

# Volunteer Co-ordinator

# news



English Gymnastics

Issue 4

January 2008

**Happy New Year** and welcome to the fourth issue of Volunteer Co-ordinator News. This issue will focus upon Events volunteering.

The newsletter will feature the following sections:

- \* News & Events
- \* General Interest
- \* Good News / Good Practice
- \* Training

If you would like to receive this newsletter via e-mail or you would like to remove yourself from the mailing list please contact Helen Webb, National Development Officer – Volunteers, [helen.webb@englandgymnastics.org.uk](mailto:helen.webb@englandgymnastics.org.uk), tel: 0845 1297129 ext 2524. If you have any stories that you would like to share please send them to the e-mail listed above.

## NEWS & EVENTS

### Be a Better Manager!

[www.BeaBetterManager.com](http://www.BeaBetterManager.com) is a new, free website which uses National Occupational Standards to help managers solve problems, seize opportunities and achieve results. With just three clicks, users can find checklists full of practical guidance for tackling common management issues. Each checklist links to National Occupational Standards, useful tools and techniques which can be downloaded from the Internet, as well as relevant books and training courses to help managers avoid problems in the future and make the most of their opportunities. To find out more visit [www.BeaBetterManager.com](http://www.BeaBetterManager.com)

**vcashpoint** offers grants of up to £2500 for young people aged 16 to 25 in England to set up their own volunteering projects in their community. The fund opened for applications from young people on 5th December 2007.

Check out the V website, [www.vinspired.com](http://www.vinspired.com), for more funding opportunities, info and prizes!

### 2012 Legacy

A new £40 million fund that will use the 2012 Olympic and Paralympic Games to promote culture and sport among young people and communities has been launched jointly by the Big Lottery Fund, the Arts Council and the Department for Culture, Media and Sport. The funds will be used to support cultural, artistic, educational and sporting activities that celebrate the 2012 Games. For more information visit [www.legacytrustuk.org](http://www.legacytrustuk.org)

## National Volunteering Conference – 23<sup>rd</sup> – 25<sup>th</sup> April 2008

Volunteering England will be hosting their National Volunteering Convention in Newcastle at the Hilton Newcastle Gateshead – bringing together a diverse range of delegates from volunteer-involving organisations, charity representatives, volunteer centres and private sector companies with an interest in employer supported volunteering, including organisations working with and for sport. The convention will allow participants to discuss, debate, and share ideas about the current and future volunteering landscape, addressing key issues and challenges. It will also give delegates the opportunity to develop and share best practice as well as increase their skills, knowledge and expertise. This will be done through a mixture of entertaining keynote speakers, plenary sessions, panel debates, workshops, fringe meetings and networking receptions including wider volunteering and also sport specific issues.

For further information about the Convention, please keep visiting the website, [www.volunteering.org.uk](http://www.volunteering.org.uk) Programme and booking details will be available soon....

### 'What will volunteers be like in five years?'

A new Performance Hub guide looks at how volunteers are changing (who they are, what they do and what they expect) and how this might impact on your organisation. The main chapters cover six drivers of change: More 'professional' volunteering, Ageing population, Time poor society, Weaker ties to geographical communities, 'Consumer culture' and Changing ideas about volunteering. Order or download from [www.performancehub.org.uk/publications](http://www.performancehub.org.uk/publications)

### Young people recognise health benefits of sport

A survey by the Youth Sport Trust of over 1,600 young people and adults has found that many young people are health conscious, socially aware and more likely to take part in exercise than portrayed in the media. A third (33%) of young people said they took part in sport because of the health benefits. Visit [www.youthsporttrust.org/page/news-story/survey/index.html](http://www.youthsporttrust.org/page/news-story/survey/index.html) for more information.

The **RBS Community Cash Awards** are offering a total of £1 million to disadvantaged young people aged 14 to 25 who want to set up a project that will improve life in local communities and transform their area. Projects could range from improving local youth facilities to tackling teenage pregnancy or drug misuse. Individual awards, which will be distributed through The Prince's Trust, will range from £250 to £5,000. For more information visit [www.princes-trust.org.uk](http://www.princes-trust.org.uk)

### Date for your Diary....

Sunday 27<sup>th</sup> April 2008  
Regional Gymnastics and Trampoline  
Disability Roadshow  
Moorways Sports Centre, Derby

For more information contact Gemma Barton,  
East Midlands Regional Development Officer  
Tel: 07739 990210  
E-mail:  
[gemma.barton@englishgymnastics.org](mailto:gemma.barton@englishgymnastics.org)

### Welcome to the Promoting Sport toolkit

The Promoting Sport toolkit is a collection of simple-to-use tools to help you promote sport and active recreation to the public.

