



Workshop	Content	Date, Time, Venue & Cost
<p>How to deliver an interactive fun session for females Session</p>	<p>Workshop Content: Ultimately, how people feel about your first few coaching sessions will ensure they keep coming back again and again to enjoy their sport.</p> <p>This workshop will develop your coaching skills, equipping you with the essential knowledge to ensure female participants do just that.</p> <p>Aimed at: Sport and physical activity deliverers who currently engage with or looking to engage with young people.</p>	<p>Thursday 4th June 2015</p> <p>6.00 – 9.00pm</p> <p>Venue TBC</p> <p>Cost: FREE</p>
<p>MENCAP – Learning Disability Sport Workshop</p> <p>Tutor: Jon Stonebridge</p>	<p>Workshop Content: Developed through the English Learning Disability Sports Alliance between Mencap Sport and Special Olympics GB, this workshop looks at learning disability and sport to help clubs, coaches and sports providers offer a more inclusive environment and support people with a learning disability to access sporting opportunities.</p> <p>Aims of the Workshop: The workshop will cover the following topics :</p> <ul style="list-style-type: none"> • What is a learning disability? • The issues and barriers people with a learning disability face when accessing sport. • Different ways of communicating with people with a learning disability. • Different ways of including people with learning disabilities in sport. • How to promote sport to people with a learning disability. • Different pathways and opportunities available in learning disability sport. <p>Aimed at: Anyone who wants to know more about learning disability and sport; whether that's professional sports staff, coaches, club volunteers or leisure centre staff.</p> <p>Quotes from previous workshop attendees:</p> <p><i>"A good workshop that covered valuable points</i></p>	<p>Wednesday 17th June 2015</p> <p>5.30 – 8.30pm</p> <p>SportPark, Loughborough University</p> <p>Cost: £25</p>

	<p><i>to increase my knowledge and confidence when working with people with a learning disability."</i></p> <p><i>"A good insight into the difficulties faced by people with a learning disability."</i></p> <p>All delegates will receive a resource pack.</p>	
<p>Engaging with Young People Session</p> <p>Facilitator: Young Leicestershire</p>	<p>Workshop Content: Young Leicestershire is the biggest provider of open-access clubs for young people in Leicester and Leicestershire with over 15,000 members now attending their network of affiliated groups. They will be providing; further information on their organisation and how they link with Youth work, partners that they work with and models of good practice.</p> <p>Aimed at:</p> <p>Sport and physical activity deliverers who currently engage with or looking to engage with young people.</p>	<p>Monday 22nd June 2015</p> <p>6.00 – 9.00pm</p> <p>SportPark, Loughborough University</p> <p>Cost: FREE</p>
<p>Understanding Mental Health in Relation to Sport & Physical Activity</p> <p>Tutor: Lisa Evans</p> <p>Health Promotion Lead/Fitness Instructor Notts NHS</p>	<p>Workshop Content: It has been established in recent years that a lack of awareness and training was a major barrier in enabling people with mental health difficulties to participate in sport and physical activity.</p> <p>1 in 4 people will be affected by mental health difficulties in the course of a year. Would you have the confidence to coach and/or support someone who experiences mental health problems?</p> <p>This course offers an introductory level of understanding of mental health issues, raises awareness of the barriers/solutions to accessing physical activity and sport and offers sources of further support and guidance.</p> <p>Course Overview:</p> <ul style="list-style-type: none"> • Gain an introductory level of understanding of mental health and mental health disorders • Understand the barriers and solutions to physical activity and sport for individuals with mental health difficulties • Understand the signs and symptoms of mental health disorders and the considerations for physical activity and sport 	<p>Tuesday 21st July 2015</p> <p>1.30 – 5.00 pm</p> <p>The Pavilion Leisure Centre Huncote</p> <p>Cost: £25</p>

	<ul style="list-style-type: none"> • Feel confident to work with individuals with mental health difficulties • Gain knowledge of where to go for further support and guidance and to be able to establish new links with mental health professionals in order to create sustainable opportunities. <p>The workshop will also include a look at local case studies.</p> <p>Aimed at:</p> <p>Sport and physical activity development officers and deliverers, leisure providers and those offering opportunities within the community.</p>	
<p>Deaf Awareness</p> <p>Facilitator: REMARK Training</p>	<p>Workshop Content: This workshop will cover many aspects of deafness, how to cope with communication difficulties and incorporates a basic level of BSL signs.</p> <p>The following areas will be covered:</p> <ul style="list-style-type: none"> • Deaf Culture • Lip-reading • Getting the attention of a Deaf person • Rules for Effective Communication • Back up methods of communication <p>Aimed at:</p> <p>Sport and physical activity deliverers, community and voluntary groups, sport and physical activity development officers, NGBs and leisure providers.</p>	<p>Monday 7th September 2015</p> <p>9.30 am – 4.30 pm</p> <p>SportPark, Loughborough University</p> <p>Cost: £75</p>
<p>Access for all: workshop on inclusive and accessible communications</p> <p>Tutor: Catherine Slater, English Federation Disability Sport</p> <p>www.efds.co.uk</p>	<p>Reach more people in sport and physical activity through inclusive and accessible communications</p> <p>Workshop Content: A workshop for those with a remit for marketing and communication on how to reach more disabled people through more accessible and better practices.</p> <p>Outcomes Participants will be able to:</p> <ul style="list-style-type: none"> • Understand how inclusive communications engages more than just disabled people 	<p>Thursday 8th October 2015</p> <p>10.00 am – 1.00 pm</p> <p>SportPark Loughborough University</p> <p>Cost: £25</p>

