



LEICESTER CITY
IN THE COMMUNITY



Leicester City in the Community (LCitC) are the Specialist Sport Provider, who support young people who are part of the Violence Intervention Project (VIP).

We work with young people from 11-25 who are interested in accessing sports or physical activities to support their wellbeing.

Alongside your VIP worker, we will work with you to help you access sport and physical activity opportunities that work for you!

How does it work?



- #1** VIP worker will refer you to LCitC
- #2** A LCitC mentor will contact you to arrange an initial meeting to determine what sports and activities you may be interested in
- #3** LCitC mentor will sign you up to your chosen activities
- #4** Your LCitC mentor will support you, through regular check ins and mentoring
- #5** Once you have completed the programme, your LCitC mentor will help you remain engaged in sport and physical activity

What sports can I get involved in?

Some examples include providing gym memberships, football sessions, swimming lessons, snow sports, rock climbing & E-Sports. The programme is tailored to you - your LCitC mentor will work with you to find sport and activities that you want to do!



What does support from the LCitC mentor look like?



After your initial meeting, your LCitC mentor will be on hand to support you to access your chosen sports or activities. From helping you to determine what activities to try, to supporting you at your first session, your LCitC mentor provides 1:1 support to help you make the most out of your activities.



LEICESTER CITY
IN THE COMMUNITY



LEICESTER, LEICESTERSHIRE
& RUTLAND

"It has really helped me start using my spare time more positively, it has encouraged me to get into a good routine. I have started to feel better, I am more healthy & with feeling better my confidence to do other things has improved"

Participant

"The young person is really enjoying their sessions and hopes to continue these. He likes the check ins with his LCitC mentor."

VIP Worker

Find out more:

 Leicester City in the Community

 LCFC_Community

 lcfc_community

Website: www.lcfc.com/community

Contact Us:

Cory Holas Cory.holas@lcfc.co.uk 07885 963950

Tilly Higgs Tilly.higgs@lcfc.co.uk 07962 652036