

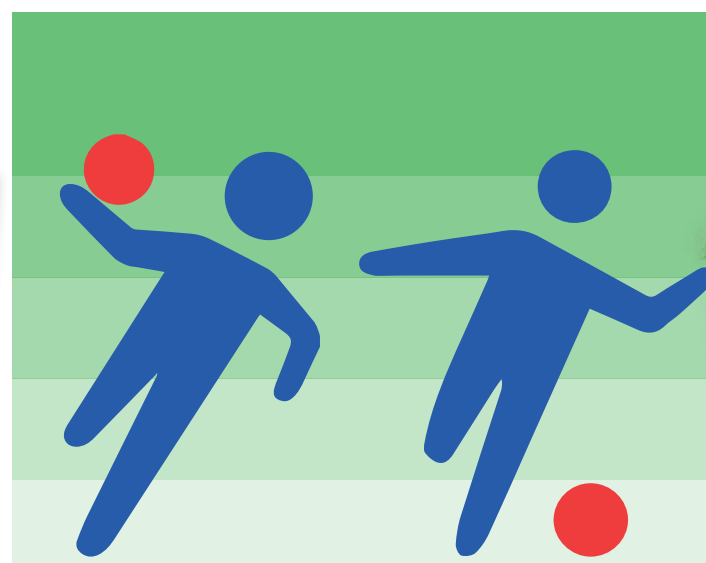
Interns with Impact: Russell Anderson Foundation Activities Co-ordinator Joanna Rankin (Summer 2023)



JOANNA



Joanna graduated with a First Class degree in Applied Sport Science from the University of Aberdeen in June 2024. She undertook the 'Interns with Impact' internship in Summer 2023 as a Coach with The Russell Anderson Foundation (RADS).



Joanna worked her full-time internship over the summer; she worked as a Coach during the school holidays at morning sports camps held at Aberdeen Sports Village and also undertook behind-the-scenes administration such as preparing registers. She also worked one day a week with nursery children aged 2-5 years old at Links Nursery. In the afternoons Joanna worked on social media for RADS within the agency Imajica and enjoyed being in this workplace setting, learning new skills.

After an initial period of volunteering, Joanna applied for, and she was offered an Internship position with our Foundation. She dealt with her added responsibilities diligently and her knowledge and confidence grew throughout. Furthermore, she gained valuable, practical coaching experience, by supporting our staff across our partner schools, being challenged throughout. This led to her running sessions on her own. Joanna's contribution during her Internship was exceptional and she became a valuable member of our team. Following her recent graduation, I had no hesitation in offering Joanna a full-time position with the Russell Anderson Foundation, which she accepted.

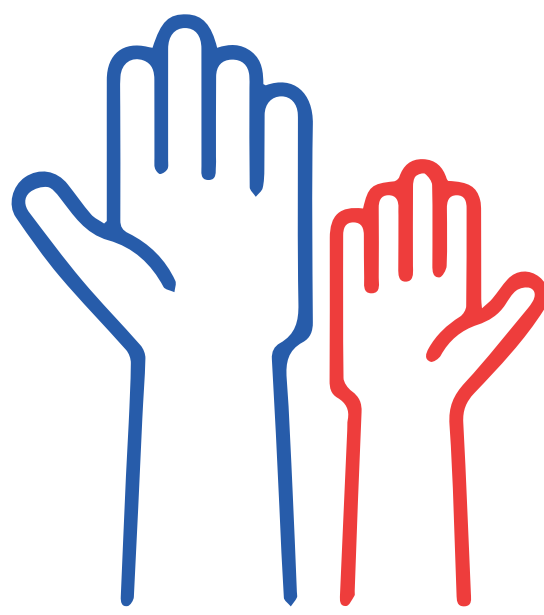
Graeme Burnett,
CEO



**RUSSELL ANDERSON
FOUNDATION**



The Mission and Values of RADS are that the charity "...improves the lives of children in socially deprived areas of Aberdeen through life-changing programmes that make a sustainable and measurable difference to their health and wellbeing".



Joanna had volunteered one day a week from February 2023 with RADS while in her third year of her degree and enjoyed volunteering as an Assistant Coach within schools with primary aged children.



During the internship Joanna felt like a key part of the RADS team, she got to know staff well, was trusted, and given responsibilities, a big jump up from her one day a week voluntary role.

Joanna knew that she wanted to continue working with children when she graduated so was delighted when the job came up at RADS and now works full-time as a Coach. She feels an added impact of the internship was that she had got to know the team which then made transition to the graduate job very easy.



Her supervisor advised her that RADS had been allocated internship funding from The Wood Foundation and encouraged her to apply. She went through a competitive selection process and was delighted when she secured the summer 2023 internship.



During my internship with RADS, I had numerous opportunities to grow my skills in various areas, with great support and guidance along the way. I am grateful for the experiences that helped build my confidence and equip me with important skills for the future.

My positive experience made the decision to work with RADS an easy one.

Joanna enjoys coaching a variety of sports, skills, and young leader sessions during the school day and after school clubs, at schools including Seaton, Sunnybank, St Peters and Abbotswell primaries. She also works at camps and festivals and will resume work at Links Nursery shortly. She is very much enjoying being part of RADS and sees working with children as her future career, ultimately, she may consider undertaking the PGDE Primary Education.

By the end of the internship Joanna had moved into a full-time coaching role when schools returned and then reverted to part-time coaching for the first term of her final year at university. She left RADS in January 2024 as her honours lab project required full-time commitment.

