



The Centre for Physical Recreation & Sport

Sports Volunteer Programme

2009/10

Sport
Universities
north east england



sportsvolunteer programme

The Programme

The Sports Volunteer Programme runs throughout the academic year and offers many opportunities for students to gain valuable experience through Sports Volunteering by linking into local schools, clubs and community groups.

There are many opportunities for students to volunteer in coaching, officiating, event management, administration and mentoring. The job market today for graduates is very competitive and sometimes a degree is not always enough. Employers look for that bit extra and you need something to help you stand out from the job applicant crowd. Volunteering can give you the chance to develop new skills, put old ones into use, enhance your

CV and try something different. It can help make a huge difference to someone else's life, team or club and give you the opportunity to gain additional sports coaching qualifications.

Funding received through Sport Universities North East England (SUNEE) provides the volunteer programme the opportunity to develop student volunteers and create a variety of volunteer opportunities within the local community with groups such as looked after children, the homeless, schools and young volunteers. SUNEE is the collaboration between Durham, Newcastle, Northumbria, Sunderland and Teesside, who work in partnership to tackle social inclusion issues through sport and the 2012 Games.

The Sports Volunteer Programme continues to go from strength to strength each year with the number of students involved and community groups engaged increasing year on year. The programme is an excellent way to enrich your own student experience while at Newcastle University and give something back to the community in which you live and study.



Would you like to....

- Enhance your employability?
- Do something rewarding and satisfying?
- Develop life skills such as leadership, communication and teamwork?
- Put something back into the local community in which you live and study?

If the answer is YES to any of the above then the Sports Volunteer Programme could be for you!!

Sports Volunteer Profile

Sarah McChesney



Why did you become involved in the Sports Volunteer Programme?

The Sports Development staff gave a talk at the start of the academic year outlining what the role would involve; it sounded like a brilliant opportunity to meet some new people and to do more sport.

What were your main roles and activities as a Sports Volunteer?

I was mainly involved with the Prince's Trust and looked after children sessions. For these I was responsible for leading the sessions, organising the other volunteers, helping sort out which sports we're going to do, making sure we stick to the time limits of the sessions and that we have all the right equipment.

How did you fit your Sports Volunteering in around your degree commitments?

It has fitted in really well. The programme is really flexible over when we can and cannot volunteer; they completely understand we have degree and other commitments.

For you, what are the main benefits of the Sports Volunteer Programme?

I would definitely say the main benefit has been getting to know the staff, the other volunteers and the kids we coach. I've made some really good friends who I have a brilliant time volunteering with.

The experience of coaching in different sports has also been invaluable and getting qualifications such as with the sports tutor programme is brilliant.

Do you think your experiences as a Sports Volunteer will give you an edge in the job market when you graduate? Definitely, it's a fantastic thing to be able to put on your CV and it has helped me to develop so many existing and new skills; essential skills when looking for graduate employment such as communication, leadership and teamwork. It will also give me so many more experiences to discuss on application forms and in interviews.

Would you recommend the Sports Volunteering Programme to other students?

Absolutely, it has been one of the highlights of my year and probably degree. I am so glad I went along to the initial meeting and got involved and I would tell anyone potentially interested in sports volunteering to jump at the chance.

Benefits

In return for your enthusiasm, dedication and commitment to the programme you will receive many benefits and incentives, which include:

- travel expenses reimbursed
- sports clothing provided
- opportunities to gain national governing body qualifications and first aid qualifications
- free CRB check
- gain valuable experience and increase your employability
- develop life skills such as leadership, team work, confidence and communication
- working with local community groups, schools, clubs and hard to reach groups
- meeting new people and making friends
- enhancing your student experience
- enjoyment and fun
- gain additional academic credit through a Volunteering Module

For more information on this and further opportunities to develop your skills, contribute to the community and add to your degree, go to the **Ncl + website** www.ncl.ac.uk/nclplus/



Sports Volunteering in 2008/9

Community Engagement

During the past year Newcastle University has been engaged with a variety of different partners and external agencies through our Sports Volunteer Programme.

Students have been involved with programmes and events that have benefited primary and secondary school pupils, children in care, adults and young people who have a substance misuse background or are past offenders, homeless, asylum seekers, and refugees.

During 2008-09 Newcastle University sports volunteers helped hundreds of young people and adults engage in sport by contributing over 600 volunteer hours.

Schools

Many of the programmes sports volunteers spent time during 2008-09 assisting in the delivery of school sport within primary and secondary schools in the Newcastle area. Activities and sports such as trampolining, street dance and street cheer, netball, rugby league, badminton and football were all undertaken by Newcastle University Sports Volunteers.

Working with local primary and secondary schools is a vital part of the programme, in 2008-09 a total of 1409 school children, from more than 23 schools, have been engaged in P.E, afterschool sports clubs and Step into Sport initiatives that have been delivered and assisted by our student sports volunteers



Princes Trust

In 2008-09 the Princes Trust, a youth charity helping change young lives, joined forces with the Newcastle University Sports Volunteer Programme to enhance their work with young people in the Newcastle area.

