



**wesport**

- Workshop Programme  
2017-2018

# booking onto our courses

## How to book

To book onto one of the above courses please visit [www.wesport.org.uk/workshops](http://www.wesport.org.uk/workshops).

## Closed/private courses

Wesport can also provide 'closed' courses to clubs and organisations which have a minimum of 15 individuals needing to attend the course, please get in contact with us if you wish to discuss this further.

## Who is Wesport?

Wesport is a registered charity and the County Sport Partnership for the West of England (Bristol, Bath and North East Somerset, North Somerset and South Gloucestershire).

We are a sporting charity that is passionate about helping people become more physically active and enjoy the benefits that an active lifestyle can bring.

We started our work in April 2006 when we became a registered charity (Charity No. 1114495) and the County Sports Partnership (CSP) for the West of England.

## How can you get involved?

Visit the Wesport website [www.wesport.org.uk](http://www.wesport.org.uk) and sign up to our newsletter, follow us on [Twitter @wesportcsp](#) and Like us on [Facebook 'WesportCSP'](#) to find out more information about Wesport and the work we do.

## Speak to us



### Ian Wells

**Email:** [ian.wells@wesport.org.uk](mailto:ian.wells@wesport.org.uk)

**Tel:** 0117 328 6257

# safeguarding

## Safeguarding and Protecting Children Workshop

Every child deserves to enjoy their sport. This workshop will raise your awareness of the telltale signs of abuse and poor practice, and give you the tools you need to deal with any issues sensitively, appropriately and effectively should the need ever arise in your coaching career.

Course Cost: **£42**

| DATE                            | VENUE                                      | START TIME | FINISH TIME |
|---------------------------------|--|------------|-------------|
| 4 <sup>th</sup> September 2017  | University of the West of England, Bristol | 18:30      | 21:30       |
| 18 <sup>th</sup> September 2017 | University of the West of England, Bristol | 18:30      | 21:30       |
| 3 <sup>rd</sup> October 2017    | Odd Down Sports Ground, Bath               | 18:30      | 21:30       |
| 12 <sup>nd</sup> October 2017   | University of Bath Sport Training Village  | 18:30      | 21:30       |
| 7 <sup>th</sup> November 2017   | Nailsea School                             | 18:30      | 21:30       |
| 23 <sup>rd</sup> November 2017  | University of the West of England, Bristol | 18:30      | 21:30       |
| 7 <sup>th</sup> December 2017   | Odd Down Sports Ground, Bath               | 18:30      | 21:30       |
| 15 <sup>th</sup> January 2018   | University of the West of England, Bristol | 18:30      | 21:30       |
| 30 <sup>st</sup> January 2018   | University of the West of England, Bristol | 18:30      | 21:30       |
| 21 <sup>st</sup> February 2018  | Odd Down Sports Ground, Bath               | 18:30      | 21:30       |
| 8 <sup>th</sup> March 2018      | University of the West of England, Bristol | 18:30      | 21:30       |
| 9 <sup>th</sup> April 2018      | Odd Down Sports Ground, Bath               | 18:30      | 21:30       |
| 16 <sup>th</sup> April 2018     | University of the West of England, Bristol | 18:30      | 21:30       |
| 3 <sup>rd</sup> May 2018        | University of the West of England, Bristol | 18:30      | 21:30       |
| 17 <sup>th</sup> May 2018       | University of the West of England, Bristol | 18:30      | 21:30       |
| 12 <sup>th</sup> June 2018      | Odd Down Sports Ground, Bath               | 18:30      | 21:30       |
| 19 <sup>th</sup> June 2018      | Nailsea School                             | 18:30      | 21:30       |
| 5 <sup>th</sup> July 2018       | University of the West of England, Bristol | 18:30      | 21:30       |
| 12 <sup>th</sup> July 2018      | Odd Down Sports Ground, Bath               | 18:30      | 21:30       |

**book now**

# safeguarding

## Multi-Sport Time to Listen Workshop

Time to listen is a three hour workshop specifically for Club Welfare Officers (CWO). The workshop format is 'multi-sport' but we suggest that CWO's check with their governing body of sport to ensure that this format is acceptable with their sport. In order to attend this workshop you must be your clubs Safeguarding Officer or CWO and have completed a SCUUK Safeguarding & Protecting Children Course or equivalent in the last three years.

