



Moving towards employability

**How movement, physical activity and sport boosts
the delivery of skills and employability support**

Movement, physical activity and sport creates positive impacts on individuals, society and the economy.

The links between activity, physical wellbeing, mental wellbeing and job creation are well documented. Embedding movement, sport and physical activity further into the everyday lives of all is a vital part of developing a healthier and more productive population and workforce.

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Yorkshire Sport Foundation is in a unique position to facilitate and support engagement with local communities and the partnerships which support them. ”

Introduction

We believe that the movement, physical activity and sport sector has the potential to be a significant player in supporting the improvement in employability skills of people within West Yorkshire, particularly those who find it hard to engage with traditional classroom-based approaches.

Yorkshire Sport Foundation can connect the sector with those delivering employability interventions to explore and develop innovative and effective methods of delivery within the remit of the Pillar 3 calls.

Alongside technical skills and educational attainment, the development of core employability skills such as communication, teamwork, leadership, planning and organisation, self-motivation, confidence, self-esteem, and problem solving are key to employers and essential attributes for sustaining employment. It is these soft skills that involvement in physical activity can help develop and nurture. Activity can provide an alternative and effective component

of skills and employability programmes looking at alternative methods of engagement.

We support and work with partners in the district level Activity Partnerships which brings together the main planners and deliverers of movement, physical activity and sport in a district to agree and implement a joint vision.

We have a team of dedicated Development Officers who are embedded in these partnerships and work closely with the voluntary and community sector, local community groups, neighbourhoods and their residents.

Yorkshire Sport Foundation is therefore in a unique position to facilitate and support engagement with local communities and the partnerships which support them. We can bring people together and support the community voice at all levels. This not only ensures the views are heard but are also instrumental in building solutions which are complementary to those already in place and facilitating a platform for collaboration.

Yorkshire Sport Foundation is in a unique position to bring people together and work together.

- We support the community voice at all levels and the partnerships which support them. This means all views are heard and are at the heart of solutions which work with existing systems.
- The districts' activity partnerships bring together the main planners and deliverers of movement, physical activity and sport to agree and deliver a joint vision. Our dedicated development managers and officers embedded in these partnerships work closely with the voluntary and community sector, local community groups, neighbourhoods and their residents.
- Yorkshire Sport Foundation can bring together the movement, physical activity and sport sector with those delivering employability interventions to find new and better ways to hit the Pillar 3 objectives.

About us

Yorkshire Sport Foundation is a National Lottery funded charity working across the nine districts of South Yorkshire and West Yorkshire, and part of a network of England-wide Active Partnerships.

We believe in the power of movement, physical activity and sport to change people's lives, bring us together and tackle inequalities. We want as many people as possible to enjoy all the benefits being active can bring.

We are stronger when we move together.

This is why our work fully supports the aims and common purpose of Sport England's 2021-2031 Uniting the Movement vision by connecting, influencing and supporting the people and places across our regions. We are committed to playing our part.

We best describe our role in three ways:



Connect

Bringing people, ideas, agendas, projects and expertise together.



Support

Providing backing, funding, guidance and resources to and on behalf of our partners.



Influence

Shifting thinking, policy and decision making.

Find out more about who we are and what we do at yorkshiresport.org

People and Skills overview

Call area

1

Work and health programme

- Use the power of movement, physical activity and sport to engage local partners in delivering projects on work and health to support mental and physical wellbeing and support wider objectives of a fit and healthy workforce across West Yorkshire.
- Connect the benefits of movement, sport and physical activity with reducing levels of inactivity, and support individuals with long-term health conditions and disabilities who have lower rates of labour market participation.
- Build self-esteem, wellbeing and skills through physical activity and volunteering experiences to support those furthest from the labour market to develop their employability skills.

Call area

2

Community grants programme

- Signpost our network to opportunities of addressing local skills needs and gaps across movement, physical activity and sport.
- Support strategically to deliver innovation to progress skills and people working within communities, employment and education across the movement, physical activity and sport sector.
- Identify organisations who are best placed to support those furthest away from the labour market to provide tailored employability support and provide opportunities of work experience in a movement, physical activity and sport setting.

Call area

3

Youth unemployment programme

- Resource district partners to utilise the movement, physical activity and sport network to support individuals on preparing for work, and education.
- Identify organisations and cohorts of young people to design and deliver services to improve interrelated health, employment and future work ready skills gaps.
- Support the existing regional youth offer by acting as a vehicle into the movement, physical activity and sport sector.



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Registered charity in England and Wales: 1143654