

# Changing Lives Together Fund

## Grant Guidance

Version date: 6 February 2026

A PARTNERSHIP BETWEEN



## Table of Contents

[Intent](#)

[Overview](#)

[Contact and Questions](#)

[Identifying Opportunities for Positive Impact](#)

[Funding Awarded for Learn to Row and Follow-On Activity](#)

[Further Support to Develop Your Initiative](#)

[Decision-Making Process](#)

[Stage 1 - Expressions of Interest](#)

[Stage 1 Review](#)

[Stage 2 - Full Application](#)

[Stage 2 Review](#)

[Funding Awarded with a Conditional Offer](#)

[Love Rowing](#)

A huge thank you to those who donate to Love Rowing, as well as to Sport England and the National Lottery. Without their support, these grant opportunities wouldn't be possible.



## Intent

The Changing Lives Together Fund is a partnership between British Rowing and Love Rowing, focused on harnessing the power of rowing to change lives, open up participation, and address inequality in a practical and lasting way.

## Overview

We want everyone to have a great experience in rowing, one that feels welcoming from day one and supports people to stay involved. This fund supports initiatives designed to foster a love of rowing and the social connections that keep people involved over time.

This is aligned with Love Rowing's previous open grant, which specifically focused on:

- Young people from low socioeconomic backgrounds
- Disabled people
- Ethnically diverse communities

And is an evolution of British Rowing's previous Learn to Row grant fund, which focused on:

- Increasing the scale of Learn to Row programmes across the country
- Supporting paid coaching to grow capacity within clubs
- Being a catalyst to support longer term financial sustainability for clubs

We recognise that the journey into rowing is more complex than that. As you try to support change within our sport, you may need help with different things. Through this grant, we can unlock more rounded support from both Love Rowing and British Rowing.

Grants are expected to range from £500 to over £10,000, with most awards likely to fall between £2,000 and £4,000. We anticipate that more than 50 initiatives will benefit from the fund.

## Contact and Questions

**If you have any questions about the Changing Lives Together Fund, please email [grants@britishrowing.org](mailto:grants@britishrowing.org)**

In addition, we will host two online sessions, one at 19:30 on Wednesday 11 February and one at 12:30 on Thursday 12 February. These drop-in sessions provide an opportunity for questions and will be held via Google Meet, with joining links shared below. We welcome anyone considering an application to attend.

- [Wednesday 11 February 19:30](https://meet.google.com/cpo-azww-mnr) ([meet.google.com/cpo-azww-mnr](https://meet.google.com/cpo-azww-mnr))
- [Thursday 12 February 12:30](https://meet.google.com/vhn-bvon-ebj) ([meet.google.com/vhn-bvon-ebj](https://meet.google.com/vhn-bvon-ebj))

