One-off volunteering opportunities

**Festival of School Sport**

Assist a university sports club in running a taster session for students from year 7-8.

- ☑️ Monday 10th June, 8:30am – 3pm
- 📍 Coombe Dingle Sports Complex, Coombe Lane, BS9 2BJ

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Preparation Module** - We recommend attending ‘FA – Working with Young People’ or ‘Street Games: Working with Young People & Disadvantaged Communities’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** - Community Engagement, Teamwork, Responsibility, Enthusiasm

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**B:Active Residences – Walking tours**

Plan and deliver a walking tour around Bristol for students in residences.

- ☑️ March 2020 – you can plan the dates!
- 📍 Bristol City Centre

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Preparation Module** - We recommend attending ‘Events Management – Walking Tours’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** - Events planning, events management, communication to specific audiences, leadership

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**Kinball at the Festival of School Sport**

Run or assist with running a Kinball taster session for students from year 7-8.

- ☑️ Monday 10th June, 8:30am – 3pm
- 📍 Coombe Dingle Sports Complex, Coombe Lane, BS9 2BJ

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Preparation Module** - We recommend attending a ‘How to teach Kinball’ or ‘Kinball refresher’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** - Community Engagement, Teamwork, Responsibility, Enthusiasm

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**All skills attained align with the University of Bristol’s ‘Personal Development Planning – Bristol Skills framework’**
One-off volunteering opportunities

**Great Bristol 10k – Tee Shirt Distribution**

Hand out t-shirts and chat to the runners preparing for the 10k!

- Student Wellbeing Conference, Thursday 5th March
- Bill Browne Suite, Queens Building, University Walk
- Monday 20th April, Wednesday 22nd April, Wednesday 29th April
- Indoor Sports Centre Reception, Tyndall Avenue BS8 1TH

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Preparation Module** - See upcoming workshops here.

**Skills Attained** - Community Engagement, Teamwork, Responsibility, Enthusiasm

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**Great Bristol 10k Run**

Support one of our biggest events of the year! Gets some Events experience engaging with the runners taking part in the 10k. FREE T-shirt. Roles include: Being at the meeting point to welcome runners, cheering the runners, Troubleshooting: Bag Drop.

- Sunday 3rd May
- Bristol City Centre

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Preparation Module** - See upcoming workshops here.

**Skills Attained** - Community Engagement, Teamwork, Responsibility, Enthusiasm

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**Inclusive Sports Festival**

Assist a sports club or community partner in running a taster session or support the organisation and running of the event.

- Friday 20th March, 9am – 3pm
- Coombe Dingle Sports Complex, Coombe Lane, BS9 2BJ

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Preparation Module** - We recommend attending an ‘Access Sport – Disability Inclusion Training’ or ‘Street Games – Managing Events’ workshop to prepare for this. See upcoming workshops here.

**Skills Attained** - Community Engagement, Teamwork, Responsibility, Enthusiasm

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**All skills attained align with the University of Bristol’s ‘Personal Development Planning – Bristol Skills framework’**
**Walking Netball Festival**

Assist in the running of the festival by rotating between the roles of timer, photographer, scorer and runner. Or umpiring if you are training or qualified as an umpire.

😊 Sunday 26th January, 10am-3pm  
📍 Clifton College Sports Centre, Guthrie Rd, BS8 3EZ

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Preparation Module** - We recommend attending an ‘Active Ageing’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** - Community Engagement, Enthusiasm, Equality and respect for diversity

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**#WeAreBristol 5k Run**

Get some events experience engaging with the runners taking part in the #WeAreBristol 5k. FREE T-shirt. Roles include: Registration, Marshalling, T-shirt/Pack Collection, Route Collection

😊 Sunday 22nd March  
📍 Coombe Dingle Sports Complex, Coombe Lane, BS9 2BJ

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Preparation Module** - See upcoming workshops [here](#).

