Disability Sport Wales
Chwaraeon Anabledd Cymru
Community *Cymuned*

Volunteering Counts!

The Disability Sport Wales **Community Programme** is a joint initiative between the Sports Council for Wales, the Federation of Disability Sport Wales and the 22 local authorities across Wales.

The programme is aimed at developing quality community based sporting and physical activity opportunities for disabled people throughout Wales.

The programme is promoted and delivered through a network of Disability Sport Wales Community Development Officers located across every Local Authority in Wales.

Be inspired today!

Disability Sport Wales aims to:

- create new clubs and give professional advice and support to improve existing clubs;
- increase the number of disabled people who actively participate in sports clubs and physical activity sessions;
- improve the quality and number of coaches and volunteers within disability sport and physical activity through coach education and other systems;
- create new and further develop existing opportunities for disabled people to compete in sport at local, regional and national level;
- work closely with the Disability Sport Wales National Performance scheme, ensuring that individuals with potential are given the opportunity to train and, where appropriate, reach their full potential in their sport.

Disability Sport Wales needs as many quality volunteers as possible!

Whether you would like to help out in a club, become a sports administrator, drive a vehicle or 'buddy' up with a disabled person who needs some support, there is a role for you.

Without volunteers, sport and physical activity simply would not happen! Your Disability Sport Wales Development Officer can help you get started and provide ongoing training and support.

Volunteering Counts!

'Volunteering Counts' is a national scheme funded initially through a European funding initiative during the European Year of Disabled People 2003.

The scheme aims to attract volunteers to help support the Disability Sport Wales community scheme in a voluntary capacity, as well as supporting existing volunteers in their role through training, coach education, mentoring and support.

'Volunteering Counts' recognises the importance and value of the volunteer to the success of the Disability Sport Wales community programme. It seeks to help volunteers to identify the role that's right for them in an environment that suits their needs.

Disability Sport Wales relies heavily on the support and enthusiasm of all of our coaches and volunteers. Getting involved in volunteering couldn't be easier and we can guarantee that it will be one of the most rewarding, challenging and exciting things people will ever do!

Disability Sport Wales seeks to provide all volunteers with the support, training and guidance they need. Regardless of people's experiences we can guarantee that there is just the right volunteer role.

Be inspired - Volunteer Today!

CASE STUDIES

Liam Holt

Liam first heard of Disability Sport Wales from a flyer for the Wheelchair Sports Spectacular 2005 and then joined wheelchair basketball. From there he has progressed to gain his coaching qualification in basketball and has volunteered at several events, including a summer week for school children and the Wheelchair Sports Spectacular 2006.

Clark Shiels

I've been involved in Disability Sport as a volunteer for the last two years and my mum had been involved for many years before me.

I took a Community Sports Leaders Award organised by my local Leisure Development team and then got involved in different activities organised by Disability Sport Wales.

I am a member of the GB Paralympic Wheelchair Curling squad and I am able to fit my volunteering activities around my training without pressure.

It's been really enjoyable and rewarding getting involved and helping others. The range of activities is varied and I have helped with sailing, boccia and outdoor pursuits, as well as the North Wales Wheelchair Sports Spectacular.

Some of the work you can get involved in includes refereeing, scoring, administration and committee work, but I prefer to be more 'hands on’ and get stuck into the activity itself. It is also a great way to meet people and make new friends, whilst putting something back into the community.

Mike Thomas

Mike joined Disability Sport Wales as a boccia volunteer in 2004 and since that time he has attended a boccia leader training course.

Mike has helped out at a number of events, including a boccia competition for primary and secondary schools, boccia sessions at a St Clears Leisure Centre Open Day and a local Swimming Gala. Mike is an all-round sporting volunteer, also promoting cricket, football and rugby for young people.

He gives praise to the many volunteers and parents who have become involved as volunteers for Disability Sport Wales, particularly their help with the boccia sessions, which would not have taken place without their support.

This document is available in Braille
or on audio CD, on request.

For further information, please contact:

www.disability-sport-wales.org
www.fdsw.org.uk

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