

'Get Help to Get Active' Volunteer Activator Role

Description of the Role:

There is a growing need across Suffolk to help and support people with Long Term Health Conditions (LTC's) to get active and move more. We know that being active can benefit everybody's physical and mental health.

OneLife Suffolk are looking to build a new volunteer network of Activators to offer opportunities so people who have a passion for sport, activity, and movement can share it with those who need it the most.

As a One Life Suffolk 'Get Help to Get Active' Volunteer Activator you will help support individuals who have undergone a triage process and have been identified suitable for community-based activity as part of our "Get Active" programme. Our Activators will help participants start on their journey to an active life by leading a free 1hr weekly session in the sport or activity you love over 6 weeks. OneLife Suffolk will provide Activators with training and guidance on how to safely grow people's confidence and activity levels while helping participants to understand key principals and healthy behaviours. Activators will be given resources to give to participants as well as session resources to help you deliver your activity and signpost participants on to the next step in their activity journey after the initial 6 weeks.

The possibilities we can offer within sports and activities are endless! Share your passion for activity and support your community by becoming a One Life Suffolk Activator today!

Who can become an Activator?

- Sports or Dance Coach
- Health Walk Leader
- Community Volunteer
- Primary Care Pathways (such as Cancer Rehabilitation)
- Self-Employed Personal Trainer (minimum Level 3)
- Physical Activity Class Instructor
- Leisure Centre Staff
- Community Connectors
- PPG Volunteers from GP surgery's
- Graduates from OLS services and family members
- Students at Level 3 or above from Collages / FE / HE

What skills are needed?

A sports or activity leader background (Level 2 or above NGB award or active community volunteer equivalent) – Evidence of your qualification and NGB education if you are offering an activity that you provide. If you wish to become a Health Walk leader no qualifications are needed.



You will be:

A good communicator and listener / Want to be a role model / Empathy / Patience / passion for activity or sports.

DBS Check Required: **Yes**

Driving Licence Required: **No**

Minimum age **18**

Evidence of current NGB or equivalent award

Evidence of current First Aid Training

Evidence of Safeguarding Training

You will need to sign a non-disclosure and data sharing agreements

OLS Activator training you will receive: 1 full day or 2 half days

CDP Accredited Make Every Contact Count (MECC) Training – 1hr

Physical Activity Behaviour Change Training – 1 hr

One Life Suffolk Activator Training - 1.5hrs

Safeguarding Level 2 Training – 2.5hrs

What skills will be learned / gained from One Life Suffolk Volunteer Activator training

You will develop an understanding of Behavioural Change; Making Every Contact Count (MECC) and the health promotion services on offer in the county. You will also be given a background to Long-Term Health Conditions (LTC's) and support around communication skills, building confidence, planning your sessions, and reporting.

Activator training is mandatory for all planning to deliver Tier 2 GHTGA "Get Active". A minimum of one person per activity group must undertake Activator Training which gives 'Trained Activator' status lasting for two years.

If you think you have the knowledge and skills to make a difference to other peoples lives and become a Get Help to Get Active Volunteer Activator please contact Lily or Connor at OneLife Suffolk to register Connor.Hale@Onelifesuffolk.co.uk 07585 446496

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