**Skills Attained** - Community Engagement, Teamwork, Responsibility, Enthusiasm

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**All skills attained align with the University of Bristol’s ‘Personal Development Planning – Bristol Skills framework’**
<table>
<thead>
<tr>
<th><strong>B:Active Campus - KINBALL</strong></th>
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</thead>
<tbody>
<tr>
<td>Assist in running weekly Kinball sessions as part of the B:Active Campus programme.</td>
<td></td>
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<tr>
<td>☑️ Tuesdays, 3:30 – 5pm</td>
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<tr>
<td>📍 Indoor Sports Centre, Tyndall Avenue, BS8 1TG</td>
<td></td>
</tr>
<tr>
<td>Please contact the Game Changers team if interested - <a href="mailto:seh-gamechangers@bristol.ac.uk">seh-gamechangers@bristol.ac.uk</a></td>
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<tr>
<td><strong>Skills Attained</strong> - Leadership, Teamwork, Responsibility, Enthusiasm, coproduction &amp; collaboration</td>
<td></td>
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</tbody>
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<tr>
<th><strong>Bristol Children’s Hospital – Fun Sport Session</strong></th>
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<tbody>
<tr>
<td>Deliver and assist coaching a fun sport session with current inpatients at the hospital.</td>
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<tr>
<td>☑️ Weekly - tbc</td>
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<tr>
<td>📍 Royal Bristol Children’s Hospital</td>
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<tr>
<td>Please contact the Game Changers team if interested - <a href="mailto:seh-gamechangers@bristol.ac.uk">seh-gamechangers@bristol.ac.uk</a></td>
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<td><strong>Preparation Module</strong> - We recommend attending the ‘Access Sport – Hospital Training’ workshop to prepare for this. See upcoming workshops <a href="#">here</a>.</td>
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<td><strong>Skills Attained</strong> – Problem solving &amp; adaptive capacity, active and self-aware learning, Equality &amp; respect for diversity, community engagement</td>
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<tr>
<th><strong>Bristol Inclusive Thrill Seekers (BITS)</strong></th>
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<tr>
<td>Deliver and assist coaching climbing for young people aged 6-25 years of all abilities, no experience necessary!</td>
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<tr>
<td>☑️ Wednesdays 6:30-7:30pm &amp; 7:45-8:45pm</td>
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<tr>
<td>📍 Redpoint Climbing Centre, 40 Winterstoke Road, BS3 2NW</td>
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</tr>
<tr>
<td>Please contact Lizzie if interested - <a href="mailto:lizzie.edgecombe@accesssport.co.uk">lizzie.edgecombe@accesssport.co.uk</a></td>
<td></td>
</tr>
<tr>
<td><strong>Preparation Module</strong> - We recommend attending an ‘Access Sport - Disability Inclusion Training’ workshop to prepare for this. See upcoming workshops <a href="#">here</a>.</td>
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**All skills attained align with the University of Bristol’s ‘Personal Development Planning – Bristol Skills framework’**
### Down Syndrome Football

Deliver and assist coaching football for young people from 5 -25 years with Down Syndrome, no experience necessary!

- ☑ Sundays 11am-12pm
- ✉️ St Pauls Academy, Newfoundlands Road, BS2 9NH

Please contact Lizzie if interested - lizzie.edgecombe@accesssport.co.uk

**Preparation Module** - We recommend attending an ‘Access Sport - Disability Inclusion Training’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

### Facilitating Inclusive Tennis

Support an inclusive tennis session for the visually impaired, assisting individuals to participate and interacting with them socially under the supervision and guidance of a qualified coach.

- ☑ Thursdays, 5:30-6:30pm
- ✉️ Coombe Dingle Sports Complex, Coombe Lane, BS9 2BJ

Please contact Helen if interested - helenabbott19@gmail.com

**Preparation Module** - We recommend attending an ‘Active Ageing’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

### Healthy Minds

Volunteer to support a session as part of the Healthy minds tier 3 timetable.

- ☑ Weekly session, get in touch to confirm.
- ✉️ Indoor Sports Centre, Tyndall Avenue, BS8 1TG

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Preparation Module** - We recommend attending a ‘Mental Health in Sport’ or ‘How to teach Kinball’ workshop to prepare for this See upcoming workshops [here](#).

**Skills Attained** - Communication, integrity and ethical awareness, self-awareness, adaptive capacity

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**All skills attained align with the University of Bristol’s ‘Personal Development Planning – Bristol Skills framework’**
**#ProjectRugby DisabilityHub**

Interact socially and support individual and groups needs within a Disability Rugby session.

- ☑ Mondays, 10am-12pm, 1-3pm
  - Broad Plain RFC, Bedminster, BS3 5AZ

Please contact Kris if interested - ktavender@bristolbearsrugby.com

**Preparation Module** - We recommend attending an ‘Access Sport - Disability Inclusion Training’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

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**Henbury Boccia**

Deliver and assist coaching boccia for all ages and abilities, no experience necessary!

