- Collect pre and post monitoring forms for the Active Eastbourne and Lewes partnership

Additional Considerations

Active Eastbourne and Lewes particularly welcome proposals that include:

- Strong links with local GP services (GP, Social prescribers, Primary Care Networks)
- Experience working with people with disabilities or long-term health conditions
- Clear pathways into continued physical activity beyond the funded programme for participants
- Innovative approaches to getting the project up and running (costs, transport, location)

Funding Available

Up to £1,000 is available per project to support.

- Coach/facilitator fees.
- Venue hire, and equipment.

Who Should Apply

We are looking for:

- Physical activity providers, instructors, or clubs.
- Community organisations or cultural groups with interest in delivering activity.
- Individuals with lived experience from ethnically diverse who can lead or co-lead sessions.

Expectations of Active Eastbourne and Lewes

With the funding there does come expectations from us.

- Sustainability. After the funding has ended, 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 an evaluation form by you.
- Reporting. Once the project has been 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.