

# INSPIRE TOGETHER AUTUMN NEWSLETTER



**INSPIRE  
TOGETHER**

A healthier, happier, future generation



# VISION AND VALUES

## OUR VISION

that every young person enjoys being active so they have the long-term benefits of a healthy, happy lifestyle.

## OUR MISSION

to provide health, wellbeing and physical activity opportunities to inspire the young people of Leicester and give them the knowledge they need to lead a healthier, happier future.

## INSPIRE

To encourage future generations to participate in and learn through sport, physical activity and healthy opportunities, promoting physical, social and emotional wellbeing.

## DEVELOP

To target inequalities, giving all young people the opportunity to learn and develop their physical skills and character, building self-belief, determination and resilience.

## EXCEL

To provide young people with opportunities they can aspire towards, equipping them with the skills and knowledge needed to achieve success and be the best they can be.

## COLLABORATE

Working within a professional network to maximise physical activity wellbeing opportunities for children and young people, through shared expertise and best practice.

Supporting the community and families, enabling them to create a positive environment for children and young people to be active, healthy and happy.

## ENJOY

Fun is at the heart of everything we do. We know positive experiences make sport, physical activity & wellbeing opportunities enjoyable for young people, enabling them to develop a lifelong positive attitude towards health & wellbeing and a determination to achieve.



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# HIGH QUALITY EVENTS & COMPETITION NETBALL

This half term sees the start of our secondary competition events. One league that has had a successful start into this academic year is the secondary netball competition. It was fantastic to see so many girls excited for the first fixtures of the year. We had 12 teams taking part!



This is a tournament enjoyed by lots of our secondary school members. Here's some of their feedback:

*"So good to be back playing netball. The Yr10 girls did amazing, winning 3 out of 5 games and scoring a massive 14 goals. Great passion and sportsmanship. So proud! Thank you Inspire Together for a fab tournament. #ThisGirlCan."*

*"We are really proud of the effort the year 10 netball teams put in tonight. All showed resilience and epic team work - well done."*





# HEALTH AND WELLBEING

## WHAT WE OFFER

Our Health and Wellbeing team offer a variety of programmes aimed at secondary students. These sessions are delivered to targeted groups with specific outcomes. Below is information on each of these programmes. If you wish to sign up to any of them please email [pthorpe@crownhills.leicester.sch.uk](mailto:pthorpe@crownhills.leicester.sch.uk)

### ACTIVE IN MIND

Active in Mind is a Mental Health intervention in partnership with the Youth Sport Trust aimed at secondary aged children. An athlete mentor will train a selected group of student mentors (5-10 students Year 9s or 10s) to be able to support a nurture group of 15-20 selected learners (Year 7s or 8s) who have low level anxiety/school stress. The athlete mentor will train the mentor group in a range of mental health support techniques which will enable them to run a 6 week activity based programme to manage school more positively. The athlete mentor will then return for a half-day follow-up celebration with all of the learners involved. [Click here for more](#)

### THIS GIRL CAN

This Girl Can is an emotional literacy programme aimed at Year 7 and 8 girls. (£250). This girls only initiative is designed to build confidence, communication and self esteem through physical activity and resources. This club supports girls readiness for the challenging move up to secondary school. (Up to 10 weeks of delivery and staff mentoring). [Click here for more](#)

### BOYS MOVE

Boys Move is a Confidence/Behaviour Intervention Programme. The intervention will be offered to years 7, 8 or 9 groups who have been identified as having low confidence/self-esteem and/or negative behaviours within school and need support around emotional understanding/control and stress management. It is a 10 week programme of coach delivery in which students will participate in a weekly physical activity and discussion based sessions where they will explore their feelings and emotions around themselves, school, their bodies and more. [Click here for more](#)

### MOVE FOR FUN

Move for Fun is a club which can be aimed at Year 7 and 8 students. It's a free club to support inactive and disadvantaged students who may have struggled to settle, have some issues around engaging with PE and sport and need some support to enjoy activity and movement within School. The aim of the club is for it to run for the academic year, becoming a safe space for the children involved to be able to play and enjoy physical activity and sport. Our coach will come to your school and be involved for up to four weeks to support the club being established, work with staff to help with ideas generation, identifying suitable activities and mentor staff to lead on the club moving forward. [Click here for more](#)



# DEVELOPING YOUNG LEADERS

## PRIMARY EVENTS

We couldn't successfully run our Inspire Together events without the help of our Young Leaders. They help to ensure everything runs smoothly and that the young people participating get the best possible experience. This half term, leaders from Beaumont Leys have been busy supporting at our events. Including the Primary Pokemon Cup, which sees primary football teams competing against one another.

It was the job of the Year 9 leaders from Beaumont Leys to referee the games. They did a fantastic job and we hope that they take away lots of valuable skills from their experience. Not only this, but they were great role models for the primary pupils.







# INCLUSION

This half term we have had a couple of Secondary Inclusion Events. Including, a football competition and a Sportsability Event.

The Football Event saw 7 special schools take part at Ellesmere College. It was fantastic to see so many young people involved and enjoying themselves.

We had several groups of SEND secondary students attend our Sportsability event. The students rotated round a variety of different multi skill activities. This is a great opportunity for young people to try activities they might not have tried before, in a safe and nurturing environment.

## COMING UP!

There are numerous competitive opportunities coming up after half-term for secondary pupils. Our city programme gets underway with the Key Stage 3 Sportshall Athletics event which is followed by the Key Stage 4/5 event - with county finals places up for grabs. They will be as always great fun and very exciting events!







# COMMUNITY

## HAF CAMPS

This Summer Inspire Together ran 2 weeks of Holiday Activity and Food Camps for children aged 5-12. These camps ran at Crown Hills Community College and allowed young people who are eligible for free school meals to attend a camp where they get a paid for meal every day.

As well as this they get to take part in lots of different activities, from gymnastics to Women's World Cup! They also enjoyed making displays to do with different world cup countries. They took part in different Health and Wellbeing activities by studying different food plates and making rainbow salad! These young people come back to the camps year after year and are inspired to join sports clubs after trying so many different sports throughout the week.



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