

## INCLUSIVE AMBASSADORS

The role of the Inclusive Ambassador is to ensure physical activity is accessible to all students, promote and inspire other students to take part, advertise and promote activity and work with staff to register students and gather feedback. We undergo training to support us with the roles and responsibilities of the job and work closely with staff.

Results from an Activity Alliance survey found the following:

- **Four in five (81 per cent) disabled people would like to be more active.**
- **Disabled adults are twice as likely as non-disabled adults to be physically inactive (42 per cent vs 21 per cent).**
- **Inactivity increases with the number of impairments an individual has. 51 per cent of people with three or more impairments are inactive compared to 31 per cent of people with one impairment.**



We wish to ensure at Coleg Cambria, all our activities are inclusive. Disabled students, LGBTQ+ students, student who suffer with lack of confidence or are new to exercise have the opportunities to take part in our activities. We hope to achieve this by creating safe spaces for students. Where they feel comfortable to exercise or talk with their friends.

***We are here for you! If you need to find out more join our Google classroom: 6xeqp5l***

## INCLUSIVE AMBASSADORS:



### MATTHEW HAYES

Hello, my name is Matthew Hayes, I am a 20 year old with Autism and ADHD and also the current Student Vice-President for Northop. Ever since I was about 14, I made it my personal duty to make sure that those around me have a good quality of life. Being a Trusted Leader puts me in a position to do just that. I have a personal belief that everybody has the potential to go far in life, and that all they need is some guidance and a little motivation. I have plenty of experience in helping people with any stressors that come up in their lives, and I'll be more than happy to help out in any way I can with a smile on my face and a 'can do' attitude.

## INCLUSIVE AMBASSADORS:



### DAVID WHITTLE

My name David Whittle, I am a student at Northop ILS and a member of the college ILS football team. I am an Inclusive Ambassador and Trusted Leader because I love sport and fitness, coaching people new skills. So, I wish to help other people become fit and enjoy sports and fitness too. The benefits of keeping Active and healthy are hugh, so I would like lots of people to get Active to feel these benefits. I would also like to have a carrer in the leisure industry when I am older.

### MIA

Hello, my name is Mia, I am an ILS Student based at the Northop site, an Inclusive ambassador and trusted leader.

In the past I have had experience of bullying for being different and feeling left out of opportunities others had. I felt this was unacceptable and felt a loss of self worth and confidence. I was worried that other people were feeling the same and felt change needed to happen. With my new role as Inclusive ambassador I will be raising the awareness of inclusivity and ensure all our activities are inclusive. As It is important that everyone at Coleg Cambria feels included and have a sense of belonging.

