

## Internship Opportunities with Durham University

### Team Durham Community Outreach



Durham University was recently rated Sports University of the Year 2015<sup>1</sup>. Alongside our elite performers, the Team Durham Community Outreach Department has a well-established outreach programme working with both local adults and children in and around Durham. The programme encourages children and vulnerable adults to participate in sport and physical activity. This can itself be the aim, but the activity is often additionally used as a means to discuss and address other issues relating to health and wellbeing.

A full timetable of adult outreach engages with individuals from groups such as: young offenders, those in drug and alcohol recovery, mental health sufferers, people on the autistic spectrum, people with learning and physical disabilities and vulnerable women. Sessions focus on improving overall health and wellbeing as well as working towards improved self-confidence and self-esteem. The combination seeks to reduce feelings of isolation, anxiety and depression.

Our activities with children include all 47 local schools, with the aim of encouraging participation and improved overall skill acquisition. Team Durham Community Outreach runs an extensive after-school programme, holiday camps and large-scale one-off events. Recent events include a national para-sports festival and charitable fun runs. Regular weekly sessions are also

<sup>1</sup> By the Times and Sunday Times

# Common Threads through the Commonwealth

McGill-IHSP Queen Elizabeth II Diamond Jubilee Scholarship

hosted on-site giving local children use of state of the art facilities that they may not ordinarily have access to.

This program is supported by students and local community volunteers, as well as Durham University staff. McGill students would be welcomed to join our work with adults, children or both groups. Interns can participate in the sport, help shape and sustain the programme, and specialise in one particular area if a special interest emerges. Experience Durham would also be very happy to host someone to be involved a research or evaluation project on impact of their work for health, well-being and equity within the Durham community. We look forward to hearing from students who want to contribute within the framework of Team Durham Community Outreach, to improving health, wellbeing and equity in County Durham. Furthermore, we hope through the Diamond Jubilee Scholarship Scheme, that you can share your experience and learning throughout the Commonwealth.