



Mission Statement

INSPIRE Sport is a non-profit organisation dedicated to delivering multi sports sessions to anyone with additional needs.

We strive to provide a safe, all inclusive, active, fun environment where everyone is given the opportunity to experience different sports skills, learn how to follow rules, work with partners and small groups and improve fitness and wellbeing.

We help develop life skills that lead to more independence, involvement in Special Olympic events and social enterprise employability.

We meet every Monday 6-7.30pm at St Philips School, Chessington during the term.

Most of our members are on the autistic spectrum.

Volunteers will join a team who support the members with having fun experiencing different skills.

Skills you will need as a volunteer:

- Willingness to help
- Willingness to join in with the sports (don't need to be that good at it!)
- Ability to communicate
- Ability to copy & then demonstrate a skill
- Patience when it doesn't work
- Ability to encourage when the members find it difficult
- Ability to have fun and a sense of humour
- Ability to commit, and good time keeping