



Olympic and Paralympic Values at your Community Games

Be inspired by these Olympic athletes and capture the Olympic and Paralympic Values at your Community Games.

Be inspired by Sir Steve Redgrave – Rower – Great Britain

Steve Redgrave has won five Olympic gold medals and is one of Britain's greatest Olympic athletes. Steve runs clothing label FiveG – every item is made using Fairtrade cotton to ensure the farmers who grow it are paid a fair price for their work.

Play Fair 2012

In the UK we spend millions of pounds on sportswear each year but the workers who cut and stitch our kit often work long hours for little pay. Support the Playfair campaign www.playfair2012.org to ensure the workers who make your sports kit are paid a fair wage. Get everyone involved by distributing campaign cards at your Community Games.

Fair Food

Ensure the food and drink you serve at your Community Games is supporting disadvantaged farmers and their families around the world by serving Fairtrade where you can. You could try Fairtrade tea and coffee, Fairtrade fruit such as bananas, apples, oranges and raisins and Fairtrade treats including chocolate from Divine, Green & Blacks, Cadbury's and Kit Kat. www.fairtrade.org.uk

Be inspired by Eleanor Simmonds MBE - Swimmer – Great Britain

Eleanor won two gold medals for Freestyle Swimming at the Paralympics in 2008 – aged just 13 years old. She is training hard for the Paralympics 2012 and promoting sport as a Sainsbury's Active Kids ambassador - "I'm really proud to be involved with Active Kids. It gives thousands of children across the country a better chance to enjoy games, regardless of ability or fitness level. Life isn't a spectator sport – the important thing is to have a go."

Celebrate your local heroes

Celebrate everyone who is contributing to your community and your Community Games with a heroes and heroines nominations board where anyone can suggest an individual who has done something worth celebrating. You could give prizes to the people who have best demonstrated the Olympic and Paralympic values of: respect, excellence, friendship, courage, determination, inspiration and equality.

Be inspired Haile Gebrselassie – Runner - Ethiopia

Haile is considered one of the greatest long distance runners of all time. He has won Olympic Gold medals, World Championships and many marathons around the world. He has been running since he was a child when he would run 10km to school and back each day. This led to his distinctive running posture, with his left arm crooked as if still holding his schoolbooks.

Help kids go to school

In Ethiopia and many countries around the world, not every child has the chance to go to school. Today, there are 67 million kids who are missing out on school. Help to change this by supporting

the Send My Friend to School campaign - www.sendmyfriend.org. Having the courage and determination to tell others about an issue you care about is a great way of bringing the Olympic and Paralympic values to your Community Games.

Be inspired by Luz Long – Germany, and Jesse Owens – USA

Luz, a German athlete and Jesse, an African American athlete met at the 1936 Olympic Games in Berlin. Luz advised Jesse on his technique in the long jump leading to Jesse beating Luz and winning Gold! The friendship between a black and a white man had significant meaning at a time when Hitler was promoting supremacy of the Aryan race and America was racially segregated.

Make new friends

Welcome everyone to your Community Games with events to bring people together. You could bring younger and older generations together at a skills-share stand. Perhaps kids can teach grannies how to text and grannies can teach kids to knit. Or, ask people to bring their favourite family meal, with the recipe, to share with others and celebrate local and international foods and ingredients.

Be inspired by Dame Ellen MacArthur – Sailor – Great Britain

OK, so she's not an Olympian but she a phenomenally successful sailor – the fastest female and youngest person to sail around the world non-stop amongst many other achievements. She also founded the Ellen MacArthur Foundation which inspires people to re-think, re-design and build a positive future. www.ellenmacarthurfoundation.org

Respect the environment

Ensure your community is still around for future generations to enjoy:

- Save money and resources by providing free tap water instead of buying bottled water.
- Save on waste by using camping or picnic plates and cups instead of disposable ones. You could charge a small deposit to ensure they are returned.
- Plan in advance what you will do with the rubbish from your day. How can you make sure as much as possible is recycled?
- Have a junk modelling competition and see who can make the most useful or unusual item from items we would usually throw away.

How to put these ideas into action!

Bridges, is a local charity, based in Wellington and working across Shropshire and Telford & Wrekin. We aim to support groups and communities to learn about global issues and take action for a fairer world.

We can help you make your Community Games a success by providing information and resources, talking through ideas or coming along on the day to run activities.

To find out more please get in touch:

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