

Programmes of Activities

SPORTS

We focus on sports coaching, training and competitive game play as a gateway to sporting excellence and talent development. Beyond that we see sport as a 'fun' tool for engagement, community cohesion and involvement. Sport provides access to a range of healthy lifestyle options, education, training and employment opportunities. Our sporting offer includes:

- ★ 22 football teams ranging from under 8's to adult football
- ★ A semi professional football team that competes in the FA Cup
- ★ Community partner of Chelsea FC, Fulham FC & Queen Parks Rangers FC
- ★ Player exchange programme with professional Swedish football club (Arvika FC)
- ★ Lead organisation for the UK Bangladeshi representative football and cricket teams
- ★ Badminton, basketball and cricket clubs
- ★ Successful women only provisions including badminton, tae kwando and women only gym sessions
- ★ Access points towards sporting excellence & talent development for the 2012 Olympics

HEALTHY LIFESTYLES

Our work on healthy lifestyles seeks to address the key causative factors of cardiovascular disease including:

- ★ Smoking
- ★ Poor diet
- ★ Low levels of physical activity
- ★ Targetting hard to reach BME communities

SKILLS TRAINING & EMPLOYMENT

We are dedicated to helping local people secure employment. We provide ongoing advice and support, including:

- ★ Job search
- ★ CV preparation support
- ★ Help with completing application forms
- ★ Developing effective interview techniques
- ★ Mock interviews
- ★ Work experience opportunities
- ★ Pre-employment training courses
- ★ In work support to ensure sustained job outcomes
- ★ Bespoke culturally sensitive services for women

VOLUNTEERING

Volunteers are a key part of the London Tigers family. We have been successful in motivating and encouraging local people of all ages & nationalities, men and women to become volunteers in our activities over the years. Our volunteers benefit from:

- ★ Personal volunteer development plan
- ★ Accredited training
- ★ Work experience opportunities
- ★ Development of inter-personal & soft skills
- ★ Enhanced employment prospects
- ★ Involvement in local community activities

CHILDREN & FAMILIES

We see family involvement as a key mechanism in promoting community cohesion and active citizenship. Family specific activities have included:

- ★ Family awareness evenings
- ★ Joint parents & children's drug awareness and smoking effects workshops
- ★ Family healthy lifestyles sessions

Family involvement is therefore a holistic way in which to promote the positive message of:

- ★ Increased educational attainment and career development
- ★ Increased awareness and understanding of the benefits of a healthy lifestyle
- ★ Reduction in anti-social behaviour and increased community cohesion

YOUTH WORK

Our youth work programme provides a constructive method of engaging with young people. This includes:

- ★ Indoor games and activities
- ★ Integrated after school sports club
- ★ Extended holiday provision
- ★ Bespoke training in music, photography, web design, sports coaching & leadership
- ★ Drugs awareness workshops
- ★ Smoking cessation workshops
- ★ Peer mentoring
- ★ Homework and study support
- ★ Skills, training & employment support
- ★ Girls only provision