

Thank you for your interest in volunteering with the Community Sports Foundation!

We have a wide variety of activities that will allow you to make a big impact in your community, make new connections and gain some skills along the way.

Current volunteer opportunities are divided into three categories in the pages below:

- **Thrive** – Support Coaching
- **Inspire** – Community Programmes
- **Achieve** – Fundraising Events

Please email volunteers@norwichcitycsf.org.uk with any questions.

THRIVE: Support Coaching Opportunities

Fitness Sessions at The Nest 💪

The Foundation is running a dynamic new Premier League Kicks fitness session for young people aged 11–18, and we're looking for volunteers who are passionate about sport and wellbeing. Each week features a different style of training:

- **Circuit workouts**
- **Boxing-based fitness**
- **Strength training**

This opportunity is perfect for someone with **gym qualifications** looking for more experience in the field.

Date: Mondays, term time

Time: 4:45–6PM

Location: The Nest NR10 3AQ

👉 [Email](#) to find out more.

INSPIRE: Community Programme Opportunities

Armed Forces Day 2026 🇬🇧

We're gearing up for our third annual [Armed Forces Day](#). This fun, community focused day has a **walking football tournament, metal detector dig, parade,**

military vehicles on display and much more! Volunteers play a vital role in keeping everything running smoothly by:

- Welcoming Guests
- Facilitating football matches
- Selling raffle tickets
- Overseeing children's activity areas at Challenge Woods

Date: Saturday 27 June

Time: Support required from 9:30–16:00, even a half day would be a huge help!

Location: The Nest NR10 3AQ

👉 [Register Here](#)

NEW Over 55s Physical and Social Activity Group 🏀

The Foundation have been delivering the [Extra Time](#) project since 2008, engaging men and women aged 55+ in weekly **physical and social sessions**. Attendees enjoy an hour of physical activity, followed by social time.

Participants explore a wide range of different sports such as badminton, football, netball, padel and table tennis, together with the opportunity to discuss key topics within the social sessions alongside guest speakers.

- **Support coaches to deliver fun and safe sessions**
- **Motivate and encourage participants, supporting people in isolation**
- **Make check-in phone calls**
- **Experience playing or coaching padel is preferred**

Day: Thursdays from June 4

Time: 2:15–4PM

Location: The Nest NR10 3AQ

👉 [Email](#) to find out more.

Make a Difference at the Young Carers Club 🤝

The Foundation has launched a brand-new youth group designed especially for young carers—a **safe, supportive space where they can unwind, have fun and try something new**. Each Thursday evening at The Nest, the group takes part in exciting activities including games, football and padel sessions. It's all about giving young carers opportunities to thrive. If you're passionate about making a difference in young people's lives, we'd love to hear from you.

👉 [Email](#) to find out more.

Powerchair Football Support

The Norwich City Powerchair Football team is looking for **support coaches to help at our training sessions for beginners and advanced players**. In powerchair football, players use specially designed powered wheelchairs on indoor basketball courts to play football. No experience needed – just enthusiasm to help players develop skills, confidence and enjoy the game. Training is held on Friday evenings at City Academy Norwich.

👉 [Email](#) to find out more.

Calling all Drivers

We're looking for volunteer minibus drivers to help our participants and students move between venues. Join us in making a real difference by **transporting our Cerebral Palsy Football team** to occasional weekend fixtures throughout the season, or on weekdays, **bringing our Foundation students** between Carrow Road and The Nest. *You'll need a D1 entitlement on your driving licence – if you passed your test before 1 January 1997, you'll already have this.*

👉 [Email](#) to find out more.

ACHIEVE: Volunteer at Fundraising Events

NEW Foundation Event Ambassador

We are looking for experienced Community Sports Foundation volunteers to **represent the Foundation** at upcoming exhibitions and events. You will be **welcoming visitors** and **sharing information** about the Foundation's work. We are looking for friendly and welcoming individuals to support these events for a few hours every so often throughout the year.

👉 [Email](#) to find out more.

NEW Walking Challenge Volunteers

The Foundation are running a few walking challenges along the stunning North Norfolk Coast this year, and we would love your support in making them happen! Roles include:

- **Rest stop support** – Set-up and provide refreshments to walkers
- **Event logistics** – Set-up signage along the route
- **Race route support** – Marshal along the route

- **Equipment transportation drivers** (*D1 license req'd*) – Help safely transport supplies between rest stops and start/finish line
- **First aid**– If appropriately qualified, provide medical assistance if needed

Event: [Coastal Walk Challenge](#) and [Race Against the Sun](#)

Date: Saturday 13 June 2026

Time: The event runs 3AM – 11PM, but even just a few hours would help!

👉 [Register Here](#)

Event: [Loveday Community Coastal Challenge](#)

Date: Sunday 20 September 2026

Time: The event runs 8AM – 9PM, but even just a few hours would help!

👉 [Register Here](#)

NEW Run Norwich 2026 🏃🏃

Volunteering is a fantastic way to be part of this [iconic 10K event](#) and soak up the atmosphere, without lacing up your running shoes! **From marshalling the course, handing out water, managing baggage trailers, or passing out that all-important banana at the finish line**, your support helps make the day unforgettable for thousands of runners.

Date: Sunday 6 September

Time: 7:30AM – 12:30PM (approx.)

👉 [Register Here](#)