## Identifying Opportunities for Positive Impact

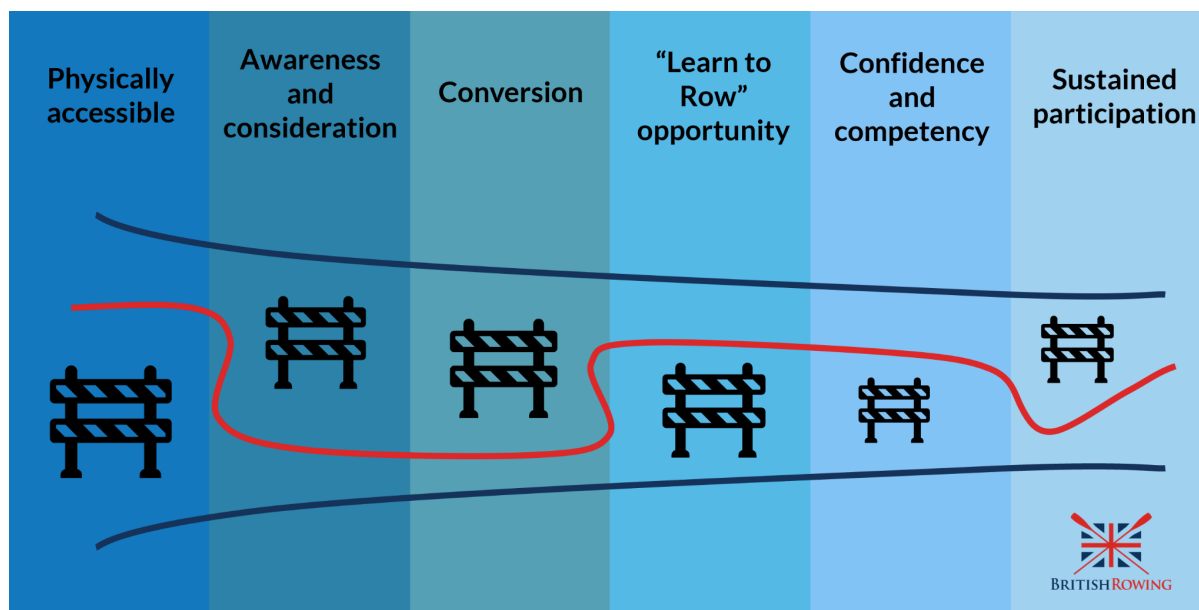


Image 1. British Rowing's Transitions Model

Over the past 2 years, British Rowing has conducted focused research on the experiences of those coming into rowing for the first time. The above visual depicts the transitions that individuals go through, highlighting common barriers individuals may need to overcome to continue their journey within rowing.

For example, learning to row (in whatever format it's delivered) is only one element of the journey into sustained participation. There will be barriers between 'physically accessible' and 'conversion' that prevent people from getting onto an ergo or into a boat, and there will be barriers within 'confidence and competency' that prevent them from continuing rowing. We need to work together to change this landscape.

The Changing Lives Together Fund is an open opportunity for clubs and organisations alike to think deeper about not only the activity they propose to deliver, but also about the impact both upstream and downstream on a participant's experience of rowing. British Rowing are looking for projects that are creating a sustainably successful pathway that considers the potential barriers throughout this model.

To support decision-making, we will be using an impact-readiness scale (see Image 2 below) to guide us, as well as consideration of the following:

- **Clarity**  
Is there a clear goal and realistic plan that can be delivered with the capacity available?
- **Reaching new people**  
Will it make it easier for more people to get started in rowing, especially those currently under-represented?

- **Positive first experiences**  
Will people feel welcomed, included, and keen to return from day one? Will it help people feel part of the club and the wider rowing community?
- **Working with others**  
Are partnerships being used to extend reach and strengthen impact?
- **Meeting multiple outcomes**  
Does this positively impact more than one priority outcome (for example, increased opportunities to participate as well as workforce development)?
- **Sustainable impact**  
Does it represent good value for money, a catalyst for longer-term change and not just one-off activity?
- **Learning and improvement**  
Will the activity help test new ideas and generate learning that can be shared and built on?
- **Good governance and accountability**  
Can you demonstrate, through appropriate due diligence, that funds will be well managed, used for their intended purpose, and overseen through clear financial and governance arrangements?

This grant funding is not aimed at capital projects and cannot be used retrospectively to fund activity already committed to.