It can make your life easier by helping you promote sport more effectively, more easily and more cheaply. It includes a library of community sport photos free for you to use in your posters, leaflets, websites and adverts. Visit

<http://promotingsport.sportengland.org/default.aspx>

### Derbyshire Sport Coach Bursary

The aim of the Coach Bursary Fund is to encourage and support the personal and professional development of coaches working in Derbyshire through subsidising the costs of coach education. Priority will be given to coaches who:

- Are coaching in Derbyshire
- Are:
  - Community Sports Coaches
  - Coaching on a school-club link project
  - Involved with Step Into Sport
  - Coaching within voluntary sector clubs

Coaches will be able to apply for a maximum of 50% of the total cost or £200, whichever is the lowest figure. For further information and guidance on how to complete the application form please visit [www.derbyshiresport.co.uk](http://www.derbyshiresport.co.uk)

## GENERAL INTEREST

### UK Youth - We want your stories!

Would you like to see your youth club, project or story featured in the media? Please send us your stories and pictures showing the special achievements of the young people and youth workers you know. Contact Sharon Mackintosh at [sharon@ukyouth.org](mailto:sharon@ukyouth.org) with your details.

### Volunteering England - Good Practice Bank

The Information Team at Volunteering England are a source of useful information that can help volunteers and voluntary sector organisations. Their website also has a Good Practice Bank which may be able to inspire you. Visit [www.volunteering.org.uk](http://www.volunteering.org.uk)

### Nottingham Volunteer Centre



Nottingham Volunteer Centre, which is part of Nottingham Council for Voluntary Service, offers support, good practice guidance and resources to help you to develop new and exciting ways in which volunteers can get involved with your organisation, so that you can provide a more effective service. They can help you set up volunteering roles such as: sports leaders, coaches, buddies, trustees, admin support and drivers. Your volunteering opportunities can then be advertised on the national volunteering website ([do-it.org.uk](http://do-it.org.uk)). Nottingham Volunteer Centre also offers the following services:

#### Volunteer Co-ordinator Network (VCN)

The Volunteer Co-ordinator Network offers regular opportunities to meet others doing similar work, to share ideas and keep up to date with the latest good practice developments. With meetings every two months involving peer learning, external speakers and good practice updates, the VCN is an easy way to keep in touch with the latest developments.

#### Advice & Information

The Volunteer Centre also offer advice and information on legal issues, policy development, developing a volunteer strategy, good practice, paying expenses, recruitment and many other topics relating to volunteer management.

### Training, Learning & Development

The Volunteer Centre offer a programme of training and learning opportunities for people who work with volunteers. Gain practical tips, tools and insights: and develop your people management skills. They also offer training workshops for volunteers who wish to develop a range of skills, such as time management or assertiveness. These courses include:

- Volunteers and the Law
- Designing Promotional Materials
- Effective Volunteer Recruitment
- Introduction to Volunteer Management

Plus additional volunteer masterclasses!

### Free Resources

The Volunteer Centre have a range of fact sheets, templates and other example documents for managing volunteers. They are designed as a starting point. Feel free to adapt and tailor them to suit your organisation.

For more information visit the website: [www.nottinghamcvs.co.uk](http://www.nottinghamcvs.co.uk), telephone 0115 934 8400 or e-mail [volunteercentre@nottinghamcvs.co.uk](mailto:volunteercentre@nottinghamcvs.co.uk)

Please note that Nottingham Volunteer Centre covers the area of Nottingham city. There is a local Volunteer Centre for every area offering a range of different services. To find out about your local Volunteer Centre, visit <http://www.volunteering.org.uk/finder>

## GOOD NEWS / GOOD PRACTICE

There are a number of local, regional and national events, which require volunteers to support them. This issue will focus upon some recent events and initiatives supporting events.

