



# Resources to develop your workforce

## Supporting a stronger sport and community workforce

This pack has been designed for anyone delivering activities in their community by Yorkshire Sport Foundation Streetgames and Sported.

We're here to help organisations get the training they need to help their staff feel more confident and knowledgeable with many useful resources.

The idea to pull these resources together came from feedback at a community event in 2023 where three areas were identified as having the lowest confidence.

**We identified three main areas.**

Supporting  
disability  
in sport and  
physical activity  
sessions

LGBTQ+  
inclusive  
practice

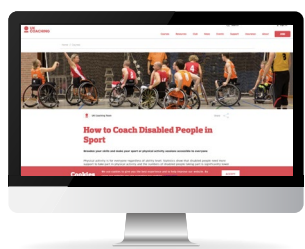
Mental Health  
awareness

Sport England and other partners also have websites with free and easy-to-use tools to help people grow skills and be more successful.

- **Buddle** provides free learning and support resources, to inspire and strengthen clubs and community organisations offering sport and physical activity. It shares the latest information, training, and tools to help clubs and organisations overcome challenges and make the most of the opportunities available to them.
- **StreetGames** delivers a wide range of free training courses and webinars to their network of community organisations who are delivering physical activity to young people in underserved communities.
- **Sported** is here to help local groups unleash their power to transform the lives of young people, and to back the local heroes who make it happen. Become a sported member and get access to expert knowledge, guides and workshops to advice and support you and your organisation.

**We hope you find the resources in this pack useful.**

# Supporting disabled people in sport and physical activity sessions



Learn



## How to coach disabled people in Sport

This workshop covers the importance of interacting with your participants and adapting your session to be more inclusive.



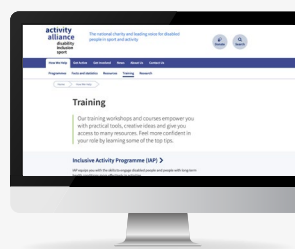
In-person (with option to do it at your premises)



Full day



To be arranged on booking



Learn



## Activity Alliance training

Training workshops and courses to empower you with practical tools, creative ideas to give you access to many resources.



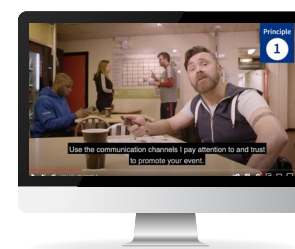
Learn



1 hour



£15.00



Watch



## Talk to Me: 10 principles

Activity Alliance have developed 10 principles that can help sport providers to deliver more appealing and inclusive opportunities for disabled people.



Watch



4 minutes



Free

## Supporting disabled people in sport and physical activity sessions continued



### Sense Active for professionals

A host of resources that will help sport practitioners, coaches, teachers and support staff to provide sensory experiences for people who are deaf/blind to disabled.



### Disabled People and Coaching:




A position paper to support the development of coaching of, and by disabled people in the UK.

-  Read
-  10 minutes
-  Free



### All About Autism e-learning

A practical toolkit that builds on knowledge of autism spectrum conditions and some of the key considerations for making PE and sport inclusive to all.

-  E-Learning
-  One hour
-  Free

## Supporting disabled people in sport and physical activity sessions continued



### Disability Toolkit for Clubs: Journey to Inclusion

A toolkit created using research and insight from grassroots football clubs, disabled footballers, prospective disabled footballers, parents, and carers from across the country.




-  Read
-  30 minutes
-  Free



### Disability Inclusion Toolkit: Enabling Inclusive Youth Work

The Youth Inclusion Hub is a partnership of disability organisations working with young people in Northern Ireland.


The project funded by the Youth Council for Northern Ireland, aims to develop inclusive youth work practice and promote access to youth services by young people with disabilities.

-  Read
-  1 hour
-  Free



### Principles of Great Coaching: Person Centred

In this episode of the great coaching podcast series from June 2019, swimming coach Helen Holmes, inclusive programme manager at Bradford Council, Karla Burton, and Professor of Psychology at Loughborough University Sophia Jowett share their insight into person centred coaching.

-  Listen
-  20 minutes
-  Free



## Supporting disabled people in sport and physical activity sessions continued

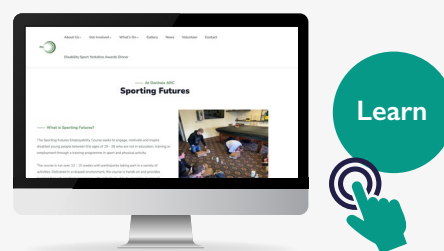


**yhlc** Yorkshire & Humber Learning Community

### Supporting Autistic People


The resource pack explores autism and neurodiversity. It runs through key points for activity providers including top tips on supporting autistic people to access and participate in activities.

-  Read
-  20 minutes
-  Free



### Sporting Futures

The Sporting Futures Employability Course seeks to engage, motivate and inspire disabled young people between the ages of 19 - 26 who are not in education, training or employment through a training programme in sport and physical activity.

-  Learn
-  10 - 15 weeks
-  To be arranged on booking



### An Introduction to the Mixed Ability model

This course will introduce you to the mixed ability model. It will explore how the mixed ability model developed, and the impact it has on those involved.

-  Learn
-  1 hour
-  Free

## LGBTQ+ inclusive practice



**yhlc** Yorkshire & Humber  
Learning Community

### LGBTQ+ Inclusion in Sport and Physical Activity

This learning will guide you through LGBTQ+ inclusion, making you more aware of research and statistics, and how you can make your setting more inclusive. There is an action plan to work through and links and resources find out more.

