

Racing Together attends Dame Kelly Holmes Trust Team Day

Racing Together were represented at youth charity Dame Kelly Holmes Trust's Team Day in London on 22nd June 2017.

This day of genuine collaboration brought together a range of partners, beneficiaries and former world class athletes to engage in a number of workshops that highlight the trusts five key objectives: Focus, Resilience, Motivation, Confidence and Determination.

"it was fascinating and something of an honour to work alongside such accomplished sports men and women as they now put their focus and commitment into supporting and inspiring young people nationwide. The Trust has proven success in working with disadvantaged young people who for any number of reasons have fallen outside of the support networks of education, training or employment," said John Blake of Racing to School.

The Trust has for nine years employed and retrained a high calibre of sports person, equipping them for the very different challenges they face in their new role. Attendees at the Team Day got an insight into the methods and approach of the team by getting involved in a range of group activities aimed at challenging perceptions and barriers to cooperating with one common goal.

Another highlight of the day was listening to the personal story of a young welsh woman who by her own admission had done all she could to avoid engaging with her athlete mentor the moment she had been enrolled on the programme. Her transformation through an opportunity to work in sport was the first step in a long journey that has now seen her support her own mentor in helping other young people. Using the high-performance mindset adopted by world class athletes to the challenges of health, education, engagement and career ambition, the Trust has been able to support thousands of young people to better outcomes.

Racing has already established a strong bond with Dame Kelly Holmes Trust and a number of ideas are being put forward to combine similar work to increase the number of young people who can benefit from a community based programme. Specifically, Trust athletes will later this year join a Racing to School Education Day to allow both charities some insight into how each other works and to share practical ideas.

Dame Kelly Holmes Trust Chairman Mike Kelly with John Blake.

