

Learning Disability and Sport Co Trainer

Join the team and be part of an organisation passionate about making the UK the best place for people with a learning disability to live happy and healthy lives.

mencap

**ACTIVE
COMMUNITY** 

What will you do

You will work with Mencap to deliver the Learning Disability and Sport Workshop. This workshop is aimed at increasing knowledge and confidence in adapting sports sessions for people with learning disabilities. You will co-deliver a maximum of 5 workshops per year across different organisations such as sports clubs, governing bodies, and universities. This is an exciting opportunity to promote inclusion and make a difference in the sports sector.

- **Workshop Delivery:** Lead parts of the workshop, including introductions, icebreakers, setting ground rules, and summarising sessions. Help deliver activities and support attendees during sessions. Gather and record feedback from participants.
- **Preparation and Support:** Collaborate with tutors to prepare for workshops, including setting up rooms and managing materials. Assist in creating and updating workshop content to ensure accessibility and engagement.
- **Representation:** Represent Mencap positively and professionally. Advocate for the inclusion of people with learning disabilities.

What you will bring

- Passion for sports and promoting inclusion.
- Positive, professional, and approachable attitude.
- Confidence in sharing personal experiences and discussing the benefits of sport for people with learning disabilities.
- Ability to challenge negative attitudes constructively.
- Willingness to support broader Mencap Sport initiatives.

Your experience

- Knowledge of sport and physical activity.
- Either playing, coaching or volunteering in sport and physical activity.
- Talking to groups of people about their experiences on a range of different topics including coaching sessions, barriers to participation and the broader sporting landscape.
- Taking part in discussions, sharing experiences and knowledge.
- Using computers for e-mail, internet, word-processing.



More information about this role

The Learning Disability and Sport Co-trainer will be trained and supported by the Network Development Partner to deliver this workshop.

The workshop is delivered over 3 hours in a community setting with travel either side. It can also be delivered online over 2 hours with half an hour either side for technology set up and feedback.

This role will require travelling to different locations and venues. We are recruiting 3 Co trainers one in the North, South West and Central England. You will need to be able to travel independently from home to venues. Mencap will support with the transport planning but staff may not be able to be on the journey with you.

The Learning Disability and Sport workshop is scheduled around workshop requests, you will need to be flexible as sessions can take place at different times during the week, including evenings and weekends.

What will mencap give you

This is a relief worker position. Mencap induction training will be given. The number of hours to work are dependent on requests for the workshop. We estimate initially a maximum of 5 workshops each year. With each workshop being a minimum of 6 hours, maximum dependant on distance of venue.

Pay for role: £11.47 per hour

Accessible application formats: If you require any alternative ways to apply, please let us know, video, audio message, as examples. Please get in contact with us to discuss options.

How to apply

Please apply with an up to date CV that demonstrates your skills and experiences relevant for this position.

If you require any further information please contact our Recruitment team on 07808 182224.

Mencap's values and how they apply to this role



We are **PASSIONATE** about making the world a better place

You will have a genuine passion for changing the lives of people through taking part in sport and physical activity



We are **INCLUSIVE** of everyone

You will advocate for inclusion in sport and be a positive role model for learners.



We are **BRAVE** we challenge and try new things

You will encourage learners to try new things and step out of their comfort zone, being brave when faced with challenges.



We are **POSITIVE** in our work and with each other

You will highlight and celebrate how unique each learner is. You will positively approach their journey to employment.



We are **KIND** to everyone

You will be kind, supportive and encouraging to everyone you interact with.