

Easy Read



Roaring with Pride

A sports leadership project in Swansea for disabled people aged from 14 to 19 years old



April 2015.

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Do you want to:



- learn new skills?
- show others what you can do?
- help other young disabled people?
- make a difference in your school or college and where you live?
- be part of a fun team of young volunteers?
- run sports events across Swansea?



Then Roaring with Pride is for you!



What is it about?

Roaring with Pride is a project for disabled people aged 14 to 19 years old. It is especially for people with a learning disability.



The project is working in Swansea.

Roaring with Pride will:



- train you to organise and run sports events such as football matches, swimming races or tennis competitions



- help you develop your **leadership** skills.

Leadership is about guiding people to get things done.

What will I do if I join?



- If you join the project you will go on a 6 week training course.
- If you complete the course you will get a **Young Leader Award**.

Young Leader Awards are given to people who have learnt about leadership.



- After the course you will get support to run a sports event of your choice.
- If you want to get more training after the course you can.

Who will run it?

The project will be run by:



- qualified tutors
- a disabled person who will be your **mentor**
- a **Young Ambassador**
- an **Inclusive Future Champion**.

A **mentor** is someone who will support you as you learn on the project.

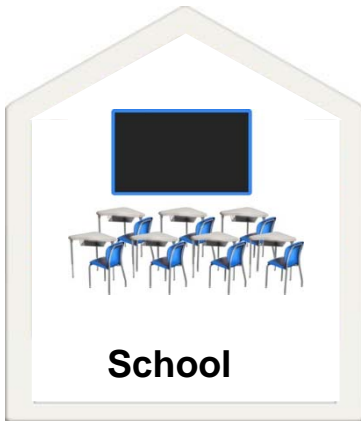
Inclusive Futures Champions and **Young Ambassadors** are sportspeople who encourage others to get involved.

Where will it happen?



It will take place at different places in Swansea such as:

- local colleges
- schools
- community groups for disabled people aged 14 to 19 years old.



How many young people can take part?



10 people from each school, college or community group can join the project.

What's in it for me?



The project will help you:

- become more confident

- be proud of yourself



- learn new skills

- be better at getting a job in the future



- meet people and make friends



- run sports events

- volunteer at local or national sport events in 2015.



You will have the chance to go to local **youth forums**. You can have your voice heard on disability sport in Swansea and other areas.

A **youth forum** is a group of young people who speak up for young people. They meet with their Local Council to talk about issues that affect young people.

If you take part in the project you will be given:



- a certificate of achievement from Sports Leaders UK

- a free t-shirt



- a free bag

- a free sports bottle.



How much will it cost?

It is free to take part in Roaring with Pride.

Who is running the project?

This project is being run by:



- Disability Sports Wales



- City & County Swansea



- Youth Sport Trust



- Sports Leaders UK



- Learning Disability Wales



- Young Ambassadors Cymru.



- Colleges Wales

How do I get involved?



There are 3 ways in which you can get involved

1. Ask your school teacher

2. Phone Sarah McCoubry on 01792 635414.



Sarah is the Sports Development Officer at Swansea City Council. She will be able to put you in contact with your school's Active Young People Officer.

3. Phone Darren Jones on 07714281627.

Darren is the Inclusive Futures Co-ordinator in the Sports Development Team at Swansea City Council

More information

If you want to find out more you can:



- Email
darren.jones@disabilitysportwales.com



- Phone us on 029 20 334 923 we are open from 8am until 5pm, Monday to Friday.



- Follow us on Twitter: [@DragonRory](https://twitter.com/DragonRory)



- Like us on Facebook: An Inclusive Future: Swansea Volunteers.



- For general information on disability sport in your area visit our website
www.disabilitysportwales.com



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