



## Get Involved – Be Inspired

Last month we launched our community engagement toolkit as part of our ambition to gain closer and healthier communities through increased participation in sport, competition, cultural events and volunteering. We are continuing this theme this month with our Herts is Ready for Winners Volunteering Scheme (page 1-2), and the latest in our series of award winning business breakfast events.

The next 'Win Business Gold' event is hosted by Van Hage Garden and Leisure Centre in Great Amwell on Thursday 23 June.

Olympian Alison Mowbray, who won a silver medal in Athens (2004) in the Quad Scull rowing event, combined with other speakers will be inspiring local businesses to get themselves ready for the London 2012 Games. Firms in and around East Herts have already won Olympic contracts as suppliers and service providers and this event, which allows other local firms to learn about how they might win contracts from Business Link experts, aims to inspire others to do the same.

Book online now: [www.bookevents.org](http://www.bookevents.org) and search for 'Win Business Gold'  
Telephone: **0845 601 1000**  
Text phone: **01707 398390**

### The Herts 2012 Team

**Jon, Sophie, John, Sally and Gareth** visit us online at [www.hertsisreadyforwinners.co.uk](http://www.hertsisreadyforwinners.co.uk) or follow us on Twitter [www.twitter.com/readyforwinners](http://www.twitter.com/readyforwinners)

## Hertfordshire **is** READYFORWINNERS Volunteering

**As part of the partnership's commitment to closer and healthier communities we have developed a volunteering scheme that enables the local communities of Hertfordshire to embrace the magic of London 2012 and organise events and activities that will involve volunteers.**

The scheme that is being rolled out through the Hertfordshire Volunteer Centres will also develop a bank of 2012 inspired volunteers who can be deployed across the county during Games-time and in activities and events inspired by London 2012.

One such example is the Olympic Torch Relay next year; we hope the torch will be visiting the county and therefore we wish to encourage local celebrations around the torch relay with a ready made 2012 inspired volunteer workforce in order to make events as easy to put on as possible.

The HRFW Volunteer Scheme offers a toolkit which projects can use to market their volunteering activities and events. Accompanying the branding are guidelines for projects wishing to organise 2012-inspired activities and events which will support projects to gain maximum impact, including guidance on volunteer management and support in promoting projects. Projects applying

## Are you inspired by the London 2012 Olympic and Paralympic Games?

for volunteers will also be encouraged to apply for their own 'Inspire Mark' recognition themselves to help with the branding of their activities or events.

Currently the Volunteer Centres across Hertfordshire are recruiting HRFW Volunteer Scheme Coordinators, with a couple of centres already selecting their coordinator.

The coordinator's role is voluntary and part-time and one will be recruited from each Volunteer Centre. The coordinators will be responsible for promoting and helping to deliver the scheme as well as recruiting and managing the volunteers. The aim is to support local volunteer involving projects which are Olympic inspired and enable them to be registered on the Herts is Ready for Winners Volunteering Scheme.

If you are interested in the Herts is Ready for Winners Volunteer Scheme contact your local Volunteer Centre or visit [www.volunteeringherts.org](http://www.volunteeringherts.org) the coordinator's role description is also available for download from the website.

We hope the scheme will help to create a lasting volunteering legacy from 2012 in Hertfordshire.



## Heather Allen MBE, Herts Ready for Winners Volunteering Lead

### How did you first get into volunteering?

As a child I saw what my Dad did in a voluntary capacity – nothing formal - he had an awareness of people around him who needed help and quietly went about doing what he could. I have volunteered in a variety of capacities myself over the years from Meals on Wheels to Trustee roles. My first paid role in the voluntary sector was as a coordinator of a befriending scheme for elderly blind people. That led into my current role as Manager of Volunteer Centre Dacorum.

### What first got you inspired by London 2012?

The prospect of the greatest sporting event in the world coming to London! Having seen the interest in volunteering generated by the Sydney Olympics I could see the potential benefits for volunteering locally, in Hertfordshire and nationally.

### Who do you think should apply for the Herts is Ready for Winners Volunteering scheme?

Coordinator position – people who feel passionate about the Olympics and the benefits it can bring to communities. Our coordinator will need excellent communication and organisational skills and be full of ideas!