the workshop will:

- Identify what a club welfare officer does
- Describe how a club welfare officer works with others to create a child centred environment
- Explain how a club welfare officer role fits into the wider safeguarding environment
- Apply learning to case studies including sharing of good safeguarding practice
- Increase your confidence to fulfill your CWO role

Course Cost: **£30**

| DATE                           | VENUE                                      | START TIME | FINISH TIME |
|--------------------------------|--|------------|-------------|
| 27 <sup>th</sup> February 2018 | Nailsea School                             | 18:30      | 21:30       |
| 24 <sup>th</sup> May 2018      | University of the West of England, Bristol | 18:30      | 21:30       |

## Keeping Safe in Sport: Safeguarding for young volunteers (13+)

This two hour workshop provides young coaches, officials, volunteers and sports leaders, with age-appropriate safeguarding information. It's the ideal environment for you to develop your confidence in how to identify what abuse of a child in sport may look like, how you should take action appropriate to your age and status, and how to keep yourself safe in sport. The workshop will enable you to identify and recognise good volunteering practice for keeping children safe, and, recognise what to do if you have a concern about a child.

Course Cost: **£30**

| DATE                       | VENUE                                      | START TIME | FINISH TIME |
|----------------------------|--|------------|-------------|
| 6 <sup>th</sup> March 2018 | University of the West of England, Bristol | 18:30      | 20:30       |

**book now**

# clubs

## Club Matters Workshops

Club Matters, the essential one-stop-shop for sports clubs, will provide you with support, learning and guidance on all aspects of running a club whether it is large, small, formal or informal. Club Matters offers free, simple and bitesize support to all clubs.

Wesport are staging several Club Matters workshops across a range of topics. These 2 hour workshops are **FREE** and training is delivered by Club Matters facilitators. Sessions are specifically for sports clubs and will give you the opportunity to learn from a specialist in the chosen topic, other peoples' experiences, working smart together and developing your skills.

To book on and find out more info about Club Matters by visiting [www.wesport.org.uk/clubmatters](http://www.wesport.org.uk/clubmatters).

| CLUB MATTERS WORKSHOP                 | DATE / VENUE  | START TIME | FINISH TIME |
|---------------------------------------|---|------------|-------------|
| Club Matters Business Planning        | 10 <sup>th</sup> October 2017<br>Kingswood Sports Pavilion, Bath            | 19:00      | 21:00       |
| Club Matters Finance for Sports Clubs | 6 <sup>th</sup> November 2017<br>University of the West of England, Bristol | 19:00      | 21:00       |
| Club Matters Structure & Governance   | 5 <sup>th</sup> December 2017<br>Kingswood Sports Pavilion, Bath            | 19:00      | 21:00       |
| Club Matters Tax for Sports Clubs     | 16 <sup>th</sup> January 2018<br>University of the West of England, Bristol | 19:00      | 21:00       |
| Club Matters Business Planning        | 24 <sup>th</sup> January 2018<br>The Link, Nailsea School                   | 19:00      | 21:00       |

## Managing Difficult Behaviour In Clubs

This 3 hour workshop is for teachers, coaches, instructors, club officials and parents and who deal with athletes on a regular basis. This workshop will help you:-

- Understand the difference between annoying and bad behaviour.
- Ascertain the reasons why bad behaviour happens.
- Understand the impact it can have on clubs, workforce and athletes.
- Develop ideas for managing and developing improved behaviour from athletes and their parents.

Course Cost: **£30**

| DATE                          | VENUE                                      | START TIME | FINISH TIME |
|-------------------------------|--|------------|-------------|
| 18 <sup>th</sup> October 2017 | University of the West of England, Bristol | 18:30      | 21:30       |
| 23 <sup>rd</sup> January 2018 | Odd Down Sports Ground, Bath               | 18:30      | 21:30       |

# clubs

## How to Market Your Club Effectively

With so many marketing options out there, it can often leave you in a muddle. This workshop will guide you through the marketing minefield and help you get a plan together so you can identify and attract new members, enhance your club's profile and get you ready to launch your marketing approach.

