“There’s absolutely no doubt in my mind that without the Youth Sport Trust, I would definitely not be where I am today.”

Jay — Young Ambassador
About the Youth Sport Trust

*Children only get one childhood - let’s make it count.*

**Who we are and what we do**

We are the UK’s leading charity improving every young person’s education and development through play and sport. Our vision is a future where every child enjoys the life changing benefits of play and sport.

Sport gives young people a platform to have their voice heard and a place where they feel they belong, and we are on a mission to harness this extraordinary power to change young lives today and help them build a brighter tomorrow.

We are passionate about enabling all children unlock their full potential through high quality inclusive and innovative play, physical education and sport opportunities. Over 25 years we have developed a unique way of maximising the power of sport to grow young people, schools and communities through the development of physical and mental health, fostering inclusion and building character and leadership skills.

We empower young people through supportive environments, so they can grow self-confidence and find friendship.

**We equip educators**, grow networks and build communities of practice to demonstrate and advocate the impact of play and sport on school improvement and educational outcomes.

We inspire changemakers who lead the change they want to see in the world.

**Together, we can reduce the impact of childhood inequalities and ensure that every young person achieves their personal best.**

![Change-maker](https://www.youthsporttrust.org/s/YouthSportTrust)
**Why we exist**

Young people’s wellbeing is in decline. They are moving less and spending less time outdoors. Too many are inactive and unprepared to confidently face their future.

A Generation of young people face physical and mental health challenges and increasing social and economic inequalities. These have been further exacerbated by Covid negatively impacting their ability to learn and thrive.

In the UK, our children are among the most unhappy in the world and the least positive about their future.

- Young people are moving less, feeling more isolated and experiencing poorer mental health which impacts on the whole family.
- Children have more tech yet struggle with a lack of meaningful person to person connection.
- Young people are more physically and mentally unwell than ever before.
- We are facing a crisis of childhood obesity, loneliness and low life satisfaction.
- This is overwhelming our education and social care systems.
- The gap in life skills for work is even greater in the most deprived areas.
- Parents are feeling time pressured and unsure how to encourage their children to enjoy sport – the most physically inactive generation yet.

**Our Values**

Our values are our moral compass and guide the attitudes and behaviours required of us to achieve our vision. They provide an accountability framework for how we work internally with each other and with our customers and clients. They are also currently being refreshed in line with the new strategy.

- Be **courageous** and tackle big issues.
- Take **responsibility** for what needs to be done.
- Act with **integrity** in everything we do.
- Place **inclusion** at our heart.
- Grow through **collaboration**.
- Earn **trust** through our actions.
Youth Sport Trust 2022 – 2035 Strategy

In May 2022 we launched our brand new 2022-2035 strategy, ‘Inspiring Changemakers - Building Belonging’. Through it, our aim is to galvanise and inspire changemakers to transform attitudes, improve practice and drive policy change. Together we want to harness the power of play and sport to build belonging for a generation, improving their health, fostering inclusion and developing character and leadership.

This strategy has three objectives:

- **Urgent action** - Build back healthier, happier and more resilient young people and level the playing field for those most disadvantaged.

- **Generational shift** - To balance the demands of the digital age through the human connection of physical play and sport

- **Societal change** - Transform society’s perceptions and attitudes towards the importance of physical literacy, play and sport in the education and development of young people.

These objectives will be delivered through six tactics:

1. **Equip educators** to rebuild wellbeing and level up life chances of young people most affected by Covid-19, and those suffering from the effect of inequalities.

2. **Empower young people** by unleashing a nationwide community of young leaders, who harness the positive power of play and sport to improve wellbeing, build friendships, and foster understanding.

3. **Unite a movement of organisations** to reclaim play and sport at the heart of every school, and make it fun for everyone.

4. **Mobilise influencers in all areas of public life** to make the decline of physical activity levels and human connection in a digital age matters of national concern.

5. Help families understand and champion their children's physical literacy and its importance to a healthy and happy childhood.

6. **Change from within** by increasing our impact on, connection with, and relevance to a changing world.
Our History

Established in 1995 by Sir John Beckwith (President) & Duncan Goodhew MBE (Vice President), the Youth Sport Trust has grown from a team of 4 to just over 110 today. Over its 24 year life, the Youth Sport Trust has been through four major phases in its development:

1995 – 1997
The first two years of the organisation saw it pioneer the renowned “TOPs” programmes. TOPs was a suite of seven programmes designed to support teachers and coaches deliver high quality PE and school sport programmes for young people from 18 months to 18 years. The TOPs programmes were supported by sponsorship from BT and lottery funding, and were implemented through partnerships with Local Education Authorities and the Home Country Sports Councils. This era of the organisations development was characterised by creating world leading content.

