Funding Support for Young Gymnasts
A Guide for Parents & Carers

This guide lists funding and grant opportunities that parents and carers can apply for directly. These schemes support young gymnasts with training costs, competition expenses, and access to facilities. All programmes are open to children living in Southwark, Lewisham, Greenwich, Bexley, Bromley or Lambeth (eligibility varies by area).

1. Lewisham FANS & Talent Bursary Programme (Lewisham residents)

Provides free/discounted access to sports facilities and offers a Talent Bursary (usually up to around £500) for young athletes competing at county level or above. Parents can apply directly on behalf of their child.

Apply here: https://lewisham.gov.uk/inmyarea/sport/fans

2. Royal Greenwich – Support for Young Athletes

In partnership with the GLL Sport Foundation, this programme provides financial support, free and discounted access to training facilities, and additional athlete services. Open to talented young athletes living or studying in Greenwich.

Apply here: https://www.royalgreenwich.gov.uk/info/200259/leisure_centres_and_gyms/2487/support_for_young_athletes

3. Bexley Athlete Support Programme

Young athletes competing at regional or national level can access free training memberships through Bexley leisure centres. Parents can apply directly by submitting athlete evidence.

Apply here: https://www.better.org.uk/bexley-athlete-support

4. Active Lambeth Athletes Programme

Offers up to £1,000 in funding plus free or discounted memberships for talented athletes who live, study or train in Lambeth. Suitable for gymnasts competing at county level or higher.

Apply here: https://active.lambeth.gov.uk/athletes

5. GLL Sport Foundation (London-wide)

One of the UK's largest independent athlete support programmes. Provides financial bursaries, discounted access to Better leisure centres, and professional support services for athletes on a recognised performance pathway.

Apply here: https://www.gllsportfoundation.org/

6. SportsAid – Core Awards

Supports promising young athletes (typically ages 12–18) with annual grants to help with training, travel and equipment. Applications are often via nomination, but parents can check eligibility and initiate interest.

Apply here: https://www.sportsaid.org/

7. Backing the Best (via SportsAid)

A means-tested fund supporting talented young athletes whose families face financial barriers. Supports training, equipment, and competition expenses.

Apply here: https://www.sportsaid.org/our-work/backing-the-best/

8. Talented Athlete Scholarship Scheme (TASS)

For athletes aged 16+ balancing education with high-level sport. Provides support services including physio, strength & conditioning, sport psychology and lifestyle guidance.

Apply here: https://tass.gov.uk/

9. Cash for Kids – Individual Grants

Supports children from disadvantaged backgrounds with costs related to sport, equipment and participation. Applications can be made through a supporting professional or organisation.

Apply here: https://cashforkids.org.uk/grants

10. Family Action – Welfare & Educational Grants

Although not sport-specific, this grant supports low-income families with essential costs. Some families use this to offset training or travel expenses when budgets are stretched.

Apply here: https://www.family-action.org.uk/what-we-do/grants/

If you need help completing an application or require a supporting letter confirming your child's involvement in gymnastics, please speak to the Synergy Gymnastics coaching team.