

## Young People Display Olympic Spirit: The 2013 Inspire>Aspire Awards

11<sup>th</sup> July 2013



Some of the country's brightest young people visited Stour Space in London to receive medals for their award worthy posters from the Inspire-Aspire programme from Olympic Bronze Medallist gymnast, Beth Tweedle and Ex Shadow Minister for the London 2012 Olympics, Dame Tessa Jowell.

The Inspire-Aspire Awards programme reached 25,000 young people this year by using the Olympic and Paralympic Games and the character qualities of Olympians to inspire young people to set personal goals and to develop future aspirations.

Winning a Gold, 4<sup>th</sup> Level award at the event was Simrit Bhandal from Roundwood Park School chose Bryshon Nellum as her inspirational figure as part of her work on the programme.

Expressing her reasons for her chosen inspirational figure, Simrit said:

*"His determination, commitment, excellence, optimism and hard work have got him where he is today!"*

Before presenting the awards, Olympian Beth Tweedle told an enthralled audience that it takes commitment and courage to reach the top. She spoke about how it was sheer determination that had helped her gain her medal at the London Olympics in 2012. Tweedle expressed how important using the Olympic and Paralympic values in everyday life can be, not just in sport.

Inspire-Aspire aims to help young people gain a better understanding of their own character qualities and values and inspire them to create a personal development plan. Simrit explained how much of an impact participating in Inspire-Aspire has had on her:

*"I feel I have learnt a lot about myself in terms of my goals for the future."*

### Notes to Editors

Please contact Stephanie Powell, Trainee Communications Executive on 01334 844900, 0790 881 5259 or [stephanie@inspire-aspire.org.uk](mailto:stephanie@inspire-aspire.org.uk) for more information. A local School contact and professional photographs are available.