

SUPPORTING OUR PPS COMMUNITY DURING THIS CRISIS

THE NEED

With the closure of many sports centres, community centres and schools many self-employed coaches/mentors have immediately lost work and are receiving £0 income, athletes have had their training interrupted and side jobs stopped and young people building a career have had their progress stopped.

This presents immediate pressure of how to get themselves through the week without basic human needs.

The Government are putting a lot of schemes in place to support people and businesses, but support for the self-employed will not reach the most in need for a while yet, and even when it does the real need is emerging immediately.

**In many ways the Country is coming together to get us through this pandemic,
And PPS is playing its part...**

PPS' CONTRIBUTION

We will roll out an Emergency Coronavirus Hardship Fund and distribute funds between a list of the most in need self-employed coaches/mentors, athletes or young people in the PPS network.

We will also deliver digital mentorship workshops to boost morale, keeping the group healthy and hopeful.

COSTS

- Statutory Sick Pay (SSP) is £94.25 per week.
- Research by a professor of nutrition at Kings College London says that with careful planning, an adult could spend as little as £12 a week on a healthy, balanced diet. But for those less confident in the kitchen and without the necessary utensils in practice it would be double that.
- On average, the poorest 20% of non-retired single adult households (those with less than £256 a week before tax) spent £22.30 a week on food and non-alcoholic drink, according to the 2012 Family Spending Survey from the Office for National Statistics.

PPS'S COMMITMENT

- A weekly transfer of £24/week to a list of 23 (max) people over an initial 8 weeks.
- Regular digital mentorship workshops.

We would aim to increase this weekly transfer and extend the period with further fundraising.

Visit the PPS Instagram page to see the supported group in action:

@performance_plus_sport or https://www.instagram.com/performance_plus_sport/