



Empowering Local Communities Through Sport

LITC

EMPOWERING LOCAL COMMUNITIES THROUGH SPORT

JANUARY 2015



NEW YEAR MESSAGE FROM OUR MANAGING DIRECTOR – LIONEL FOY

LITC has now completed its first 5-year strategic development plan 2009 - 2014, which focused on establishing LITC as a recognisable training provider and welfare-to-work provider. We are now entering the second 5-year strategic cycle (2015 - 2020) which will see the vast majority of LITC programmes underpinned by sport.

Actors in sport, academia, private sector, non-profit and non-governmental organisations, government agencies, UN agencies and international organisations, the media, the general public as well as young people are increasingly interested in the potential of sport as a tool to reach personal, community, national and international development objectives. LITC is interested in how sport can be used as a tool for addressing some of the challenges that arise from humanitarian crises and in conflict and post-conflict settings.

LITC will continue to focus on local UK communities while extending our international reach, and in so doing reaffirming our long term objective to make a difference to societies in the Global South through sport, in particular combatting Poverty; preventing the spread of HIV/AIDS (and the stigmatisation of People Living with HIV/AIDS); combatting Inequality; advocating Human Rights; resolving Conflict; improving Sanitation; and advocating Environmental Sustainability in the Central African sub-region.

Our dedicated team of advisers, trainers, mentors, sport coaches and volunteers have provided life changing services to over 600 people in 2014. LITC's team will continue to support local communities to make informed choices by providing free information, advice and guidance, and to ensure their long term empowerment to develop new skills, and gain qualifications. We will continue to embrace each person as an individual and our staff will offer a bespoke service every step of the way in their self-development.

Lastly, LITC remains committed to working in partnership with the best organisations to provide more in-depth and unique opportunities to people we work with and support on a local and international level.



Lionel Foy

Managing Director



EMPOWERING LOCAL COMMUNITIES THROUGH SPORT

LITC is a pioneering NGO mobilising the power of Sport to empower our local Communities. LITC offers international Youth projects, Volunteering, Skills development and Apprenticeships in a range of dynamic training qualifications.

LITC supports local Communities throughout London to be aspirational, participate in opportunities and develop skills and experience, building a strong foundation for our societies.

LITC supports Young People in the UK and abroad to be aspirational, participate in opportunities and develop skills and experience, building a strong foundation for their future careers.

LITC's Sport for Development projects encourages participation, social inclusion, gender equality and the use of sport to breakdown barriers, end conflict and promote human development through working with young people and with the organisation's that support young people and their wider communities through training, skills and awareness.

Through intense: mentoring; skills building activities; and qualifications, LITC provides unique opportunities for unique young people. And throughout wider youth projects, such as Youth Citzenships, Youth Exchanges and Sport in the Community projects, LITC provide opportunities not to just develop new skills, but to acquire essential life experiences and attributes. LITC offers a bridge to communities, to re-engage and provide on-going support towards independence, employment and personal development:

- **Sport for Development**
- **Apprenticeships**
- **Youth Exchanges & Citizenship**
- **Volunteering**
- **International Development**



SPORT FOR DEVELOPMENT

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SPORTEDUCATE

LITC's **Sporteducate** programme, merges adapted Sport and Employability to develop young people. Skills such as: Team; Leadership; Communication; Interpersonal; Respect; and Life Skills are embedded into the Adapted Sport sessions. While Employability focuses on young peoples' CV development skills; Interview techniques; Job search skills, aligned with Careers Advice; Employer talks; and Work-based skills workshops. Adapted Sport activities include: Football; Frisbee; Cricket; Basketball; Athletics; and Fitness training.

SPORTIVATE

LITC's **Sportivate Get Active** mobilised **Sport**, **Coaching** and **Fun** to develop young people's skills, health and increase their participation in Sport.

