



YuGo Sport and Exercise Volunteer - Role Description

Do you like getting out in the fresh air?

Could you use your skills to support adults with additional needs to access sport and exercise?

Are you enthusiastic about working to create a more inclusive community in Gloucestershire? Then the role of YuGo Sport and Exercise Volunteer could be for you!



Why do we need you?

YuGo Exercise Engagement Pioneers are a company that aspires to create sustainable opportunities for adults with additional needs to enjoy accessible sport and exercise. We view physical exercise as a platform to promote positive physical, social and emotional health, and our members are always at the core of what we do. All of the profit we generate through our activities is reinvested into our parent charity, Allsorts Gloucestershire, who provide a wide variety of activities for disabled children and their families living in Gloucestershire.

We're growing all the time, with new members joining YuGo and taking part in all of the fun! Your role as a volunteer will help us to provide opportunities for more adults with additional needs to access sport and exercise.

How much time should you offer? When would you be needed? Where will you be based?

We ask our volunteers to be available for one of our sports and exercise clubs each week – but if you can spare more time, we would love to have your support! Our clubs run a minimum of 44 weeks of the year, in locations across Gloucestershire.

We know you will miss the occasional week and that's no problem. However, lots of members rely upon the consistency of the people supporting them, so we are looking for volunteers who can commit to clubs on a regular basis.

Our HQ is based in Stroud Town Centre, at the Allsorts Activity Hub. If we need to get together for a coffee or access training, it's likely that we'll do this from the Activity Hub. However, almost all of the clubs are off-site across the Stroud District and progressively across other locations in Gloucestershire.

YuGo: Exercise Engagement Pioneers
Company Number 13937536

c/o Allsorts, Unit 9, Third Floor, Brunel Mall, London
Road, Stroud GL5 2BP



hello@yugo.org.uk
www.yugo.org.uk



What activities will you be involved in?

Walking Club

When: Monday, 10am – 12pm

Where: Stroud Town Centre (meeting point outside Stroud Cinema)

Description: YuGo Walking Club is a great example of why we exist: to bring friends together on a weekly basis for fun, sociable, accessible exercise in the great outdoors. We walk different routes each week, which might see us tackling some hills, or taking a quicker pace along the canal. We always start and finish together as a whole group, but during the middle, we split into faster and steadier groups, to accommodate the physical capabilities of group members. We love to beat our best times on Strava!

Exercise Club

When: Wednesday, 10am – 11.30am

Where: Allsorts Activity Hub (Brunel Mall, Stroud)

Description: YuGo Exercise Club is a fun and friendly opportunity for YuGo members to stay fit and healthy! We deliver a range of accessible exercises each week to support our members with their training goals: balance and coordination, flexibility, muscular strength and cardiovascular fitness, to name a few. We have lots of specialist equipment that helps our members to access exercise that is just right for them.



Sports Club

When: Friday, 10am – 11.30am

Where: Stratford Park Leisure Centre (Stroud)

Description: We love Sports at YuGo! We can be playing anything from Boccia to Basketball, Paddle to Pickleball, Softball to Spikeball – the list goes on! Sports are a great way for our members to communicate effectively with their friends and have lots of fun and physical exercise in the process. We are always trying out new sports to see what our members most enjoy playing.

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Sports & Gym Club

When: Saturday, 10am –12pm

Where: Archway School Sports Centre (Stroud)

Description: Saturday mornings are double the fun! It's the weekend, so we know our members have energy for just that little bit more. For the first hour we play sports in the Sports Hall, much like we do on Friday mornings. For the second hour, we go into the Gym, where our Personal Trainer supports the group to access cardio machines, free weights and body weight exercises. All in all, everyone has earned their lunch by midday!

What can you gain from this opportunity?

- Ongoing support and supervision
- Making a difference to people with disabilities and additional needs
- Experience of working with an innovative and growing organisation
- Getting involved in your local community
- Reimbursement of out-of-pocket expenses

Is there an induction and training?

- You will receive a full induction
- You will receive training (if required)

What are we looking for?

- Confidence in your own physical fitness to match that of our dynamic clubs
- A friendly, cheerful and approachable manner
- Understanding of the need for safeguarding and confidentiality
- Eagerness to understand more about disability and ensure our clubs create the best environment for our members
- Reliability, so our members can count upon you
- Previous experience working with disabled people or people with additional needs is desirable (training is provided)
- A sense of humour!



Due to the nature of this role volunteers will be required to complete a DBS form and provide referees.

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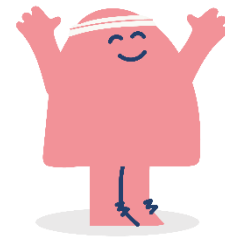


Who should you contact to find out more?

To find out about more, please contact Max Pemberton at hello@yugo.org.uk or on 01453 750474.

To apply for this role:

Please complete a YuGo Volunteer Application Form and return it to Sally Dyer at sally.dyer@allsortsglos.org.uk.



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