



USE

YOUR

ENERGY

USE YOUR ENERGY is a funding programme to develop and invest in children and young people to become more active in Tameside.

If you or your group has an idea on how children and young people can become more active we want to hear from you.

Use Your Energy is brought to you by  
Action Together and Sport England.

This funding programme aims to work with  
Tameside groups to engage and enable  
children and young people aged 5-18 years to  
become more active, more often.

We have money to invest in your active ideas!

Your group can apply for up to £500 to  
make your active idea a reality.

For more information and an application form  
contact:

[sandra.jackson@actiontogether.org.uk](mailto:sandra.jackson@actiontogether.org.uk)

or call us on

0161 339 2345.



**action  
together**

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Action Together supports, advises and helps individuals, groups and organisations in Oldham, Rochdale and Tameside.

A registered charity (No.1165512).