

On 24th October 2005, the fourth Medway Active Communities Volunteer Programme got under way. Funded by Sport England and delivered at The Hundred of Hoo School, the aim of this personal development programme is to enable young people to develop their confidence, motivation and skills whilst promoting access to recognised sports leadership and coaching courses.

During this ten-month programme, volunteers completed the **Sports Leaders UK Level 1 Award in Community Sports Leadership**; attended a selection of **Sports Coach UK introductory workshops** and a **training course in emergency first aid**; and participated in **regular activity sessions**.

Sports Coach UK introductory workshops:

- What is sport coaching?
- How to coach sport safely
- How to coach sport effectively
- How to coach children in sport
- How to coach disabled sportspeople
- Good practice and child protection

Activity sessions:

- Skiing, snow tubing and tobogganing at Chatham Ski Centre
- Climbing and abseiling at Arethusa Venture Centre
- Arethusa Venture Centre Dragon Boat Festival at Chatham Maritime

Having completed their training, volunteers were given the opportunity to apply the knowledge and skills they have gained during the course to benefit the local community by supporting the **Medway Messenger Mini Youth Games**.

Medway Messenger Mini Youth Games:

- MYG Hockey at Holcombe Hockey Club
- MYG Netball at Rainham School for Girls
- MYG Mini Tennis at Stirling Leisure Centre
- MYG Kwik Cricket at Lordswood Cricket Club
- MYG Athletics at Deangate Ridge

Whilst undertaking this valuable work experience, volunteers were also invited to take part in a **five-day residential teambuilding course** based in Dartmoor National Park. This experience was delivered by Spirit of Adventure, one of the leading providers of adventurous activity and teambuilding courses in southern England.



Volunteers who ultimately completed this challenging programme were awarded a coaching scholarship at their final team presentation. This event took place at The Hundred of Hoo School on 19th May and was attended by The Worshipful The Mayor of Medway Councillor Angela Prodger and her escort Mr Brian Prodger, Medway Councillors and senior officers, programme supporters, friends and family.

Having gained valuable experience and nationally recognised qualifications during the Medway Active Communities Volunteer Programme, it is anticipated that volunteers will now continue to support the work of Medway Council's Sports Development Team. Exit routes have also been established to enable volunteers to develop their skills further and appropriate career opportunities identified within the local community.

ANNUAL SUMMARY OF VOLUNTEER PROGRAMME OUTPUTS

Number of volunteers to enrol on programme	14
Number of volunteers to complete L1 Award in Community Sports Leadership	11
Number of Sports Coach UK certificates awarded	59
Number of Appointed Person Emergency First Aid certificates awarded	10
Number of Millennium Volunteer 100 hour certificates awarded	12
Number of coaching scholarships awarded	11
Number of volunteers to attend residential teambuilding course	12
Number of activity sessions attended by individual volunteers	100
Number of Mini Youth Games events supported by individual volunteers	39
Total number of volunteer training hours	1,562
Total number of volunteer hours supporting the local community	316
Number of volunteers to complete programme	11
Volunteer % attendance rate	83%

The Medway Active Communities Project would like to thank all those individuals and organisations that have contributed to the continued success of this unique programme and to congratulate this year's volunteers.

Future programmes are currently being planned in partnership with Greenacre and The Howard School Sports Partnerships.

For further information, please contact:

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