



LEEDS SPORT

GRYPHONS IN THE COMMUNITY PROJECTS 2020-21

Our Gryphons in the Community programme aims to do good stuff and bring communities in Leeds together through sport. In all of our projects sport is used as a vehicle for building positive relationships between the University and the wider community, offering students the opportunity to experience something different. We have a close relationship with the Sport Science department supporting students with their 24 hour placements but Leeds Sport can support any student, sporty or not to make a difference right here in Leeds. Our projects are fun and rewarding and you will be helping people in Leeds to live more active lives as well as broadening your own horizons and developing new skills. *Change lives (not just theirs, yours too!)*.

We have six diverse community placement opportunities available for the 2020-21 academic year. You do not need any qualifications or experience as full training will be provided – softer people skills and enthusiasm are the most important asset on our community projects! You will complete your training in semester 1 before being deployed onto your chosen project once this is complete. Most projects will involve a weekly commitment for an agreed period of time but some projects offer more flexibility, or run on a rota basis. More information about our current projects can be found below.....



LEEDS REFUGEE FORUM, HAREHILLS (3rd year running)

The Leeds Refugee Forum run a variety of activities for young people in the Harehills area, some of which are unaccompanied minors from countries such as Syria, Eritrea & Sudan. Each Saturday morning a youth group meet to participate in a variety of activities as well as a popular GCSE revision class/ ESOL class to help them develop their English language skills and education. This project will look to support the education offer but also engage young people in sport and physical activity.

Sport: Football, Netball, Basketball, Table Tennis & GCSE revision/ ESOL support

Age Range: 15-22 years

Commitment: Rota. Saturdays, 10-12pm

Training: Safeguarding, First Aid, GoLead (12 hours)

DBS Check: Yes

THE REGINALD CENTRE, CHAPELTOWN (3rd year running)

The Reginald Centre in Chapeltown is a community hub offering NHS services alongside a job shop, library, café, bike library and community space. They offer a free table tennis club for young people every Thursday from 4. 30-6pm. The group is supported by volunteers and gives young people in the area something productive to engage in.

Sport: Table Tennis

Age Range: Young people aged 11-16 years

Commitment: Weekly with some flexibility. Thursdays, 4.30-6pm

Training: Safeguarding, First Aid, GoLead (12 hours)

DBS Check: Yes

UNORTHOBOX (3rd year running)

Unorthobox run free, weekly non-contact boxing sessions for children and adults of all ages, abilities and disabilities across Leeds & Bradford. The sessions aim to integrate people from different backgrounds and improve their overall physical health, wellbeing & confidence. Volunteers are needed to support these weekly coach led sessions.

Sport: Boxing (non-contact)

Age Range: Children aged 10-16/ open age and ability

Commitment: Weekly with some flexibility. Tuesdays, 5-6pm at Fearnville Leisure Centre. Wednesdays, 6-7pm at Leeds Beckett University

Training: First Aid, Safeguarding, GoLead (12 hours)

DBS Check: Yes

BIKE HUB (3rd year running)

The University of Leeds sustainability service supports students and the wider public to enjoy cycling and keep their bike in good working order. The Bike Hub on campus is a one-stop shop for support with bike maintenance and it is operated by university staff and volunteers. Volunteering at the Bike Hub will enable you to support others to maintain their cycling activities as well as develop your own mechanical skills. Bike Hub volunteers may also help us refurbish bikes abandoned on campus to be shipped over to South Africa as part of our Gryphons Abroad programme.

Sport: Cycling & Bike Maintenance

Age Range: Students & Adults

Commitment: Flexible. The Bike Hub is open weekly from 12-4pm on Tuesday, Wednesday and Thursday

Training: Bike mechanics training (3 hours), on the job (no mechanical knowledge required!)

DBS Check: No

BROWNLEE CENTRE (3rd year running)

The University of Leeds supports students and the wider public to enjoy cycling via our safe, traffic free cycle circuit at the Brownlee Centre. Volunteer placements are available at the Brownlee Centre supporting a variety of activities led by qualified coaches. This includes Brownlee Foundation 'Bike & Run' sessions, Let's Ride pop up's and disability cycling sessions. There is also an opportunity to do a full week's placement with the Brownlee Foundation supporting their mini triathlons each May.

Sport: Cycling & Triathlon

Age Range: Children & Adults

Commitment: Various with some flexibility. 'Bike & Run' is weekly, every Wednesday 5.30-6.30pm. The disability sessions are monthly, on Sundays 10-12pm and the 'Lets Ride' sessions are bimonthly, on Sundays from 12-2pm.

Training: On the job

DBS Check: Yes, if supporting sessions which engage children

RECOVERY COLLEGE, SEACROFT (2nd year running)

'Recovery College' (based at the Newsam Centre in Seacroft) is an NHS programme which offers courses and workshops for adults aged 18+ who are currently undergoing in-patient hospital treatment for various mental health conditions. The unit is what is known in the NHS as a 'low secure unit' and many of the residents stay on the unit indefinitely. As a Ward Activity Volunteer in sport you will engage service users in sport and physical activity to help them develop their skills, improve their health and wellbeing and reduce social isolation.

Sport: Multi-sports (Football, Basketball, Tennis, Badminton and possibly Dance/ Zumba/Yoga)

Age Range: Male & female adults with mental health conditions

Commitment: Weekly for an agreed period of time. Wednesdays, 1.30-3pm

Training: GoLead, NHS Induction on site (9 hours)

DBS Check: Yes, provided by the NHS