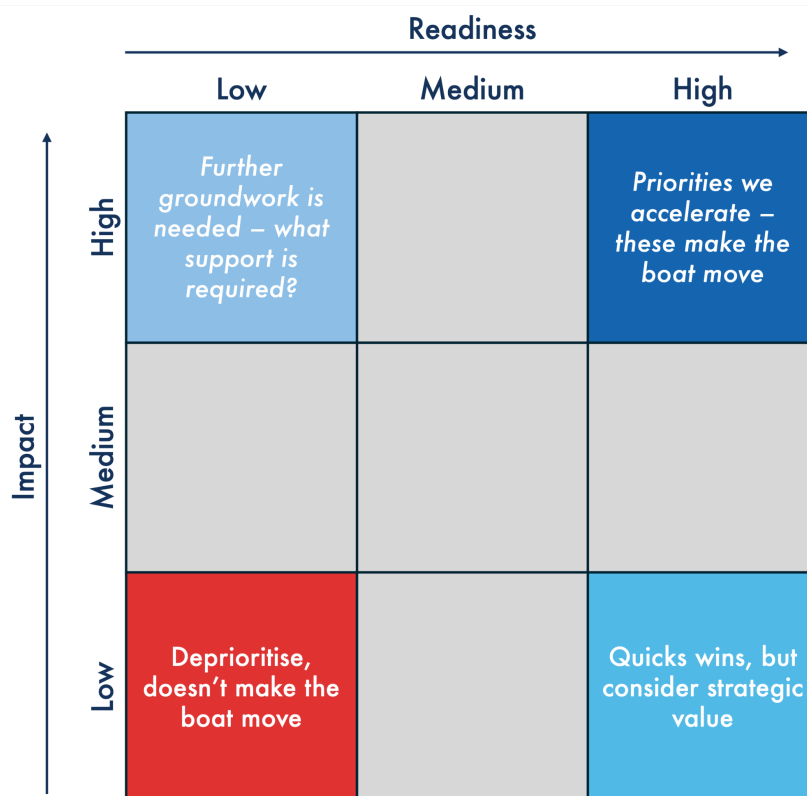


Image 2. The Impact-Readiness Scale that will be used to support decision making for this grant fund.

## **Funding Awarded for Learn to Row and Follow-On Activity**

Where clubs are seeking funding to support Learn to Row programmes and follow-on activity, courses must be advertised through the [Learn to Row Booking Portal](#) to maximise reach. Over a nine-month period, a minimum of 25 places must be advertised, increasing to at least 50 places for grants of more than £1,500.

## **Further Support to Develop Your Initiative**

As part of the support provided by both British Rowing and Love Rowing, our staff will work with you to maximise your project's impact in the following areas:

- Tackling the under-representation of our target audiences, those:
  - From lower socioeconomic backgrounds
  - From ethnically diverse communities
  - With a disability or impairment
  - Older adults with, or at risk from, long term health conditions
- Improve the perception of rowing being an inclusive sport
- Improve participants' physical health and wellbeing
- Improve participants' mental health and wellbeing
- Improve life skills such as teamwork, resilience, self-discipline and leadership
- Improve participants' self-confidence and independence
- Reduce social isolation and improve social cohesion

If you're looking for further ideas and guidance on using rowing to make a positive difference in your local community, contact [grants@britishrowing.org](mailto:grants@britishrowing.org) or read *Changing Lives Together Fund: Examples*, available at [BritishRowing.org/Changing-Lives-Together-Fund](https://BritishRowing.org/Changing-Lives-Together-Fund).

## Decision-Making Process

To support a transparent decision making process, we have tried to share as much context as possible about the process and the criteria grant applications will be measured against. For a visual outline of the process, see Image 3 below.