### **UK School Games, Coventry, August 2007**

The UK School Games is an annual multi-sport event for the most talented young people in the country of school age. The UK School Games are rapidly taking shape as a showcase of the UK's best young talent. As the young gymnasts produced some memorable performances they took one step closer to the London 2012 Olympics.

Coventry played host to the 2007 UK Schools Games on the 23<sup>rd</sup> to the 26<sup>th</sup> August, with the gymnastics competition taking place in the Skydome, an arena that mirrors on a small scale the O2 Dome in London where the Olympic Gymnastics events will take place. 1300 Athletes competed in Athletics, Badminton, Fencing, Gymnastics, Judo, Swimming, Table Tennis and Volleyball. The gymnastics competition was held in the Skydome on Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> August. England, Northern Ireland, Scotland and Wales competed against each other in a 2-day Artistic Gymnastics competition. The event provided an excellent opportunity to recruit and inspire volunteers and to provide them with an opportunity to experience the feel of a major event.



Volunteers were recruited for the event from local clubs and the High Peak Gymnastics Leadership Academy. The volunteers undertook a variety of roles including runners and medal bearers. The Youth Sport Trust provided volunteers from the Step Into Sport and Young Ambassadors programme in generic roles such as stewards, programme sellers etc. Volunteers received a briefing prior to the event from the Event Floor Manager, Ross Grant and the English Gymnastics National Development Officer – Volunteers, Helen Webb. All volunteers also received a welcome pack and UK School Games clothing. Volunteers were supported on the day by Ross Grant (Event Floor Manager), Louise Gallagher (British Gymnastics National School Games Co-ordinator), Gemma Barton (English Gymnastics Derbyshire County Development Officer) and Helen Webb (English Gymnastics National Development Officer – Volunteers). The volunteers were thanked for their contribution by Alan Sommerville, Chief Executive of British Gymnastics & Jim Moss, Chair of the English Gymnastics Association. All volunteers also received a Certificate of Appreciation and a copy of a photo taken with Athlete Darren Campbell. All volunteers enjoyed the 'buzz' of a major event and have expressed an interest to volunteer at future events.



The 2008 UK School Games will take place in Bath / Bristol from the 28th - 31st August 2008. If you know of anyone who would like to volunteer at the event, please contact Helen Webb on 0845 1297129 ext 2524 or e-mail [helen.webb@englandgymnastics.org.uk](mailto:helen.webb@englandgymnastics.org.uk)

### **2009 World Championships**

The O2 Arena will be hosting the Men's and Women's Artistic World Championships from the 6<sup>th</sup> – 20<sup>th</sup> October 2009. Volunteers will be required for the event to complete a number of roles from Stewards through to Event Runners.

If you would like to find out more about events volunteering please contact Helen Webb on 0845 1297129 ext 2524 or e-mail [helen.webb@englandgymnastics.org.uk](mailto:helen.webb@englandgymnastics.org.uk)

### **Derbyshire Sports Awards**

The 2007 Derbyshire Sports Awards were held at Pride Park Stadium on Friday 26<sup>th</sup> October 2007. After the successes at District Level, Gymnastics had a total of 4 nominations at the County Awards.

#### Team of the Year:

Runner Up: Derby City TAG Team – Gymnastics display team

#### Sportsperson of the Year:

Runner Up: Damien Walters – The current Senior British Tumbling Champion and ranked 5<sup>th</sup> in the world.

#### Junior Sportsperson of the Year:

Winner Greg Townley – Three times British Tumbling Champion in his age group.

#### Junior Disabled Sportsperson of the Year:

Winner: Ricky Blampied – Competed for Great Britain in the 2007 World Games

Congratulations to all the winners and runners up. Overall, Gymnastics and Trampolining had 10 short listed nominations.

### **Erewash Sports Awards**

The Awards were presented at Long Eaton Town Hall on Tuesday 18<sup>th</sup> October, when sporting excellence in all fields and by people of all ages were recognised.

#### Junior Sportsman of the Year: Zach Walker

Zach has been doing gymnastics since he was 5 years old and trains at the Notts School of Gymnastics for between 25 and 30 hours every week. Zach competes at County, Regional and National competitions and has had a very successful year as a member of the Elite Performance National squad.