1997 – 2010
This period coincided with the introduction of the government’s Specialist Schools strategy and a National PE and School Sport Strategy. The Youth Sport Trust partnered the DCMS and (the then) DFEE in implementing a national network of 450 School Sport Partnerships embracing every primary, secondary and special school in England. Each School Sport Partnership was hosted by a Specialist Sports college and played a strategic role in planning and delivering PE and school sport in a local area. This era of the organisations development was characterised by building a world leading structure and local delivery.

2010 – 2012
These two years were dominated by a focus on the build up to the London 2012 Olympic and Paralympic Games. New programmes such as the School Games, Change 4 Life Sports Clubs, Young Ambassadors and Project Ability were all inspired by the Games and allowed the organisation to bring added momentum to work around competitive school sport, volunteering, and inclusion. This era of the organisation’s development was characterised by the delivery of national programmes through high quality training and professional development.

Since 2012
The organisation has been focussed on sustaining and growing local, self improving networks of schools playing a role building local strategies which align and connect a range of Youth Sport Trust (YST) and government funded programmes and interventions such as the Primary PE and School Sport Premium and YST Start to Move.

Our current strategic plan can be found https://www.youthsporttrust.org/about/what-we-do/our-strategy
About the Role

Are you aged 16 - 24, passionate about youth voice, and looking for a volunteer opportunity work that fits around your commitments and priorities?

Join the Youth Sport Trust Youth Board and be a changemaker in the lives of young people. We are a passionate children's charity that believes in the incredible power of sport, physical activity, and PE to transform lives. We're on a mission to empower young people achieve their own personal best through improved wellbeing, healthier lifestyles, and greater attainment. By joining our Youth Board, you become the voice of young people, influencing, and shaping our work. We actively encourage and welcome applications from candidates of diverse cultures, perspectives and lived experiences.

As a voluntary member of the Youth Board, you hold the key to making a real difference. Your input and advice will shape our strategies and initiatives, positively impacting the lives of countless young people. But that's not all! By joining us, you'll also develop essential skills that employers value, such as decision-making, self-motivation, respect and communication. And let's not forget the priceless experiences you'll gain! From attending major events like National Conferences and Residential Camps to being on stage presenting awards or mingling with sports icons, political figures, and industry leaders, you'll have incredible opportunities that money can't buy.

Minimum Commitment required:

- Monthly virtual connects (previously Monday evenings between 1900 – 2000 hrs)
- Attendance at two residential events per year (December 2023 and March 2024 tbc)
- Regular communication and engagement over email/WhatsApp
- There is an expectation to attend/commit to at least two projects/events on behalf of the Youth Sport Trust during the year.

A message from our Youth Board Chair

"Being a member of the Youth Sport Trust Youth Board has been a transformative journey for me. It has helped me improve my social skills, grow into a confident individual, and become a different person altogether. This incredible opportunity has allowed me to use my voice to make a real difference in the lives of young people. As a Youth Board member, I not only found my own voice but became the voice for other young people who needed to be heard. The networking opportunities have been invaluable, connecting me with inspiring individuals who share the same passion for creating positive change. It has truly been a platform for me to make a lasting impact on others, and I am grateful for the growth and confidence this experience has given me."

Abhisna Yogarajan (Youth Board Chair & Previous Youth Board Member)

To find out more and to gain a clear understanding of the Youth Board member position entails, please continue to read this background information pack or click on the link below to read our FAQs page https://www.youthsporttrust.org/about/our-people/our-youth-board-faqs

Ready to take the leap? Apply to be a member of our Youth Board by simply clicking the apply now button below to access the online application form. Don't miss out on this chance to make a lasting impact and boost your employability. We would recommend that you type out your answers onto a separate document first so you can save and come back to it later, before submitting your application. We wouldn’t want you to lose any progress that you make!
The Youth Sport Trust believes that diversity drives excellence, and that representation is important. The Youth Sport Trust therefore positively welcomes and seeks to ensure we achieve diversity in our workforce and that all job applicants and employees receive equal and fair treatment. We encourage applications from all candidates regardless of age, race, sex, gender identity, religion, sexual orientation, disability, or nationality.

Closing date: Please submit your application no later than 11:59pm on 22 August 2023.