The project supports young people aged between 14 and 30 who have struggled at school, have been in care, are long-term unemployed or have been in trouble with the law.

The intention of the programme is to enable the young people involved to develop the key skills,

confidence and motivation essential for their transition into work, education or training.

As part of the Newcastle Princes Trust programme, young clients have the opportunity to take part in weekly multi-sport sessions at Newcastle University's Centre for Physical Recreation and Sport.

Student volunteers at Newcastle played an active and vital role in organising these sessions as well as delivering session activities such as fencing, trampolining, volleyball and boxercise.

Through their involvement in physical activity and through their interaction with the student volunteers, the young clients from the Princes Trust group have grown in confidence throughout the project and have enhanced their team work abilities and communication skills.

Julie Crabtree who took part in the programme said she had "enjoyed every bit of the activities" she was involved in at the multi-sport sessions and commented on the encouragement she had received from the student volunteers who she thought were "really pleasant and friendly".

Princes Trust team leader and project coordinator Stew Lamb commented on the success of the programme saying that the sessions held at Newcastle University had "opened up new gateways" for the young people to explore and had marked a positive step in their progression towards their qualifications and personal development.

256 adults and young people

within the Newcastle area who are past offenders, homeless, asylum seekers and refugees attended our programmes/events in 2008-09. With a total of 88 student sports volunteers involved the homeless projects we have run so far have been hugely successful.



Women's Gap Project

Two eight week yoga programmes for vulnerable women within Newcastle successfully ran during 2008-09 thanks to the dedication of Newcastle University Student Sports Volunteers.

The yoga programme was initially set up in July 2008 for women who are part of the GAP project; 'GAP' being an acronym for Girls Are Proud.

The GAP project, which is one of the most recent projects set up by the award winning Tyneside Cyrenians organisation, provides regional support to women involved in prostitution.

The project was conceived in the hope that it would improve the personal development, employability and sense of well being of the women who were part of it.

Many of the women from the GAP project had reported having trouble sleeping before the programme was set up and this was a further motivation for introducing relaxation to yoga which is well known for bringing relaxation to those who practice it.

Tyneside Cyrenians Project Worker, Laura Seebolm, commented;

"This has been a fantastic experience for a number of women for our project. Many of the women we work with have histories of abuse, violence, substance dependency and homelessness."

"Their self esteem can be very low and this programme has served to dramatically impact on feelings of wellbeing and confidence. We would like to thank all those involved from Newcastle University Sports Volunteer Programme."

The yoga classes, which were held weekly at Newcastle College, were led by Student Sports

Volunteer, Miriam Orcutt. Miriam completed a yoga teaching course in California on her gap year and has embraced the chance to practice her teaching whilst supporting the GAP project.

Several student Sports Volunteers have also supported the project, attending the classes each week and getting to know the women from the GAP scheme.





Podium Project

During 2008-09 the Podium Project successfully ran with Newcastle University students working with Walbottle Campus Technology College pupils throughout the year. The students helped to provide the young volunteers with the understanding and knowledge needed to successfully plan and deliver a sporting event through a series of

interactive workshops before the pupils themselves got the chance to test their new skills and assist in the planning and delivery of a large-scale multi sport day.

As part of SUNEE's broader work, the Podium project aims to establish a lasting legacy of the 2012 Games by increasing participation in sport and exercise and inspiring tomorrow's leaders through community sport programmes.

20 students from Walbottle Campus Technology College have successfully completed the Podium Project delivered by Newcastle University Sports Volunteers in year one.

Student Sports Volunteer, James Russell, worked as a Student Podium Scholar in year one:

"I think the SUNEE-Podium scheme is a brilliant way of helping encourage children to develop their skills and confidence. In general terms, it has also helped to spread the benefits of the upcoming 2012 Games across the North East. I feel that the project has enriched my student experience and helped me develop new and existing skills; something which I hope will give me an edge in the job market after graduation".

The Podium project will continue in 2009-10 with Walbottle Campus Technology College giving Newcastle University Sports Volunteers the chance to once again work with Walbottle pupils mentoring and assisting them through the project.

Looked After Children

During 2008-09 student sports volunteers have been instrumental in the delivery of 6 specialist activity days organised for children in care. Children aged between 3-19, from a variety of different Looked After Children agencies within the Newcastle area, have attended the Sports Centre and taken part in activity days which have included sports such as basketball, fencing, trampolining, badminton, boxercise, football, table tennis, street cheer, badminton and rugby.

200 children in care within the Newcastle area attended our events in 2008-09 with a total of 34 student volunteers involved over the 6 activity days held.



Get Involved....

To be a part of the Student Volunteer Programme for 2009-10 you can **register online**, simply complete the online application form and wait to be contacted.

To complete an application form or for more information on the volunteer programme and the opportunities available in 2009-10 visit **www.ncl.ac.uk/sport/volunteering** or contact:

Marc De Lucia (Sports Development Manager) on **0191 222 7222** or **m.de-lucia@ncl.ac.uk**
Sarah Todd (Sports Development Officer) on **0191 222 5230** or **sarah.todd@ncl.ac.uk**