Get Active delivers sports sessions, offering a diverse menu of activities, through adapted sports, such as **3x3 Basketball**; **5 aside Football**; **Ultimate Frisbee**; **Tennis**; **Athletics**; and **Gym** sessions.

Sport sessions run 2 hours every week in **South London**, alongside Sports, young people will develop.



SPORT FOR DEVELOPMENT

EU SPORTASTIC!

EU Sportastic! encourages **young people** to participate in a bi-lateral Youth Exchange between the UK and Hungary, focusing on: increasing **sport participation**; increasing **work-focused skills**; and developing young people's understanding of **culture** on a local, national and EU-level.

FA LEVEL 1 COACHING

LITC's has teamed up with the Evening Standard's Dispossessed Fund and the FA to offer young people in South London free. The objective of the FA Level 1 Coaching in Football qualification is designed to develop the next generation of Community Coaches throughout London.

All participants are aged 16 to 30, vast majority are currently unemployed or Not in Employment, Education or Training (NEET) and whose aspirational is to become a Sport Coach while also giving back to the community.



Apprenticeships:

LITC provides a range of Apprenticeship qualifications in 4 dynamic frameworks: **Business Admin**; **Customer Service**; **Health & Social Care**; and **Child Care**. Studying over the course of 12 months, Learners develop all the skills, knowledge and 'on the job' experience required to develop successful careers in their chosen area of expertise. All participants complete a technical Certificate/Diploma, Functional Skills and ERR, to achieve an NVQ/QCF in their specialist subject. LITC's Trainers, Youth Officers and Employer Engagement Advisers, provide a wide range of support throughout their time of the programme.

Key Facts

- **30 hours a week in the job**
- **1 day a week in training**
- **Apprentices build a portfolio of evidence**
- **Apprentices are assessed in their work place**

Apprenticeship Breakdown
Technical Certificate or Diploma in either Business Administration; Customer Service; Hospitality or Retail
Employment Rights and Responsibilities
Functional Skills in English, Maths & ICT
Personal Learning & Thinking Skills (PLTS)





Youth Citizenship: LITC runs bi-yearly citizenship projects for young people aimed at promoting their participation in their communities; learn about their responsibilities to civic society; learn about their local democracies and how they can play apart in influencing their local councils; engaging with local decision-makers; and; developing skills of self-representation. LITC also carries out yearly visits to Parliament and Europe House and encourage young people to participate in national campaigning through our membership with the British Youth Council.

Youth Exchanges: LITC delivers yearly youth exchanges to and from EU. This is currently being expanded to cover other non-EU countries, and neighbouring Mediterranean states. LITC's Youth Exchanges provides a platform for young people to meet other young people from different countries, cultures, political systems and learn about different societies, citizenship, languages, histories, and democracies, while also learning about the EU and EU citizenships, in an informal learning environment.

Volunteering: LITC delivers a range of volunteering programmes throughout London local communities and from 2014 onwards aims to also run European Voluntary Service opportunities. LITC current youth volunteering project, the Skills Funding Agency ESF Right Futures project, encourages young people to participate in volunteering with a local host organisations for 4 weeks, promote participation; give back to their community; and develop real work experience.

INTERNATIONAL DEVELOPMENT

LITC is currently developing Sport for Development programmes to be delivered in the CEMAC region of Central Africa, with particular focus on Cameroon and Gabon.

Sport for Development programmes will focus on alleviating poverty and improving sanitation amongst some of the most deprived people in the world.

Through our projects in **Sport**, **Education**, and **Health**, LITC aims to develop **Communities**; reduce the impact of **HIV/AIDS**; increase **Equality**; promote **Human Rights**; reduce **Conflict**; improve **Sanitation**; and advocate environmental **Sustainability**.

LITC is currently seeking to develop relationships with partners working to change the world through Sport for Peace and International Development programmes.

**The London
Community
Foundation**

**BRITISH
COUNCIL**

ECORYS




Erasmus+