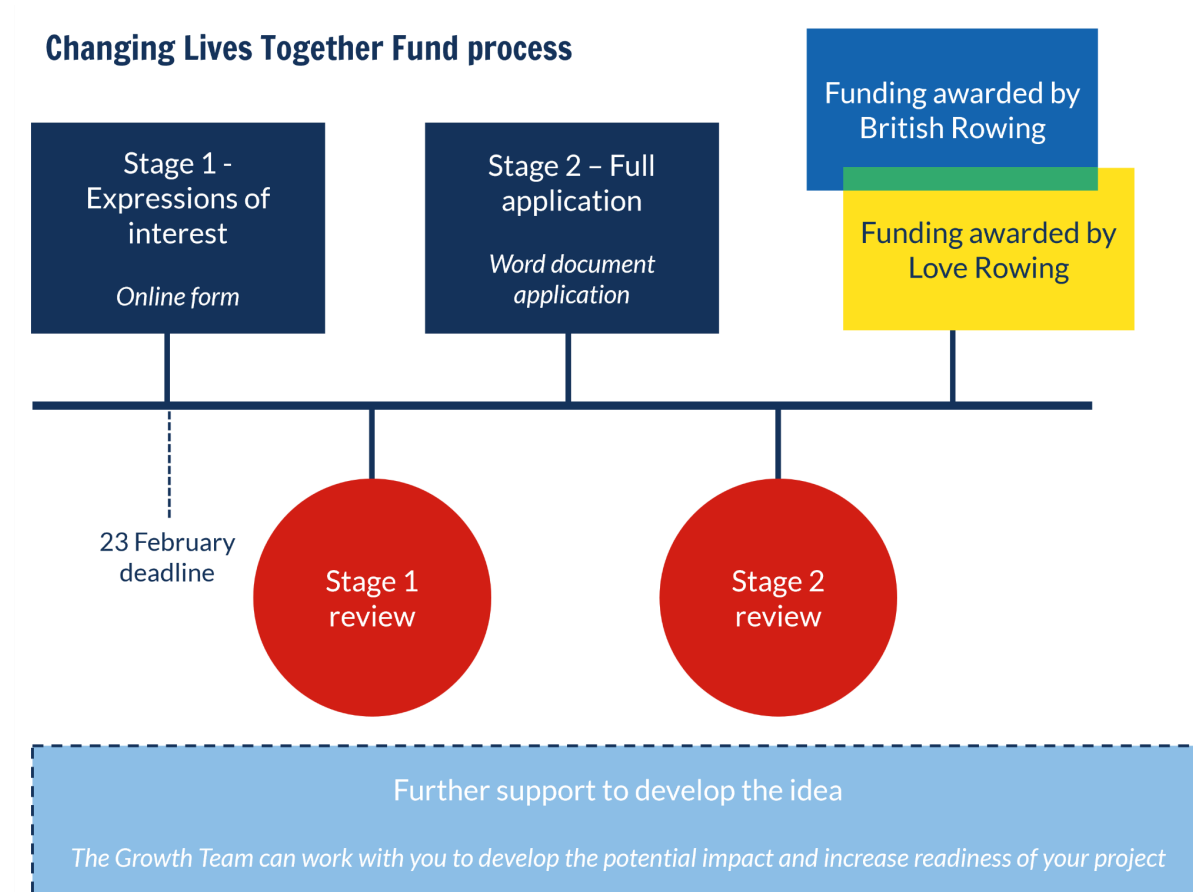


Image 3. An outline of the grant fund process

### Stage I - Expressions of Interest

Expressions of interest will be received via a short, [online form](#). This form was designed to be quick and easy to complete.

### Stage I Review

Projects will be measured against the readiness-impact scale outlined in the [Grant Overview section](#). Feedback will be provided, which could include:

- We believe you're ready to go - please fill out the full application form
- We believe there's more you can do with this project - let's talk online together about how we could develop this further
- We don't believe this application fulfils the purpose of this grant fund - here are some other grants you could apply for, including support from our Fundraising Manager

## Stage 2 - Full Application

Applications at Stage 2 will be received by completing the Word document form sent to you by the Growth Team. Once completed, this needs to be returned by email to [grants@britishrowing.org](mailto:grants@britishrowing.org). The Growth Team can also support you to complete this application form if required.

## Stage 2 Review

Similar to Stage 1, projects will be measured against the readiness-impact scale outlined in the [Grant Overview section](#). The Stage 2 Review will decide whether applications are more suited to British Rowing funding sources, or Love Rowing funding sources and grants will either be awarded directly by British Rowing or Love Rowing or a joint award.

Love Rowing is passionate about tackling inequalities within the following communities;

- Young people from low socioeconomic backgrounds
- Disabled people
- Ethnically diverse communities

Furthermore, Love Rowing has specific funding opportunities available within;

- Projects supporting mental health in Liverpool
- Adaptive rowing nationally
- Adaptive rowing in Oxfordshire

## Funding Awarded with a Conditional Offer

Any grant being approved through this process will be granted a conditional offer, subject to agreement and due diligence checks.

Grants awarded from Love Rowing funding are for eligible clubs/organisations within Great Britain and Northern Ireland. Grants awarded from British Rowing funding are only for eligible clubs and organisations in England due to the source of the funding available.

These checks will include the following, but are not limited to this as an exhaustive list:

- Safeguarding and working with under 18's - British Rowing's website outlines the [Requirements of a Responsible Coach](#), including those who are working with under 18's. If your organisation does not yet fulfil the requirements outlined in the website link above, British Rowing and Love Rowing can work with you to achieve this standard.
- Confirmation of the monitoring, evaluation and learning requirements proportionate to the total amount awarded.
- For clubs, a copy of your bank statement dated within the last three months. Please ensure the name of the account and date are clear in the uploaded document.
- Awareness of risks that could impact the successful running of this project and any mitigation measures.



## Love Rowing

LOVE  
DOING  
BEING  
JOINING  
LAUGHING  
GROWING  
DISCOVERING  
ENJOYING  
ROWING

To help support inclusive rowing projects in your region, you can

make [a direct donation to LoveRowing](#) through their website,

[register to volunteer your time,](#)

or contact the team directly at [info@loverowing.org](mailto:info@loverowing.org) to discuss your plans.