



The Voice of Sports Volunteering in the Royal Borough of Kingston

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Good Sports

Welcome to the fifth edition of Good Sports - a quarterly e-newsletter for sports clubs in Kingston.

The 'Good Sports Project' aims to:

- Increase the numbers of people volunteering in sport and physical activities
- Assist clubs to attain Clubmark to ensure that anyone who plays sport can do so in a safe and friendly environment

Go Kingston 2010

Celebrating the countdown to London 2012
 FREE event to get Kingston Active and Healthy
 Sunday 25 July 2010 10.30am – 4.00pm
 Hawker Centre, Lower Ham Road, Kingston

Everyone's invited to a day of Sports, Art, Culture with displays, tasters, Radio Jackie, Live Music, BBQ, watch, play, stay all day. There will be a chance to experience a wide range of sports and activities including: Target shooting, Golf, Handball, Cook and Eat, Judo, Circus skills and many more.

Across the many sports clubs in the borough, there are volunteers with a wealth of knowledge and experience. Go Kingston will need volunteer support. Put your skills, enthusiasm and knowledge to good use and become part of the general team to help deliver Go Kingston.

To get involved email Hedley Featherstone, Goods Sport project 020 82558685 or goodsports@kvc.org.uk

If your club is looking for Volunteers, why not try using Good Sports to help you? Good Sports, in conjunction with KVC's considerable volunteer recruitment experience and extensive database of potential volunteers, offers sports clubs a free and easy alternative to relying on the traditional approach of seeking volunteers from amongst club players and parents. To find out more about how we can help your club contact Hedley Featherstone.



Organised by Kingston's CSPAN (Community Sport and Physical Activity Network)



For more information about Go Kingston contact the Active Kingston Team on 0208 547 7207

Kingston Borough Sports Awards 2010

Sporting achievement, effort and commitment will be celebrated at a special awards evening held at the newly rebuilt Chessington Community College on Thursday 21 October.

The borough sports awards are the highest accolade given by the Borough to recognise achievement and services to sport. The awards are presented to school and club personalities, teams, coaches and volunteers along with the borough's National athletes and future young hopefuls of London Youth Games.

For more information visit www.kingston.gov.uk/browse/leisure/sports/sports_events/borough_sports_awards.htm

Closing date for nominations is 30 July 2010.



Clubmark

Clubmark is a national cross sports quality accreditation scheme for clubs with junior sections. It is built around a set of core criteria that ensures that clubs operate to consistent, accepted and adopted minimum standards.



Clubmark can either be awarded by the Sports Governing Body (if accredited) or by Pro Active South London. More about Clubmark. Check out the Sport Kingston website www.sport-kingston.co.uk/clubmark-sports-kingston.htm for more information

Sport Kingston's Club Night 2010

Sport Kingston holds an annual club night for sports clubs in the borough.

There is lots of information available on the night including how to access funding, getting your club noticed, Free Web Design, Volunteering, ClubMark and School/College Links. There is also normally a sports quiz with an attractive first prize. Last year the winning club picked up £350.

All clubs on the Sports Club directory will be sent an invitation to this FREE Sport Kingston Event.

For more information about the next event in December 2010 telephone 020 845 47 5207 or email sports@rbk.kingston.gov.uk



Promoting Your Club

There are many ways to promote your club to the community. See the page on the Sport Kingston website www.sport-kingston.co.uk/publicity-sports-clubs.htm with suggestions and help, including assistance from the Active Kingston Team and Local Media Contacts

Information for Clubs

Community Champions

A volunteer placement service that can help your sports club

How often has your club had to rely on finding a volunteer from within or carry a vacancy because no club members wish to get involved or have the time? Imagine if you could call upon a service whereby a volunteer had already been instructed in the basic principles of sports club management, achieved a Level 1 coaching qualification and had been CRB checked.

Community Champions is a Fulham Football Club Foundation initiative to increase and improve volunteering. The project aims to:

- Recruit young people to volunteer (14-25 year olds)
- Induct and support volunteers throughout their experience
- Train volunteers to prepare them for their chosen placements and offer qualifications
- Work with local partners to create quality volunteering experiences
- Provide mentoring and careers support to volunteers
- Recognise exceptional volunteers through rewards.

And Community Champions isn't just about football. It can offer opportunities across various sports in a range of subjects including:

- Sports coaching
- Research
- Fundraising
- Events
- Community Projects
- Social Inclusion
- Sports Clubs
- Teaching/education
- Disability
- Sports Development

For more information please contact Hedley Featherstone
goodsports@kvc.org.uk or on 020 8255 8685



Is your sports club looking for affordable transport?

If so why not contact RaKAT whose fleet of 22 mini-buses, most of which carry 14 — 15 passengers plus the driver is available for use by local voluntary and community groups based within the two Boroughs. **This also includes voluntary sports clubs.**

At present very few sports clubs use RaKAT, a situation RaKAT would like to see change. RaKAT - Richmond and Kingston Accessible Transport - is a

voluntary organisation and registered charity, funded by the London Borough of Richmond upon Thames and the Royal Borough of Kingston upon Thames. It also receives funding from other supporting charities.

