



The TEAM

STAFF PROFILES

Name: Karen Winch

Job Title: Active Young People Zone Manager

What does your job involve?

Coordination of staff and resources to increase participation in sport, recreation or exercise in specific areas of Bridgend County Borough. The Job manages national programmes supported by Sports Council and Welsh Assembly Government. The job develops local and regional partnerships.

How did you become involved with the Active Young People Department?

I first started working as a Dragon Sport for Bridgend Sports Development Unit a number of years ago, which involved working with Primary Schools and local community clubs, encouraging young people to get involved in fun enjoyable sports sessions. Recently the Sports Development Unit had a re structure and became the Active Young People Department. As part of this team I now work in a zoned area within Bridgend, encouraging young people to be Physically Active.

Do you enjoy your job and why?

I enjoy my job immensely, the main reason for this is that I feel passionately about encouraging young people to be active and healthy and have fun doing so. I feel I have a role where I am able to make a difference to the young people in Bridgend.

Are you interested or do you take part in any sports outside of work?

I am interested in a variety of sports outside my work place, but I recently had a baby and I am struggling to find the time to take part in them. I hope to be re-energised and back exercising and taking part again very soon.

What are your hobbies or interests outside of sport?

My hobbies and interests are reading, playing the guitar (Badly!) and socialising with friends and family.

Who is your favourite sports person past or present and why?

Daley Thompson – He was an amazing athlete who I also had a secret crush on when I was younger!

What are you aspirations for the future?

I would love to be able to carry on with the line of work I am in now, working with young people, developing new initiatives to engage them and make a difference to their lives. I also aspire to be the best mum I can be.

An interesting fact about me is:

I have a really cool dog called Muppet!