Volunteers – people who are inspired by the Olympics generally and want to be part of a team which will capture the excitement locally.

### What benefits do you think the scheme will have in Dacorum?

We will be working with the Dacorum Cultural Olympiad which already has 40 local projects aiming to run between now and the end of 2012.

I am hoping that sports groups in particular will realise the benefits of working with the Volunteer Centre. Traditionally they recruit volunteers from within their clubs but there can be advantages in bringing in new blood. It will also be great to inspire all local groups to think imaginatively about new voluntary opportunities. Volunteer numbers are increasing year on year and it's good for the Volunteer Centre to have a wide range of opportunities to offer.

### How has Volunteer Centre Dacorum been involved with the Olympics so far?

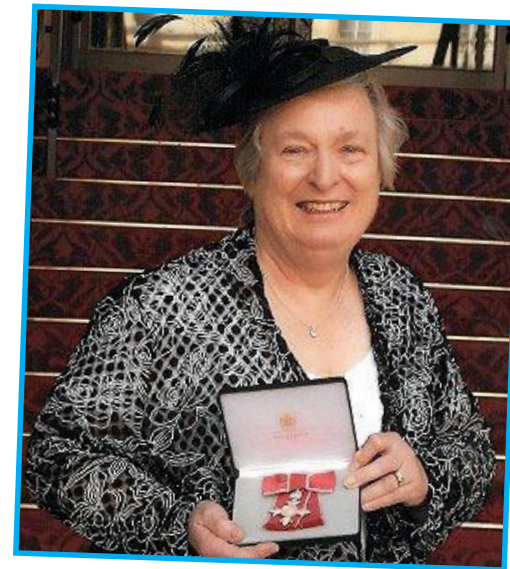
Volunteer Centre Dacorum has run two 2012 Workshops with Volunteering England for groups wanting to develop Olympic Inspired Opportunities. We also helped local people apply as Gamesmakers who had no internet access or experience (all applications were online). This project, which was run by all Volunteer Centres in Herts, achieved the prestigious Inspire Mark from LOCOG.

### What kind of community projects do you think would be eligible for the scheme?

Any that meet the Olympic ideals – particularly in sports, environment, heritage, arts and culture.

### How can the Hertfordshire Volunteer Centres help people wanting to get involved in London 2012 and be inspired by the Games?

Volunteer Centres in Hertfordshire have hundreds of different voluntary opportunities on their databases and are able to highlight those which have an Olympic theme.



Heather receiving her MBE

Anyone interested in volunteering should contact their local Volunteer Centre. Contact details on:- [www.volunteeringherts.org](http://www.volunteeringherts.org)

### What are you most looking forward to seeing at London 2012?

I've applied for 3 or 4 tickets (as a "mature" citizen I pay the same as a 16 year old for some events. There have to be some perks of being 60+!). I would love to see the Opening Ceremony but what are the chances of that?! I've applied for Badminton and Tennis events.

On the volunteering front I hope to see the contribution made by volunteers receiving high profile and inspiring a whole new group of volunteers in local communities.



## Olympic hopeful – Emily Westwood



St Albans badminton athlete Emily Westwood is smashing her way through the ranks to become one of the country's most promising players.

Emily, aged 17, has been playing badminton since she could walk and claims the racket was almost as big as she was! Since then she has taken part in countless competitions for her club, region and even country, winning many titles and bringing home numerous medals.

Currently ranked 5th in the country in the Under 19 age group and 13th overall, Emily regularly competes and wins against players several years her senior.

Emily competes in both singles and doubles tournaments and this year reached the quarter finals of the English Nationals in both disciplines. At a more recent Senior Diamond competition, the highest level senior tournament below the Nationals, she reached the finals against a highly ranked senior player.

As an athlete on the Herts Talented Athlete Programme, supported by the University of Hertfordshire, Herts County Council, Lee Valley Regional Park, and Herts Is Ready For Winners Emily trains up to 5 evenings a week on court and in the gym at Hertfordshire Sports Village. She has also benefitted from Sports Psychology sessions and Strength and Conditioning training at Performance Hertfordshire.

