

**Share your passion for physical activity and support your local community by becoming a OneLife Suffolk Activator today!**

### **What is an Activator?**

OneLife Suffolk are looking to build a new volunteer network of Activators to support those in Suffolk living with a long-term health condition to get more active and move more often. An Activator is a trained volunteer who is passionate about sport, activity, and movement and would like to share it with those who need it most.

As a OneLife Suffolk 'Get Help to Get Active' 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 lifestyle by leading a free weekly session in the sport or activity you love for 6 weeks.

OneLife Suffolk will provide Activators with training and guidance on how to safely increase people's confidence and activity levels while helping participants to understand key principals and healthy behaviours. As an Activator, you will be given resources to help you deliver your activity. We will also provide you with the information you need to signpost and encourage participants to continue their fitness journey once they have completed their 6 weeks with you.

### **What skills are needed?**

You need to have;

- A sports or activity leader background (Level 2 or above NGB award or active community volunteer equivalent)
- Evidence of your qualification and NGB education

### **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:** 17

**Evidence of current NGB or equivalent award**

**Evidence of current First Aid training**

**Evidence of Safeguarding**

## Who can become an Activator?

- Sports or Dance Coach
- Walks Leaders
- Community Volunteers
- Primary Care Pathways (such as Cancer Rehabilitation)
- Library Workers
- Self-Employed PT's (Level 3)
- Class Instructors
- 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

## OneLife Suffolk Activator training - 1 full day or 2 half days

Make Every Contact Count	1 hour
Behaviour change	1 hour
OneLife Suffolk Activator	1.5 hours
Safeguarding Level	2.5 hours
Signed disclosure agreement	

## What skills will be learned / gained from the OneLife Suffolk 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 Level 2 "Get Active" as part of the Get Help To Get Active programme. 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 Active" Activator, please complete the registration form and send it to Lily or Conor at OneLife Suffolk.

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