As part of this workshop, Wesport's Marketing and Information Officer, will guide you through a handy marketing resource, which will help you identify how your club can boost its marketing function and identify steps you can take to promote your offer.

Course Cost: **£10 per club** (maximum 2 people from a club per booking)

| DATE                           | VENUE                                      | START TIME | FINISH TIME |
|--------------------------------|--|------------|-------------|
| 29 <sup>th</sup> November 2017 | Odd Down Sports Ground, Bath               | 19:00      | 21:00       |
| 14 <sup>th</sup> March 2018    | University of the West of England, Bristol | 19:00      | 21:00       |

## How to Use Social Media to Market Your Club

The world of Social Media can be a vast and confusing one to understand. This workshop will help to demystify this and show you how you can use this powerful tool to promote your club and engage your audience.

As part of this workshop, Wesport's Marketing and Information Officer, will guide you through a handy social media resource, which will help you identify how your club can take advantage of social media and how to do this in a quick and easy way.

Course Cost: **£10 per club** (maximum 2 people from a club per booking)

| DATE                          | VENUE                                      | START TIME | FINISH TIME |
|-------------------------------|--|------------|-------------|
| 4 <sup>th</sup> October 2017  | Odd Down Sports Ground, Bath               | 19:00      | 21:00       |
| 7 <sup>th</sup> February 2018 | University of the West of England, Bristol | 19:00      | 21:00       |

[book now](#)

# other workshops

## Organising a Community Event

This 2 hour workshop will help your organisation plan a community sport event? The workshop will provide event organisers and local volunteers with useful information about how to organise a community sport event involving your local community. This workshop will help you identify what you need to do and the areas you need to consider to make your event a success.

- The workshop will cover:
- Planning your event
- Community involvement
- Action planning and timelines
- Workforce
- Health and safety

Who should attend?

Anyone who is going to be involved in the planning and running of the event. Those attending will also receive some useful resources to help you plan and organise your event.

Course Cost: **£20**

| DATE                           | VENUE                                      | START TIME | FINISH TIME |
|--------------------------------|--|------------|-------------|
| 15 <sup>th</sup> November 2017 | University of the West of England, Bristol | 18:30      | 20:30       |

## QCF Emergency First Aid at Work (Sports First Aider)

This first aid course covers the basics of first aid and how to administer it safely and correctly. This course qualifies you as an 'Appointed Person (Sports First Aider)'. It will cover the following areas of first aid: Anaphylaxis, Asthma, Bleeding, Broken Bones, Burns, Choking, Cardio Pulmonary Resuscitation, Diabetes, Emergency Action Plan, Eye and Nose Injuries, First Aid kits, Fitting, Heart Attack, Poisoning, Recovery Position, Shock, Spinal Injury, Stroke, Unconscious Casualty.

The course will also include Automated External Defibrillator and Auto Adrenaline Injection training.

Course Cost: **£58**

| DATE                           | VENUE                                      | START TIME | FINISH TIME |
|--------------------------------|--|------------|-------------|
| 19 <sup>th</sup> November 2017 | University of the West of England, Bristol | 09:00      | 16:00       |
| 18 <sup>th</sup> March 2018    | University of the West of England, Bristol | 09:00      | 16:00       |

# who are wesport?

The West of England Sport Trust (Wesport) is a charity that champions sport in the local community by creating inspirational and innovative opportunities for more people to experience the benefits of physical activity.

Wesport is part of the national County Sports Partnership Network and locally acts as the strategic lead for sport and physical activity across the West of England (Bristol, Bath and North East Somerset, North Somerset and South Gloucestershire).

Main activities include:

- Working with a wide variety of local partners, enabling the delivery (directly or indirectly) of nationally-funded sports programmes.
- Providing leadership, expertise and resources to improve the variety and accessibility of sport and physical activity opportunities for local people, by actively developing clubs, coaching and volunteering in the area.
- Supporting educational establishments in developing their sport and physical activity opportunities.
- Connecting with community organisations, such as disability groups, housing and health trusts, to get more people involved in sport and physical activity.

 0117 328 6250

 [www.wesport.org.uk](http://www.wesport.org.uk)

 @wesportcsp

 wesportcsp

 wesportcsp