To learn more about RaKAT and how it may be able to help your sports club, visit www.rakat.org.uk or contact RaKAT on 020 8481 0031 or info@rakat.org.uk



VOICE - Free & Easy to Update Websites

Is your website out of date because only one person knows how to edit it?
Is your website expensive to host? Or perhaps you think you can't afford a website at all?

The VOICE system, offered by the Royal Borough of Kingston in partnership with Kingston Voluntary Action, provides an effective solution to these common problems. VOICE is free to use and over 60 groups in the Borough of Kingston are already using it.

Why choose VOICE?

- Perhaps most importantly, it is free
- VOICE is very easy to use - if you can use Word, you will easily be able to edit your website in VOICE.
- More than one person can be the site administrator so you aren't dependent on one member of staff/volunteer
- Kingston Voluntary Action runs regular training courses so you can learn how to use the VOICE system
- Kingston Voluntary Action can provide ongoing support to help you develop your website using VOICE

- You can choose from a range of design templates and add your own logos and photographs so that it fits with your sport's club's identity
- You can add features like a calendar, surveys, polls, photo albums, feeds which would be expensive to develop for another website
- You can add a Private Area to your website to use as an intranet for your staff/volunteer/members
- VOICE provides statistics on visits to your website

The next training courses run on 22 July with beginners in the morning and advanced in the afternoon. There is a fee of £20 for each half day session, but included in this price is unlimited technical support from KVA afterwards to help you to develop your website further.

To register for a free VOICE site visit www.e-voice.org.uk/kingston-upon-thames Contact Justine Harvey, Information & Communications Co-ordinator at KVA for advice about developing your website or to book a place on the training course on 020 8355 3335 or communications@kva.org.uk

Free Help for Unaffiliated Sports Clubs from the Safe Network

Lots of sports groups are not affiliated with a national governing body.

This means they may not have access to support and guidance on safeguarding children. That's where the Safe Network can help. They have lots of help and advice, including free sample templates, free training and a free enquiry service.

Visit their website at: www.safenetwork.org.uk/getting_started/how_we_can_help/Pages/unaffiliated_sports.aspx

Volunteering

Kingston College Football Volunteers

Kingston College, during the last football season recruited, trained and deployed over 20 student volunteers from the women's and men's football academies. The students volunteered at a variety of events including a futsal championships, local school activities and Borough events.

The first event the volunteers assisted with was the North Kingston Cluster Primary Football competition. Through the College's Further Education Sports Coordinator (FESCo), the students had the opportunity to regularly volunteer at school events. 8 of the women's football team volunteered at the cluster event spending the afternoon assisting the event organiser as referees and officials. Jane Stapleton, the Schools Sports Coordinator attached to the North Kingston Cluster said this of the volunteers: " -the girls were awesome tonight, really professional and keen! A real credit to the college, thank you so much for sending them down."

Another group of the girls then went on to assist with a second tournament a couple of weeks later for the primary school cluster, again assisting with officiating and umpiring.



College students were also involved with The Kingston School Sports Partnership's Leadership Academy.



The Leadership Academy is now in its second year. The Academy was held over two consecutive days, during October half term. Leaders were carefully selected from schools and Kingston College to take part in quality sessions comprising of both theory and practical work. They were taught 'what makes a good leader' and the skills to be authoritative as an official, how to stop a game, apply rules and keep good order in the game for both 5/6 aside football and high five netball, rugby and volleyball, as well as how to run and organise multi skills festivals and fun events for children. After this the leaders were used by PE departments & SSCo's to umpire and referee cluster competitions over the year. Some also had the opportunity to volunteer to referee local little league matches in Kingston.

Look out for information in coming weeks about how Kingston College students could assist your sports club.

Congratulations

Congratulations to Kingston College student, Amber Guy Kemp who has been invited to be one of the ten new British Colleges Sport National Apprentices for 2010-2011. The new 'National Leadership Apprenticeship' is effectively an improved version of what was called the 'National Ambassadors' programme for the top ten student volunteers nationally.



Amber Guy-Kemp is second from the right of the Chelsea Women's Academy Squad players standing up.

The NLA offers each student selected

- 1-Year 'National Leadership Apprenticeship' education programme run exclusively by BCS
- the opportunity to learn about the key skills necessary for top leaders, coaches, officials & performers
- the chance to be the face of the programme
- participation in an International volunteer programme in India
- time to work with a number of National Governing Bodies
- the challenge of mentoring regional & national event volunteers.

For more information about Kingston College and sports volunteering please contact Gemma Ferguson on 020 8268 2804 or email gemma.ferguson@kingston-college.ac.uk

Next Issue...

The next edition will be issued in September 2010. Please submit copy by **31 August 2010**.

If you have any ideas, or subjects you would like included in future editions of Good Sports, please contact Hedley Featherstone goodsports@kvc.org.uk or on 020 8255 8685

Good Sports is issued by email to each key contact in the Active Kingston Sports Club Directory. Please forward Good Sports to other volunteers within your club.

If you would like a copy of Good Sports sent to another email address, or to add further recipients to our list, please let Hedley know.

Contact Good Sports

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