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# Introduction to building the capacity of Intermediary Organisations

## Promoting networking and cooperation between schools and community-based organisations

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# INTRODUCTION

Learners, after successfully completing this training module, will be able to:

- understand the concept of **social inclusion** of **vulnerable** target groups
- gain a complete knowledge on the **importance sports** bring to vulnerable children's lives
- get to know effective **ways** in supporting the **social inclusion** of vulnerable target groups through sports
- understand the **benefits** of strong **cooperation** between community-based organisations and schools
- conceive the importance of **community-based organisations'** role in the **decision-making** field

## GENERAL ASSESSMENT OF THE SITUATION

Due to **financial**, **geographical** and **socio-cultural barriers**, vulnerable targeted families find it difficult to provide their children with the opportunity to participate in sport activities. What is important to understand is that sports has the **potential** to increase:

- resilience
- social skills
- self-confidence and self-esteem
- safety
- sense of belonging and usefulness
- competence
- healthy lifestyle

## VALUE OF SPORTS IN VULNERABLE TARGET GROUPS' LIVES

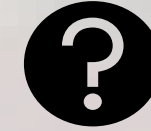
Children of vulnerable families are more keen to be experiencing personal, social/cultural and environmental **barriers** due to their inability to participate in sport activities and feel socially and physically active. Therefore,

- the improvement of sports participation and inclusion
- the promotion of a safe sports climate
- effective communication with a supportive coach
- a supportive school and community-based environment
- the participation in small and fun sports activities
- participation in sports programs
- the promotion of teamwork
- the development of physical and social competency
- the promotion of problem-solving behaviors and decision-making



Source:  
Shutterstock

What are the **benefits** of participating in sports activities



- improve concentration
- decrease stress and anxiety
- improve brain function
- enhance creativity and positive emotions
- increase well-being
- promote social inclusion
- form social and community bonds
- improve academic performance and potential
- enhance self-confidence and self-esteem
- develop social and teamwork skills
- improve disciplinary behaviors
- improve energy levels



## COOPERATION BETWEEN COMMUNITY-BASED ORGANISATIONS AND SCHOOLS

*"Sports must be understood as a public investment that brings positive returns"*  
*(Soares et al., 2016)*

## CONCLUSION

*"All sport and recreation provision should be based on long term, established funding; should be continually monitored and evaluated in light of ongoing research, and should, for the most part, be offered for the purposes of social opportunity and social development"*

*(Cited in Cowell, 2007)*

# ACTIVITIES



## ACTIVITY – GROUP A:

Think and explain 5 practices/strategies for strengthening vulnerable children's participation in sport activities, by answering the questions:

1. *WHAT?*
2. *WHY?*
3. *WHO?*
4. *HOW?*

## ACTIVITY – GROUP B:

Think and explain 5 practices/strategies for strengthening the cooperation between community-based organisations and schools, by answering the questions:

**LET'S START!**






***Thank you for your attention!***

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