-  Learn
-  1 hour
-  Free



Courage is contagious  
**OUTSPORTS**

### Outsport Toolkit:

Supporting sport educators in creating and maintaining an inclusive sport community based on diversity of gender identities and sexual orientations.

-  Read
-  30 minutes
-  Free



**Stonewall**

### LGBTQ+ Allies and Trans Allies Programmes

Led by Stonewall's inclusion experts, these full-day programmes, provide a reflective space for you to understand workplace inclusion and take practical steps that work in your context.

-  In-person
-  Full day
-  £180 plus VAT




## LGBTQ+ inclusive practice continued



**Stonewall**

### LGBTQ+ Sport Workshops

A range of products that suit different audiences so whether you are a club coach, staff member at a governing body or a player at any level.

-  Learn - digital and in-person
-  3 hours
-  Free



**Energise Me**

### Pride in Our Workforce Resource

This resource is designed to support you and your team (the workforce) to become more inclusive. It highlights potential barriers to LGBTQ+ communities engaging with and enjoying physical activity. It also offers recommendations to help you make positive changes.

-  Read
-  20 minutes
-  Free



**UK COACHING**

### Coaching Awareness: Sexual Orientation

Understanding the barriers lesbian, gay, bisexual or transgender (LGBT) people in sport face will help you overcome any preconceptions or stereotypes you may have.

-  Read
-  10 minutes
-  Free



## LGBTQ+ inclusive practice continued



### Non-Binary People, Sport & Physical Activity

This document illustrates the barriers faced by non-binary people within the sport and physical activity sector.




Also includes examples of existing adaptations made within mainstream grassroots sport to accommodate non binary people.

-  Read
-  15 minutes
-  Free



### Including LGBTQ+ young people in sport

The Proud Trust listen to the experiences of the lesbian, gay, bisexual and trans young people that access their LGBT+ youth groups, and use this information to directly inform the messaging in their sexual orientation and trans awareness online training courses.

-  Learn
-  3 hours
-  To be arranged on booking



### LGBTQ+ Inclusion in your sport

During this course you'll understand the steps you can take to start to make your club/sport a more welcoming and inclusive environment for members of the LGBTQ+ Community.

-  Learn
-  2 hour
-  £20

## LGBTQ+ inclusive practice continued



**Pride Sports**  
LGBT Sports and equity

### Including LGBT Young People In Sport

In-person workshop to encourage and empower young people to explore and understand the interconnection between money and mental health.

 Read

 10 minutes

 Free



**Gendered Intelligence**

### Sport, Physical activity and trans people: The basics

#### The session will:

- Explain what 'trans' means and describe the diversity of those who might use the term
- Introduce key concepts crucial to understanding trans people
- List the main legislation relating to trans identities
- Outline trans inclusive practice in grassroots sport and physical activities
- Provide links to further resources and help

 Learn - Online or in person

 2 hour




 To be arranged on booking

# Mental Health



## Me & Money programme

In-person workshop to encourage and empower young people to explore and understand the interconnection between money and mental health.

-  Learn
-  Full day-in person
-  To be arranged on booking



## Mental health champions toolkit




This toolkit is for organisations, clubs and groups in the sport and physical activity sector that want to support the mental health of their members, participants, staff and volunteers.

-  Read
-  50 minutes
-  Free



## Mental Health Awareness for Sport and Physical Activity+ (2023)

Gain the confidence to support people experiencing mental health problems effectively and learn how to empower positive change and development.

-  E-Learning
-  Three hours
-  £10

## Mental Health continued



### Demystifying Mental Toughness Podcast



Regular interviews with high profile experts, strategies and advice for building your own, your athletes or team's Mental Toughness so that you win more often.

-  Listen
-  10 minutes
-  Free



### Mental health in sport and physical activity toolkit




We are Sport and recreational alliance, recommend some specific resources to help you get to grips with mental health and how your Organisation can Sport and recreation organisations can sign up to the Mental Health Charter to make a commitment to take positive action around mental health.

-  Read
-  1 hour
-  Free



### Mental Health Friendly Organisation

This programme is designed to support community settings and clubs to feel more confident to support their members mental health.

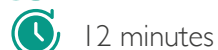
-  E-Learning
-  Three hours
-  Free

## Mental Health continued



### Exploring Coaching and Mental Wellbeing

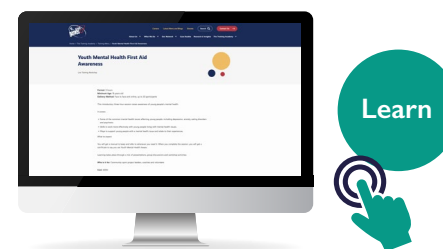
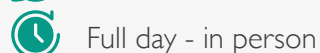
A podcast exploring the positive impact coaching has on mental well-being with Dr Karen Howells, a sports psychologist working as a sports and fitness lecturer at the Open University.



### Your Resilience

Your Resilience is a free UK-wide programme that supports young people's mental health resilience.

It is focused on building resilience through life's transitions in 14–18 year olds, equipping them with the tools and resources to manage their mental health now and in the future.



### Youth Mental Health First Aid Awareness

Youth Mental Health First Aid courses for coaches, youth workers and volunteers working with young people Youth Mental Health First Aid Awareness - StreetGames





## Mental Health continued



### Mental Wellbeing Coaching Toolkit

This toolkit by ENGSO's Spirit project provides a coach development program with a collection of resources to protect and enhance mental well-being skills of sport participants.

 Listen

 1 hour

 Free



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[www.yorkshiresport.org](http://www.yorkshiresport.org)

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