



# LEEDS SPORT

## GRYPHONS IN THE COMMUNITY PROJECTS 2022-23

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 three diverse community placement opportunities available for the 2022-23 academic year and hope to add more projects to this portfolio as the year progresses. 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.....



### RECOVERY COLLEGE, NEWSAM CENTRE, SEACROFT (3<sup>rd</sup> 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 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 service users stay on the unit indefinitely. As an NHS sports volunteer 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, Cricket)

**Location:** The Newsam Centre (accessible via bus from campus/ Headingley)

**Age Range:** Male & female adults with mental health conditions (18-65 years)

**Commitment:** Weekly for an agreed period of time. Wednesdays, 2-3pm

**Training:** Sports Leadership training, NHS Induction on site (9 hours)

**DBS Check:** Yes, provided by the NHS

### **BROWNLEE FOUNDATION (3<sup>rd</sup> year running)**

The Brownlee Foundation aim to provide opportunities for the next generation of triathletes. Weekly 'Bike & Run' sessions for children aged 8-14 are delivered at the Brownlee Centre (named after our world famous alumni). You'll support a qualified coach to deliver these fun, inclusive sessions for all abilities and experience levels on the one mile, enclosed cycle circuit.

**Sport:** Triathlon (cycling & running)

**Location:** The Brownlee Centre

**Age Range:** Children aged 8-14

**Commitment:** Weekly with some flexibility, sessions every Wednesday 5.30-6.30pm during term time.

**Training:** On the job

**DBS Check:** Yes

### **WEST YORKSHIRE GOALBALL CLUB (New project for 22-23)**

West Yorkshire Goalball club run regular sessions and tournaments throughout the academic year at the Edge . Goalball is a Paralympic sport for those with visual impairments but anyone can play as all players are required to wear eye shades during play. Enthusiastic volunteers are needed to assist with the sessions and no prior knowledge of the sport is required as support will be provided from qualified coaches and members. Visual awareness training will also be provided. The volunteer role will include guiding those with visual impairments around the facility and within the session, delivering activities and playing the role of ball person!

**Sport:** Goalball

**Location:** The Edge

**Age Range:** Adults

**Commitment:** Two sessions per month – Saturdays 1.30-4.30pm and tournaments – Saturdays (approximately 8 per season)

**Training:** On the job

**DBS Check:** Yes

### **COMING SOON**

- Rackets Cubed – Squash and STEM sessions for children on campus