

# Activity Buddy Scheme

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

## Members

### Can I be a member?

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.

### Who are the volunteers?

The volunteers help support you, the member, to be more active for one hour a week and increase your participation in sport and physical activity in a friendly, safe, and fun atmosphere. They make a commitment to accompany you during physical activity to improve your experience and ability to achieve your goals.

Volunteers complete a training and induction process, including a DBS check.

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.

The Activity Buddy Scheme Coordinator is responsible for recruiting, managing and matching members and volunteers. Matching is based on availability and activity preference.

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

**To discuss if you qualify as a member, please contact:**

Activity Buddy Coordinator

023 8068 4813

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



## Activity Buddy request

Name

Address

Postcode

Tel

Mobile

Email

Please provide an emergency contact:

Name

Relationship

Tel

Are you currently taking part in any physical activity?  yes  no (If yes, please state)

Which activities would you like to request a buddy for?

Swimming

Gym

Exercise class

Badminton

Other (please state)

How often and when are you looking to take part in these activities?

What are your fitness and/or sport goals? How do you feel an Activity Buddy can help you achieve these?

Do you consider yourself to have a disability?  Yes  No

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

Are you happy to share the above information with your Activity Buddy so they can support you more effectively?

Yes  No

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)