

# Activity Buddy Scheme

This scheme is managed by Eastleigh Borough Council's HealthWorks team, based at the Health Hub in Places Leisure Eastleigh.

## Volunteers

### How does it work?

Scheme members are matched with a volunteer as activity buddies. Members are adults who may have a physical or learning disability and/or long-term illness, or other challenges that stop them from participating in sport or active sessions.

The Activity Buddy Scheme Coordinator is responsible for recruiting, managing and matching members and volunteers. Matching is based on availability and activity preference. You will be required to make a commitment to accompany your matched buddy during their active sessions for one hour a week.

You will play a crucial role in providing a friendly, fun and safe atmosphere to improve their experience and ability to achieve their goals.

Volunteers will not be expected to perform the role of a personal assistant/carer or a fitness instructor. This includes providing transport, assistance with changing, personal care, medication, lifting or carrying, or providing professional fitness training.

All volunteers must complete a 2-hour induction session, which includes an introduction to the scheme, disability awareness training, a tour of the leisure centre and DBS check.

### Benefits of becoming an Activity Buddy Volunteer

1. For every session you volunteer, you will be offered a gym or swim voucher to use at Places Leisure Eastleigh
2. You will receive training and induction
3. Ongoing support from the Activity Buddy Coordinator.
4. You will become part of a volunteer community
5. Meet new people, learn new skills, and gain confidence.

### Responsibilities of an Activity Buddy

1. To complete the Activity Buddy training and induction
2. To accompany scheme member(s) and provide encouragement and motivation for the person to participate in their chosen sport or physical activity. (Which could include a gym session, swimming, racquet sports or studio classes)
3. To help break down access, communication, social and psychological barriers to active sessions for scheme members

### Person specification and skills required

1. Effective communication and interpersonal skills
2. Patient, friendly, approachable and a good listener
3. Confident and diplomatic
4. Enthusiastic, reliable and motivational
5. Have an interest in sport, health and fitness
6. Over 18 years of age
7. Committed to equal opportunities
8. Open-minded and proactive

[eastleigh.gov.uk/activity-buddy](http://eastleigh.gov.uk/activity-buddy)

Activity Buddy Coordinator

023 8068 4813

[healthworks@eastleigh.gov.uk](mailto:healthworks@eastleigh.gov.uk)

## Volunteer application form

Name

Address

Postcode

Tel

Mobile

Email

Please provide an emergency contact:

Name

Relationship

Tel

Which activities would you like to buddy for? (Please tick)

Swimming

Gym

Exercise class

Badminton

No preference

Other (Please state)

When are you available to take part in these activities?

How many hours per week are you able to volunteer?

one hour

two hours

three hours

four hours

Do you consider yourself to have a disability? Yes No

If yes, please give a brief description of your disability and/or medical condition:

Will you require any additional support, assistance, or equipment to take part in these activities?

Yes

No

if yes, please provide info

What is your reason for applying?

Please state any previous voluntary work, experience, or skills relevant to this volunteering role:

Have you had a recent DBS Check?    Yes            No

Please provide us with two referees. They should be people other than family members who have known you for a minimum of two years, either in a personal, voluntary, work, or educational capacity.

**Reference one**

Name

Address

Postcode

Tel

Email

Relationship

**Reference two**

Name

Address

Postcode

Tel

Email

Relationship

I have read and understood the Activity Buddy role description above

I confirm that I will be able to make a commitment to the Activity Buddy Scheme and volunteer a minimum of one hour per week.

Signed

Date

Please return your completed request form to: Active Buddy Coordinator, HealthWorks, Places Leisure Eastleigh, Eastleigh SO50 9NL or email it to: [healthworks@eastleigh.gov.uk](mailto:healthworks@eastleigh.gov.uk)