Interview date: Successful applicants will be invited to a virtual interview via Zoom on either Monday 4th & Tuesday 5th September 2023

Reg Charity No: 1086915
Position: Youth Board Member

Responsible to: Youth Board Chair and Youth Sport Trust Development Manager

Issue Date: June 2023

Volunteer Expenses: Expenses covered for food, travel, accommodation, and subsistence on Youth Board business.

Time commitments: Monthly virtual connects (previously Monday evenings between 1900 – 2000 hrs)
Attendance at two residential events per year (December 2023 and March 2024 tbc)

Overall Role:

As a member of the Youth Board, your role is vital in representing the voice of young people and actively contributing to the organisation's objectives. You will have the opportunity to inform, influence, and engage with the Youth Sport Trust to make a real impact.

Responsibilities:

Inform
1. Build networks: Connect with a diverse range of young people to ensure their voices are heard and represented.
2. Challenge thinking: Fearlessly question established ideas and propose innovative solutions for better outcomes.
3. Analyse information: Be curious about data gathered from young people, identifying patterns and underlying causes.
4. Make informed decisions: Reflect on information and knowledge shared and make decisions aligned with the values of the Youth Sport Trust.

Influence
1. Foster collaboration: Build effective relationships with fellow board members to ensure progress between meetings.
2. Support objectives: Work together with other board members to develop objectives and together help to achieve them.
3. Challenge constructively: Push boundaries and encourage creative thinking among board members and Youth Sport Trust staff for optimal results.
4. Project management: Take ownership of Youth Board-led projects, ensuring they are completed within set timelines and budgets.
5. Meeting readiness: Come prepared to fully participate, completing pre-work, and following up on action items.
Engage

1. Effective communication: Explore and be creative using various communication methods to promote the work and role of the Youth Board.

2. Confident and clear communication: Express yourself confidently and concisely when engaging with diverse individuals, including in board meetings, with Youth Sport Trust staff, and other partners.

3. Be an ambassador: Act as a representative of the Youth Sport Trust, sharing its mission, ambitions, and achievements at appropriate opportunities.

Your role on the Youth Board presents an exciting opportunity to make a difference and shape the future of young people in sport, play and physical activity. By actively participating and bringing your unique perspective, you will have a chance to influence decisions, advocate for young people, and contribute to creating positive change. Together, we can make physical activity more enjoyable and accessible for all young people.
# Role Specification

## Youth Board Member

<table>
<thead>
<tr>
<th>Experience</th>
<th>Essential</th>
<th>Desirable</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Participation in a Board, Committee or similar setting</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>2. In a position to represent the voice of many young people, i.e. from your community, club, school, organisation, or other groups you identify with like you</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>3. Experience in at least one of the following areas;</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>- Business administration</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Budget management</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Fundraising/ income generation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- PR/ Media</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- IT/ Technology</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Events management</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Project Management</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Knowledge

1. Understanding of and passion to improve the sport, health or education landscape for young people | ✓ | |

## Skills, Abilities and Personal Characteristics

1. An ability to positively connect with others | ✓ | |
2. Manage diary and commitment to tasks | ✓ | |
3. Interested in building new relationships and finding out about others | ✓ | |
4. Ability to work independently and as part of a team | ✓ | |
5. Good discretion and judgement and value being kind to others | ✓ | |
6. Ability to use initiative | ✓ | |
7. Desire to solve problems, be creative and flexible | ✓ | |
8. Ability to listen, influence and support other to achieve the best outcomes | ✓ | |
How to Apply

Applications should be made using the online Youth Sport Trust application form. For further details and access to the online form please visit [http://jobs.youthsporttrust.org](http://jobs.youthsporttrust.org) and click on the Youth Board vacancy.

Please ensure you submit your application no later than 11:59pm on Tuesday 22nd August 2023.

Selection
Selection will take place by Friday 25th August 2023.

Interview
Interviews will take place on Monday 4th or Tuesday 5th September 2023 via Zoom video conferencing.

Equal Opportunities
Youth Sport Trust positively welcomes and seeks to ensure we achieve diversity in our workforce and that all job applicants and employees receive equal and fair treatment. We encourage applications from all candidates regardless of age, race, gender, gender identity, religion, sexual orientation, disability, or nationality.

Further information on the Youth Sport Trust
If you would like further information on the Youth Sport Trust, please refer to the YST website [www.youthsporttrust.org](http://www.youthsporttrust.org)