

Reference for Sara Kironde-Strain

July 20th 2020

Sara has been part of Special Olympics St Albans since 2014. Special Olympics is a charity that provides weekly sporting activities for children and adults with a learning disability. Sara has been an invaluable part of our volunteering team, supporting our athletes whilst they are training plus being empathetic to the needs of our parents offering support and sensitivity using her knowledge of caring for a child with additional needs.

When working with our athletes, Sara has an amazing skill of evaluating the help the athlete needs but also encouraging independence, all the time showing great insight and dedication.

Sara has undertaken specific training courses which have enabled her to always be updating her knowledge and skills whilst working with those with a learning disability.

Because of her knowledge and understanding Sara will be a mentor to some of our younger volunteers, who are new to the world of Special Olympics. This can be daunting initially for some of our younger volunteers but with Sara's guidance and help any worries are soon alleviated, with the volunteer going on to have a rewarding and fulfilling experience.

With her enthusiasm and reliability Sara has been invited to join the fund raising committee. Special Olympics relies on fundraising, which, in the current climate is proving more challenging, but at the same time vital to the running of the charity. Sara has expressed an interest in going to schools and businesses to promote and raise awareness of Special Olympics, which will in turn break down barriers in the understanding of those with learning disabilities. This is a big part of the work we undertake and in promoting our amazing athletes, we are changing perceptions and stereotypes. Sara is a great advocate of this cause.

Throughout the years that Sara has been involved in Special Olympics she has shown reliability and is so dedicated to our athletes that she has joined in with the 'sister' group Passport to Leisure.

Passport to Leisure offers social and leisure opportunities to adults with a learning disability and Sara has become involved in this group offering 1:1 support to members who require that level of support.

I would wholeheartedly support Sara's application to be a School Governor and I wish her every success in her application.

Yours sincerely

Christine Ovenden

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Coordinator Special Olympics St Albans

