

Supporting those with long-term health conditions to become more active

Thank you for your interest in becoming a Get Help To Get Active Activator.

Please complete this registration form and return it to OneLife Suffolk's Get Help To Get Active team.

About the training

The Volunteer Activator course is a one-day course for anyone willing and able to lead community-based activity and sports for our clients in the 'Get Active' phase of the Get Help To Get Active programme.

It is a day of practical advice and learning and includes information on how to hold conversations around lifestyle and behaviour through our Make Every Contact Count training, a brief introduction to behavioural change and how to deliver inclusive community sessions for those with long-term conditions.

Due to COVID-19, all our training resources are accessible online and group training will take place over Zoom or MS Teams.

What is expected of you after the training?

Activators who have received training and completed the DBS and qualification checks will be contacted by our Get Help To Get Active Coordinator to take details of the activity offer you will be providing including the what, when, and where. The scheme coordinator will be able to offer your sessions to clients coming through our triage process who will then start their 6 weeks of community activity from an agreed date.

Your Details:

Name:

Address:

Postcode:

Telephone number:

Email:

Why are you applying to be trained as an Activator?

Which area of Suffolk would you be delivering your Activator activities (s) and what sport or activity do you intend to deliver?

Do you have any other experience, skills or interests which may be useful?

Do you have any special requirements when attending a training course? If yes, please give details: **Yes** **No**

Where did you hear about our volunteer walk leader training?

Using and sharing your information:

Your information will be held by OneLife Suffolk in accordance with the Data Protection Act 2018. It will be used by the Get Help To Get Active Team and its coordinator to assess your suitability in becoming an Activator and to maintain contact with you.

Please confirm that you understand how we will use your information: **Yes** **No**

Signed:

Date:

Once complete, return this form to the Get Help To Get Active scheme coordinator Lily or team lead Connor:

connor.hale@onelifesuffolk.co.uk
lily-rose.badcock@onelifesuffolk.co.uk

07585 446496
07436 177535

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