#### Junior Team of the Year: Ladywood Primary School U11 Girls Trampoline Team

The team took the runners-up spot in the East Midlands section of the competition in December, meaning they had qualified for the Zonal round to compete against teams from Wales, West Midlands, East Midlands and Eastern Regions. Ladywood again came second, which put them through to the National Schools Championships.

#### Club of the Year: Phoenix Trampoline Club

The club has been running in Erewash for 23 years and currently holds sessions three times a week at Ilkeston's Albion Leisure Centre and West Park Leisure Centre in Long Eaton. The club offer coaching from beginners to British Championship level and has members from 3 to 37 years old. It hosts squad training for the county 2-3 times a year and often runs competitions for the region.

#### Young Sports Leader / Young Coach of the Year: Ben Alvey

Ben has been part of Phoenix Trampoline Club for around 9 years, having started out as competitor who achieved National Grade 2 standard. He qualified as a coach approximately three years ago, although he continued as a competitor during this time and has maintained his National Grade 2. He runs a session at Long Eaton School and helps out at an after school club at Wilsthorpe Business and Enterprise College in Long Eaton on a voluntary basis.

### **Coventry, Solihull & Warwickshire Sports Awards**

Congratulations to Jon Wall and Southam Gymnastics for being short-listed as finalists for the Coventry, Solihull & Warwickshire Sports Awards.

Jon was short-listed for the **Community Coach/Manager of the Year Award**.

Jon has been coaching Trampolining for 30 years in the West Midlands area, trained as a child at the Altair/Chelmsley Stars Trampoline Club, which is based at North Solihull Sports Centre, and for the past 10 years he has been their Head Coach. All his coaching work is carried out on a voluntary basis, as he is unpaid. This year he coached 12-year-old Maddison Jordon to the British Synchro Championships where she came 4th. Maddison also came 8th in the Grade 2 British Championships and has gained a place in the Grade 1 circuit. Jon is also the West Midlands Trampoline Squad Manager, organising training sessions and competitions. Most of Jon's spare time is devoted to Trampolining and he has also worked on a project called 'The Wood' which helps children to get involved with sport and stay out of trouble.

#### **Southam Gymnastics were short listed for the Community Sports Award**

Southam Gymnastics has approximately 100 members of boys and girls between the ages of 4 – 16. It is a non-profit making club managed by a voluntary committee consisting of all those who help out in any way they can, including young helpers aged from 14 years old. Five classes are held each week to teach recreational level gymnastics to all abilities within a fully inclusive organisation. Supporting the local community is at the heart of the Southam Gymnastics' philosophy.



### **English Gymnastics Young Officials Development Officer**

English Gymnastics are pleased to announce that Danielle Furini has taken up a post within English Gymnastics as a Young Officials Development Officer (YODO). This is a full time voluntary role and is one of nine roles appointed by the Youth Sport Trust as part of a new project funded by v, the youth volunteering charity. The team of volunteers will work with eight key National Governing Bodies (NGBs) and School Sport Partnerships over the next year to recruit and retain more than 1,000 new young sports volunteers. The ninth Development Officer will work with all eight NGBs to ensure appropriate volunteering opportunities for young people with disabilities are developed across all the different sports.

"I started Gymnastics when I was 4 and competed in my first competition when I was 5. I was put in to the elite squad within the club and was successful at competitions winning medals and gaining distinctions. I was also selected to train with the South West England squad. Due to circumstances out of my control when I was 10, I no longer participated in gymnastics. At secondary school I still took part in school comps and display, but it wasn't until I went to university that I started to get back into the sport. I joined the university team and represented them at BUSA competitions. I completed my coaching qualifications in General Gymnastics and then took on a role as a casual sport coach for Leeds City Council where I coach pre – beginners, pre – grade and elite grade classes. I have continued to increase my coaching ability by taking courses in Pre – School and Artistic Gymnastics. Once I completed my degree in Sport Science I started to look into gymnastics as a possible career. When the YODO position became available I applied, as it was a great opportunity to demonstrate what I was capable of and it gave me the opportunity to assist the development of the sport and also my own skills at the same time."

Danielle will be developing Young Officials Awards, resources and training to recruit and qualify young officials, who will in turn support competition and events at a local level using their new skills. Some will have the chance to undertake officiating duties at major events such as the UK School Games alongside top officials, and will hopefully have the chance to volunteer at the London 2012 Olympic Games and Paralympic Games. Danielle is currently developing a new 'Events Officiating' Award based around the roles required to support an event on the day, including the Floor Manager, Volunteer Co-ordinator, Scorer, Runner, Steward etc. The new award is currently being piloted in the Yorkshire and will then be rolled out around the rest of the country.

