

# MEDWAY ACTIVE COMMUNITIES (RURAL) PROJECT

## annual volunteer programme report

september 03 - august 04

On 27th October 2003, the second volunteer programme to be funded by Sport England's Active Communities Development Fund commenced in the rural Medway Active Communities project area.

Delivered at The Hundred of Hoo School, the aim of this programme is to enable young people to develop their confidence, motivation and skills whilst promoting access to sports leadership and coaching courses.

During this unique personal development programme, volunteers completed a British Sports Trust Community Sports Leaders Award course, attended a selection of Sports Coach UK introductory training workshops and participated in regular activity sessions. Having completed their training, volunteers subsequently embarked on a period of accredited voluntary work experience within the local community supporting Medway Active Communities after-school sports clubs and the Medway Messenger Mini Youth Games.

### Volunteer activities

#### Sports Coach UK training workshops

What is sports' coaching?  
 How to coach sport safely  
 How to coach sport effectively  
 How to coach children in sport  
 How to coach disabled people in sport  
 Good practice and child protection

#### Activity sessions

Skiing  
 Snowboarding  
 Tobogganing  
 Dragon boat racing

#### After-school sports clubs

Table tennis club - Hilltop Primary School  
 Rugby club - Hoo St Werburgh Primary School  
 Korfbal club - Hoo St Werburgh Primary School  
 Rugby club - Temple Mill Primary School  
 Korfbal club - Wainscott Primary School  
 Girls football club - The Hundred of Hoo School

#### Mini Youth Games

Athletics - Deangate Ridge Athletics Track  
 Kwik cricket - Lordswood Cricket Club  
 Short tennis - Black Lion Leisure Centre

Whilst undertaking this work experience, volunteers were given the opportunity to attend a residential teambuilding course based in Dartmoor National Park. This dynamic experience was delivered by Spirit of Adventure, one of the leading providers of adventurous activity and teambuilding courses in southern England.

Volunteers who completed this six-month programme were ultimately awarded a sporting scholarship at their final team presentation. This covered the cost of a level 1 national governing body coaching award course.

### National governing body award courses

ASA Assistant Swimming Teachers Course  
 FA Level 1 Football Coaching Course  
 RFU Level 1 Rugby Coaching Course  
 UKA Level 1 Athletics Coaching Course

Having gained appropriate experience and qualifications during this exceptional personal development programme, it is anticipated that the volunteers will continue to support the Medway Active Communities (Rural) Project, therefore ensuring that it remains youthful and ultimately sustainable.

Exit routes have been established to enable volunteers to develop their skills further and appropriate career opportunities identified within the local community.

The following table (overleaf) summarises the outputs of this highly successful programme.



## Summary of volunteer participation

Number of volunteers to enrol on programme	14
Number of volunteers to complete Community Sports Leaders Award	11
Number of Sports Coach UK certificates awarded	71
Number of Appointed Person First Aid certificates awarded	11
Number of Millennium Volunteer 100 hour certificates awarded	9
Number of Level 1 coaching certificates awarded	11
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Number of volunteers to attend residential teambuilding course	9
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Sum total of activity sessions attended by volunteers	89
Sum total of after-school sports club sessions supported by volunteers	122
Sum total of Mini Youth Games events supported by volunteers	14
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Sum total of volunteer training hours (not including level 1 coaching courses)	1,796
Sum total of volunteer hours supporting the local community	284
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Number of volunteers to complete programme	14
Volunteer % attendance rate (not including level 1 coaching courses)	85%

The Medway Active Communities Project would like to thank all funding and delivery partners for making this programme possible and to congratulate all the young people who took part. Further programmes are planned for the New Year and hopefully beyond depending on the availability of additional funding.

For further information, please contact

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