



Community Volunteer Opportunity Support Karate in the Community CIC

Who we are:

We are a Plymouth based Community Interest Company that works to take the benefits of martial arts out into the community with a focus on improving wellbeing, confidence, and coordination.

Are you passionate about empowering others and making a positive impact in your local community?

Karate in the Community CIC is looking for enthusiastic volunteers to help deliver exciting events and activity sessions that introduce self-defense and group fitness to people of all ages.

As a volunteer, you'll play a key role in supporting our mission to promote confidence, wellbeing, and community spirit through martial arts and fitness.

What you'll do:

- Assist with community events such as summer fayres, Plymouth PRIDE and Christmas fayres, these are held at a mix of schools and local community areas.
- Assist and support activity sessions in schools, businesses and community centres. Assisting will include setting up activities, working with participants and joining in with physical activities.
- Support introductions to self defence and group fitness classes
- Help create a welcoming, fun and inclusive environment
- Support inclusion and accessibility by helping to break down barriers and support us in meeting our safeguarding obligations

What we're looking for:

- Enthusiasm for empowering others and supporting your local community in an open and impartial way
- Interest or experience in martial arts, self defence, fitness, or exercise programmes
- Reliability and positive role model behaviour attitude
- Patience and empathy
- Willingness to undergo a DBS check

Why volunteer with us?

- Make a real difference in your community
- Gain experience in event support and community engagement
- Be part of a friendly, supportive team
- Develop a sense of purpose and wellbeing by helping other people progress
- Improved confidence and communication skills through connecting with people of all ages and backgrounds
- Gain transferable skills for working careers

Location: Plymouth and surrounding areas

Commitment to volunteering: Flexible, with regular commitment discussions to ensure all sessions and events can be supported by our volunteers.

Interested: Email us at hello@karateinthecommunity.org.uk

Diversity and Inclusion

Karate in the Community CIC is committed to attract and invest in all members of our local community. To learn more about about vision, mission and values, please visit

<https://www.karateinthecommunity.org.uk>