A Tutor Training course is also being developed to support the new award. Potential tutors would need to demonstrate the following competencies:

- Experience delivering to groups of up to 20 people in any environment (e.g. teaching/coaching-any sport/tutoring)
- Minimum 2 years experience in a gymnastics setting either as a coach, participant, competitor, volunteer, committee member, PE teacher, PE specialist, SSCO, CSC.
- Experience of organising or supporting gymnastics events
- Clear understanding of the key messages of the Events Officiating Award – e.g. developing volunteers to support events
- Wider understanding of the role of the award with regards to linking to schools, clubs and events to develop a volunteering pathway

If you are interested in becoming a tutor please contact Danielle Furini, 07739 512210 or e-mail [danielle.furini@englandgymnastics.org.uk](mailto:danielle.furini@englandgymnastics.org.uk) or Helen Webb, 0845 1297129 ext 2524 or e-mail [helen.webb@englandgymnastics.org.uk](mailto:helen.webb@englandgymnastics.org.uk)

### **Excellence in Volunteer Management and runningsports are working together**

Runningsports have signed up to become a training provider with Excellence in Volunteer Management – providing sport specific volunteer management training. Watch this space for more information or visit the runningsports website: [www.runningsports.org](http://www.runningsports.org)

#### **ON YOUR MARKS**

The aim of the 'On Your Marks' project aims to engage with 100 volunteers over the age of 18 in the South East. All volunteers will receive free training and paid travel costs, plus any appropriate support that may be identified. Advice will also be given to help volunteers find work in the sport sector. All learners will be expected to attend the following three courses:

- Level 2 First Aid Sports Injuries
- Level 2 Health & Safety
- Child Protection

An optional course is offered which may include: Basic IT, Basic Languages, Equity & Diversity or Customer Relations.

Applicants are welcomed who would like to become volunteers, as well as existing volunteers. The project is aimed at people who are either in or out of work. However, you must not have previously attended any of the 3 mandatory courses on offer before.

For more information please contact Roz Buchan, Project Co-ordinator on 01323 637244 or e-mail [roz.buchan@sussexdowns.ac.uk](mailto:roz.buchan@sussexdowns.ac.uk)

#### **Train to Gain: Now open to volunteers**

The Department for Innovation, Universities and Skills (DIUS) has announced an extension of the Train to Gain scheme to include volunteers working in the third sector. The scheme, which is run by the Learning and Skills Council, aims to encourage all businesses and individuals to realise the benefits that learning and skills can bring.

For more information on Train to Gain, visit the website at [www.traintogain.org.uk](http://www.traintogain.org.uk) or the DIUS website at [www.dius.gov.uk](http://www.dius.gov.uk).

#### **Free e-learning scheme for trustees**

You can now learn about trusteeship and governance at your own pace and in your home or office, using an on-line resource. This learning scheme, called **Learning to Drive**, can help you to become a more effective trustee. It is a multi-layered and interactive guide for trustees, and others interested in governance, to acquire, develop and implement governance best practice.

For more information and to register for this scheme, visit [www.trustee-elearning.org.uk](http://www.trustee-elearning.org.uk)

#### **New 2008 Education and Training Programme for Clubs, Coaches, Volunteers and Teachers**

Team BEDS&LUTON are pleased to announce their 2008 Education and Training programme. The new programme contains all the usual courses such as 'First Aid' and 'Safeguarding and Protecting Children', as well as some new courses in 'How to get Tax Breaks for your Club', 'Motivation and Mental Toughness' and 'Coaching Methods and Communications'. Visit <http://www.teambedsandluton.co.uk/training-courses/generic-courses> and click on one of the links on the right hand side for a full list of courses and dates, or contact Graham Simpson at tB&L on 01582 813760 / [admin@teambedsandluton.co.uk](mailto:admin@teambedsandluton.co.uk) to order your copy of the booklet.

If you have any comments or articles that you would like to share please e-mail [helen.webb@englandgymnastics.org.uk](mailto:helen.webb@englandgymnastics.org.uk)