



**FOUNDATION  
OF LIGHT**

THE WORLD AT YOUR FEET

# VOLUNTEER OPPORTUNITIES - WEAR TOGETHER





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# THE ROLE

We are looking for volunteers to help support our Wear Together programme in Boldon, Dawdon and Stanley. The aim of the programme is to increase levels of physical activity and reduce levels of loneliness among the over 55s population through weekly sessions.

The sessions include a coffee and catch up alongside a mixture of games including but not subject to, bingo, quizzes and dominos. This is followed by an hour of physical activity such as Pickleball, table tennis and more.

## **Volunteering roles with the Wear Together programme would include:**

- Supporting Foundation of Light staff in setting up and take down of sessions.
- Assisting and supporting the delivery of the session alongside a Foundation of Light staff member.
- Be-friending and supporting participants throughout the session to help reduce, their levels of loneliness.
- Creating awareness of sessions and supporting with participant recruitment.
- Taking registers and supporting participants with paperwork.
- Be able to travel/access the required venue and sessions.

## **Volunteer desirables:**

- Experience working within a community environment.
- Experience working with older adults.
- Any skills / experiences or qualifications that would be suitable for the session. E.g. seated chair qualification.

## **Sessions details:**

### **Mondays 12.30-3:30pm and Fridays 1-4pm**

Boldon Community Centre, New Rd, Boldon Colliery. NE35 9DS

### **Tuesdays 1.00-3.00pm**

Dawdon Youth and Community Centre, Queen Alexandra Rd, Seaham. SR7 7NH

**Thursdays 1.30-3.30pm** The Venue, Community Centre, Wear Rd, Stanley.  
DH9 6AH

## **For more information please contact:**

Tom Knox – Volunteer Coordinator

[Tom.knox@foundationoflight.co.uk](mailto:Tom.knox@foundationoflight.co.uk) or telephone 0191 5634757

# WHO WE ARE



## WE MAKE LIFE BETTER FOR PEOPLE IN THE NORTH EAST

We are delighted that you are expressing an interest in joining our pioneering charity at such an exciting time. We are proud of our history and culture, our innovative and proactive solutions to community problems, and our people.

We are looking to add diversity and new skills to our passionate and enthusiastic team.

We are the official charity of Sunderland AFC, established in 2001 by former club Chairman Sir Bob Murray CBE with a simple mission:



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## OUR VISION

Better opportunities, better lives.

## OUR MISSION

We are here to use the power of football to invest in the communities we serve and to improve the Education, Health, Wellbeing and happiness of people, no matter who they are.

## ABOUT US

Set up in 2001, the Foundation of Light is the registered charity of Sunderland Football Club; we use the power of football to engage individuals and communities, increasing life opportunities.

Situated in the Northeast of England, we are based at the award-winning community hub, the Beacon of Light, but also have outreach centres in Sunderland, South Tyneside and County Durham.

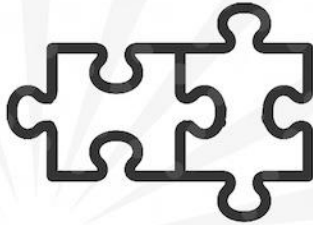
We use our position as an unparalleled route into traditionally 'hard to reach' communities – involving, educating and inspiring. We work across four industries – education and skills, sport and play, health and wellbeing and youth and community learning.



# OUR VALUES

## Collaborative

We work together, encourage diversity and build strong relationships in our community.



## Integrity

We are honest, respectful and inclusive. We care about our colleagues and our community.



## Innovative

We are creative in solving problems and bold in trying out new ideas.



## Agile

We adapt to all situations with flexibility and positivity. We are resilient in times of challenge.



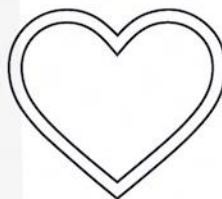
## Excellence

We are professional, accountable for our actions and contribute to a high performing team.



## Passionate

We are proud of what we do and committed to making a difference.





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# SAFE, WELCOMING AND INCLUSIVE IS AT THE HEART OF WHO WE ARE

We recognise, respect and value difference; all individuals will be treated equally and fairly.

We expect all staff, volunteers and partners to share our commitment to maintaining a culture of vigilance and encourage the reporting of any concerns about the welfare of any child, young person or adult at risk.



*“It’s fantastic to be able to have the support of volunteers across various football programmes, we couldn’t provide the opportunities for young people in the area without their time, dedication and support, and can’t thank them enough”*

**Jack, Foundation of Light coach**



# WHAT WE DO

We work with partners and key stakeholders such as local councils, colleges, universities and housing associations to deliver more than 40 programmes a year across the North East. In doing so, we support almost 20,000 people from all walks of life.

Our **sport and play** programmes cater for young children aged from 18 months (Little Dribblers) to adults aged over 55 (our Extra Time Hubs). We encourage people of all ages to keep active, develop skills and live more fulfilling lives.

Meanwhile, our wide range of disability programmes ensure young people and adults can enjoy sport and build friendships. Our disability coaching team delivers fun, exciting, and challenging sessions which help develop motor skills, balance, and co-ordination, as well as encouraging teamwork and improving communication and confidence.



