Active Kent & Medway Small Grant Film Audio Description Transcript

Inspirational music starts as we see a text title on-screen: Active Kent & Medway provides grants of up to £500 to local organisations to enhance sport and physical activity opportunities across the county.

[Shot of a woman pumping up rugby balls]

**Voice of Alice:** Walking rugby genuinely is the highlight of my week. It is so good.

[Shot of people laughing while doing walking rugby training]

**Voice of Dan Ambler:** We are Kent's largest independent football club. Every single team we have is a disability team.

[Shots of a disability football team warming up and training]

**Voice of Claire Grant:** This is the Thrive Through Menopause project, supporting women through their menopause transition.

[Shots of women in a hall doing various pilates exercises]

**Voice of Tom Martin-Jarvis:** So the session tonight is cardio tennis, where we integrate tennis and fitness.

[Shots of people doing drills and hitting tennis balls on a tennis court]

A text title says: The small grant supports the needs of Kent and Medway’s diverse communities.

[Various shots of women doing pilates with inflatable balls]

**Voice of Gemma:** I started the menopause quite young, so a lot of my friends didn’t really know what I was talking about.

And I saw this group and I thought, ‘I'm going and go see what it is that I am moaning about all day, every day and all night every night’.

**Voice of Tushane:** I've always loved football. I’m a football fanatic. Being in a disability team is perfect, really.

[Shots of Tushane training and taking a penalty]

**Voice of Spencer:** I'm the captain of the red team. We take anybody on. We wouldn’t leave anybody on the sidelines. We find them a team that's capable.

[Shots of various football drills during a training session]

**Voice of Joe:** It’s really good to have a mixture of people. That kind of motivates me to

come along as I know that there’s a complete different range of people. It's not all professional, for example.

[Shots of people chasing tennis balls and enjoying themselves]

**Voice of John Halliday:** You are walking because that's the rules. But after an hour, you actually suddenly think, ‘Actually, that's got the old ticker going’.

And for those of us like me that have a job where I sit down on my bum most of the time, actually some form of exercise when you get into the mid 50s and and past that is really good.

[Shots of people doing walking rugby on a grass pitch]

A text title says: The small grant supports participants' physical health and mental wellbeing.

[Shots of people doing various agility drills in a tennis training]

**Voice of Joe:** Physically, the difference I've noticed is I feel more active, more fit. And this is like a fun way to do cardio without even realising you’re doing cardio, to be honest.

[A wide shot of a rugby pitch with people playing walking rugby on it]

**Voice of Simon:** I mean, this year I've probably lost close to a stone in weight as part of doing exercise here, as well as concentrating on my diet.

[Shots of Spencer playing football]

**Voice of Spencer:** It's just changed my life. It's changed my family's life. Especially that it’s given me the opportunity to really build my fitness and to really build up my self-esteem

and the confidence.

[Shots of Nikki doing pilates and sharing her feeling in a circle of women sitting in a hall]

**Voice of Nikki:** It's really helped my mood. I was having really bad anxiety and mood swings, and it's kind of really basically gone. I'm not grumpy so much now. I'm a happier mummy.

[Shots of women smiling as they do pilates together and listening to each other share their feelings]

**Voice of Gemma:** We've come together like we've known each other forever because we're all suffering from the same thing that no one talks about. And to be able to come and talk about it so freely, but in an environment where it's supportive, it's just really refreshing.

A text title says: The small grant can be used for specific costs, such as equipment, qualifications, coaching, venue hire.

[Shots of people playing walking rugby in a sports hall]

**Voice of Sally Taylor:** So we got a really generous £500 from Active Kent and Medway and we used that towards hall hire. So in the winter months, when it was freezing and blowing a gale

that we can get in and still train.

[Shots of players using new footballs as they train]

**Voice of Dan Ambler:** So the funding we received allowed us to purchase footballs, some specialist footballs as well with bells included inside for our visually impaired players.

[Shots of the exterior and interior of a hall]

**Voice of Claire Grant:** So the venue that we're standing in now, I have to pay a hire fee for that. So it's gone towards that.

[Shots of a tennis coach]

**Voice of James Moody:** So the funding we used to help subsidise our coaching. And then the rest was contributed by the club itself.

[Shots of parents and volunteers training players]

**Voice of Dan Ambler:** We are a parent led club. We rely on the community and parents

to be able to fund and support us. So without people giving us grants like this, we wouldn't exist, to be honest with you.

Logos for Active Kent & Medway and Kent County Council appear, as well as the slogan ‘Small Grant, BIG on Impact’ and a call to ‘apply online: activekent.org/smallgrant