Like many of us, Emily will be paying close attention to potential badminton Olympians in the run up to London 2012 but her personal aim is the 2016 Olympics. Given the time taken to train for the Great Britain squad and Emily's age, this is a more realistic target. This level-headed approach will no doubt benefit Emily in her quest to become one of the best badminton players in England.



## Biggest ever crowd sees Britain's best slalom canoeists battle it out at Lee Valley White Water Centre

*David Florence celebrates his C1 title*

More than 3000 people saw GB Canoeing Slalom athletes racing on the London 2102 Olympic Standard Competition Course at the weekend – the largest ever crowd for a GB Canoeing selection event.

The three day competition took place at Lee Valley White Water Centre – the only brand new London 2012 venue the public can use and enjoy ahead of the Games – on the very same white water rapids which the world's best athletes will tackle in 2012, when Lee Valley White Water Centre will host five days of thrilling canoe slalom competition in front of 60,000 spectators.

The Centre, at Waltham Cross, Hertfordshire, was designed with legacy in mind from the very start. It has two separate courses - the 300m Olympic Standard Competition Course with a 5.5m descent and a 160m Legacy Loop with a 1.6m descent, perfect for training and developing the next generation of champions.

White water rafting and club canoeing tickets are available from <http://www.gowhitewater.co.uk/> or **08456 770 606**, with tickets for individual canoeists going on sale later this month.

**Shaun Dawson Chief Executive of Lee Valley Regional Park Authority said:**

“We've been bowled over by the huge enthusiasm for Lee Valley White Water Centre since we opened. More than 10,000 people visited in our opening weekend. The feedback we're getting is fantastic.

“To see the Centre full of Britain's best canoeists vying for selection towards the 2011 World Championships is a great taste of the future with the Olympics next year and the World Championships here at Lee Valley White Water Centre in 2015.”





## Ready for Winners in the House

On Tuesday 10 May, Herts is Ready for Winners and Broxbourne MP Charles Walker hosted a reception at the House of Commons to highlight the partnership's work in the county and also to discuss our legacy ambitions for 2012 and beyond.

The event was attended by local MPs, Oliver Heald (North East Herts), Anne Main (St Albans) and Stephen McPartland (Stevenage); Herts is Ready for Winners Patron Lord Salisbury and Deputy Leader of the House, Lord McNally. Herts is Ready for Winners Chairman Cllr Derrick Ashley and Vice-Chairman Cllr Paul Mason also attended the event.

On the day, Leader of Hertfordshire County Council, Robert Gordon, had the accolade of being presented with the host county flag from LOCOG representative Angela Salt. On receiving the flag, Robert Gordon said, "Hertfordshire is proud and delighted to be a Host County for the Olympic Games – in fact I know there are those in communities set to be closest to the action who are very excited indeed. And at the County Council we have

*Angela Salt presents the Host County flag to (L-R) Cllr Derrick Ashley, Herts 2012 Ambassador John Fuller and Cllr Robert Gordon*



*Herts 2012 Ambassador John Fuller and Benito Wheatley of the BVI*



been very pleased to be able to commit to what will undoubtedly be a hugely successful global event."

The attendance of Public Affairs Officer for the British Virgin Islands Benito Wheatley exemplifies the friendships and opportunities that have already arisen for the Partnership and Hertfordshire. The success of the sporting Memorandum Of Understanding between the British Virgin Islands and Herts Ready For Winners Partnership has led to the development of a concordat outlining the aspirations of both authorities, the British Virgin Islands Government and Hertfordshire County Council, to work together to share innovation, knowledge and best practice across a wide range of public service areas.

Tim Bailey, GB C2 Canoe Team, took time out of his training schedule to represent the professional sporting connection that the partnership has built up with the Hertfordshire venue.

## Herts 2012 Ambassador's 2012 Challenge!

John Fuller, the Herts 2012 Ambassador, has set himself a '2012' challenge; he is a quarter of a team attempting the 2011 Trailwalker, raising money for Oxfam.

The event on 16 July 2011 is the original 100km team challenge, across the South Downs with the Gurkhas. Four people, one goal; 100 kilometres in 30 hours. It's an incredible experience combining endurance, navigation, determination and teamwork.

You can sponsor John here:  
<http://uk.virginmoneygiving.com/team/fullerevans>

Why don't you set yourself a '2012' challenge?!