*"I certainly found the experience of regularly attending the hub on a Wednesday and Tuesday at Chit and Chat a very pleasing and rewarding experience, as well as help from the Foundation"*

**James Stanness, Wear Together volunteer**



We're passionate about inspiring **young people** to be the best they can be, so we also provide a range of free programmes to develop children and young people wherever their interests lie. From sports through to social action projects, residential trips, mentoring, youth clubs and forums, we make sure their voice is heard and their dreams encouraged.

To help raise the educational attainment across the region, we partner with education providers to close the gap between those from disadvantaged backgrounds and others.

We deliver a wide range of sports and education programmes for schools and academies across the North east.



Hundreds of young people have benefitted from our Holiday Hunger programmes, enjoying free activities and a daily meal during the school holidays.

We work with those aged **19+** to improve their **employability skills** and help them find full time work, we also help parents, grandparents and carers support their child's development through a range of courses; encouraging families to learn and play together and gain new skills and experiences.

We offer adults the opportunity to reskill or upskill and gain qualifications and participate in courses they may previously not have had access to.

Of course, another priority is **health** inequality, and working with partners across Sunderland, South Tyneside and County Durham we deliver a wide range of programmes aimed at tackling poor physical health.



Over **250** over-55s have taken part in weekly social activities and over **1,200** activity bags distributed to help combat loneliness

Over **2,000** participants improved mental wellbeing

280 teenagers to complete **7,820** hours of social action projects in the community



OVER **12,000** VOLUNTEERING HOURS



# OUR HISTORY

<p><b>2001</b></p> <p>FOUNDATION OF LIGHT FOUNDED BY SIR BOB MURRAY CBE OUT OF SAFECOMMUNITY PROGRAMME</p>		<p>BEGINNING THE WORK WITH TEENAGERS, TAKING THE FOUNDATION INTO THE COMMUNITY</p>		<p><b>2004</b></p> <p>OUR FIRST HOME, 'CENTRE OF LIGHT' OPENS</p> <p>OFFICIALLY OPENED BY COUNTESS OF WESSEX GCVO</p>	
	<p><b>2003</b></p> <p>STARTED WORKING WITH FAMILIES</p> <p>ESTABLISHING FAMILY LEARNING THROUGH FOOTBALL PROGRAMME</p>			<p><b>EVERY CHILD DESERVES A CHANCE AT A GOOD EDUCATION</b></p> <p>PITSTOP EDUCATION PROGRAMME LAUNCHED IN 2006</p>	

<p>1,000TH PRIMARY SCHOOL EDUCATION SESSION HELD</p> <p><b>2008</b></p>			<p><b>FOOTBALL FOR THE VERY YOUNG</b></p> <p>OUR LITTLE DRIBBLERS PROGRAMME WAS ESTABLISHED IN 2010 WORKING WITH CHILDREN AS YOUNG AS TWO</p> <p><b>2010</b></p>	<p>EXTENDED OUR EDUCATION REACH</p> <p><b>2011</b></p> <p>BY BECOMING AN EDEXCEL ACCREDITED CENTRE AND DELIVERING NATIONALLY RECOGNISED QUALIFICATIONS</p>	<p>HELPING MORE FAMILIES</p> <p><b>2012</b></p> <p>LEARN WHERE YOU ARE AWARD FOR FAMILY LEARNING</p>
	<p><b>2009</b></p> <p>CHILDREN AND YOUNG PEOPLE NOW AWARDS, LEARNING WINNER</p> <p>PITSTOP EDUCATION PROGRAMME</p>		<p>HIGH SHERIFF AWARD WINNERS FOR GREAT AND VALUABLE SERVICES TO THE COMMUNITY</p> <p>WINNERS IN 2010 AND 2011</p>		<p><b>HEALTHY EATING FOR ALL THE FAMILY.</b></p> <p>LAUNCHED PARTNERSHIP WITH JAMIE OLIVER FOOD FOUNDATION IN 2014</p>



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**DOUBLE CELEBRATION FOR THE FOUNDATION**

WELL DONE LESLEY SPUHLER OBE, CHIEF EXECUTIVE FOUNDATION OF LIGHT

**2016**

FOOTBALL SCHOLARSHIP PROGRAMME LAUNCHED

MULTIPLE TROPHY WINS AND STUDENTS PROGRESSING ONTO FURTHER EDUCATION

**POSITIVELY CHANGING YOUNG LIVES**

BEACON OF LIGHT SCHOOL OPENED IN 2016 AT THE STADIUM OF LIGHT



**COACHES ON TOUR 2014**

VISITING:  
CAMBODIA SWEDEN  
CHINA SWITZERLAND  
ESTONIA UGANDA  
SOUTH AFRICA ZAMBIA  
SPAIN

GENERATING REVENUE FOR PROGRAMMES IN THE NORTH EAST

EMPLOYABILITY AT THE TOP OF THE AGENDA FOR 2016

**BACK IN THE GAME AWARD WINNER**



**2018**

**BEACON OF LIGHT OPENS**

FOUNDATION OF LIGHT'S NEW HOME



**2020**

**YOUR MOVE**

REGIONAL COMMUNITY CLUB OF THE YEAR



OVER **7,000** FOOD PARCELS DELIVERED THROUGHOUT COMMUNITY DURING PANDEMIC

**2021**

**2019**  
**BEST FOOTBALL COMMUNITY AWARD**

OUTSIDE THE PREMIER LEAGUE





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