- ☑ Fridays 7-8pm  
  - Henbury Leisure Centre, Avonmouth Way, BS10 7NG

Please contact Lizzie if interested - lizzie.edgecombe@accesssport.co.uk

**Preparation Module** - We recommend attending an ‘Access Sport - Disability Inclusion Training’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

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**L’Dub BMX**

Wingz Volunteer- Delivery/coaching assistance to disabled participants aged 5-25 years, no experience necessary!

- ☑ Saturdays 10am – 12pm  
  - Henacre Road, Lawrence Weston, BS11 OHA

Please contact Lizzie if interested - lizzie.edgecombe@accesssport.co.uk

**Preparation Module** - We recommend attending an ‘Access Sport - Disability Inclusion Training’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

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**Weekly volunteering opportunities**

**All skills attained align with the University of Bristol’s ‘Personal Development Planning – Bristol Skills framework’**
# Weekly volunteering opportunities

## Walking Rugby
Support a walking rugby session and interact socially with participants aged 55+

- **Fridays, 10-11:30am**
- **St Monica Trust, Westbury, BS10 6TW**

Please contact Kris if interested - ktavender@bristolbearsrugby.com

**Preparation Module** - We recommend attending an ‘Active Ageing’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

## Wheelchair sport, youth club
Support young people participating with logistics and within the session

- **Sundays 11am-1pm**
- **UWE Centre for Sport, Frenchay, BS16 1QY**

Please contact Kris if interested - ktavender@bristolbearsrugby.com

**Preparation Module** - We recommend attending an ‘Access Sport - Disability Inclusion Training’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

## Good Gym
Good Gym is a community initiative combining getting fit with doing good. Assist in running a get together where participants work out by helping local community projects and then run back all within 90 minutes [Link here](#). Or support the ‘Mission runs’ project - A group run to help out older people with one-off tasks they are no longer able to do on their own. [Link here](#)

- **Tuesdays, 6:15 – 7:45 pm**
- **Workout Bristol, Welsh Back, Bristol, BS1 4SB**

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

**All skills attained align with the University of Bristol’s ‘Personal Development Planning – Bristol Skills framework’**
BUCS Events Assistant

Gain experience in events and sports management by overseeing the arrival and organisation of teams on a BUCS Wednesday as well as assisting with photography and the departments social media accounts.

- Wednesdays 1-5pm (select dates tbc.)
- Coombe Dingle Sports Complex, Coombe Lane, BS9 2BJ

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Preparation Module** - We recommend attending ‘BUCS Event Support’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

Flyerz Hockey

Deliver and assist coaching hockey for all ages and abilities, no experience necessary!

- 2nd Sunday of the month, 1:30-2:30pm
- Badminton School, Westbury-on-Trym, BS9 3BA

Please contact Lizzie if interested - lizzie.edgecombe@accesssport.co.uk

**Preparation Module** - We recommend attending an ‘Access Sport - Disability Inclusion Training’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

Golden Memories

Support individuals in a physical activity session for older people aged 65+

- Wednesdays (Fortnightly) 2:30-4pm
- St Monica Trust, Westbury, BS10 6TW

Please contact Kris if interested - ktavender@bristolbearsrugby.com

**Preparation Module** - We recommend attending an ‘Active Ageing’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

**All skills attained align with the University of Bristol’s ‘Personal Development Planning – Bristol Skills framework’**
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**School Sports Taster Sessions**

Plan and deliver a taster session for your sport in secondary schools in Bristol.

- 😊 TBC – within school hours
- 📍 TBC

Please contact the Game Changers team if interested - seh-gamechangers@bristol.ac.uk

**Preparation Module** - We recommend attending ‘FA – Working with young people’ or ‘Street Games: Working with Young People & Disadvantaged Communities’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement

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**Windmill Hill City Farm Multi-Sport Club**

Deliver and assist coaching young people aged 18-30 years with learning difficulties, no experience necessary!

- 😊 1st Saturday of the Month, 11am – 12 pm
- 📍 Windmill Hill City Farm, Bedminster, BS3 4EA

Please contact Lizzie if interested - lizzie.edgecombe@accesssport.co.uk

**Preparation Module** - We recommend attending an ‘Access Sport - Disability Inclusion Training’ workshop to prepare for this. See upcoming workshops [here](#).

**Skills Attained** – Problem solving & adaptive capacity, active and self-aware learning, Equality & respect for diversity, community engagement