



Let's Get Moving Champions

INFORMATION PACK

For more information or if you require any document/form in an alternative format or language, please contact:

Kate Scott, k.scott@active-together.org

Josh Denham-Swift, j.denham-swift@active-together.org

01509 467500



Share your story to help others to become more active!

Active Together works with local organisations to help the people of Leicestershire, Leicester, and Rutland (LLR) to get moving a little more. We, along with our partners, are here to support our residents on their journey to being healthier and happier by moving more in their own way.

To help us inspire the communities of LLR to get active, we recruited volunteer Champions, who have been the face of our programme, and who help us to share the message far and wide that moving more is good for you.

We would now like to **seek more individuals and groups who would like to join us to share their stories** and become 'Let's Get Moving Champions'.

There are so many ways to move more and be active and we are looking for those who do this in their everyday lives, be it walking the children to school, gardening, voluntary work, cycling or walking with friends, playing with the grandchildren or helping someone to walk their dog – the list is endless!

We'd also like to hear from those who have started a new activity such as running, perhaps a Couch to 5K or something which will support a health condition/recovery from illness; or, making the most of the brighter lighter days to get out in the fresh air. This isn't just for individuals but can be done as a group or family.

Community clubs can play their part too by promoting the benefits of their activities such as the social aspect along with being active. There is no age limit to this as we are looking to reflect all age groups who can inspire others to get moving.



As a Let's Get Moving Champion, we would ask you to share your story of how you are active and the motivation for doing this. Your story will be added to the Active Together website, Let's Get Moving Champions webpage, could be shared on social media, linked to a health theme/campaign/cultural festival/local authority district area, sport/activity and may appear in Active Together and partners online and hard-copy promotional materials and channels. Partner organisations will also be able to utilise and share your story, if you agree.

Every couple of months we would ask you to send us an update on your activities.

We'll keep you up to date with the latest Let's Get Moving updates via email and a closed Facebook group - or another way if you'd prefer - so that you can help share physical activity messages with your family, friends, and other community members.



To help spread the positive messages of being active as far as possible, we welcome Champions from all backgrounds and cultures.

Role Criteria

If you are interested in this, we have listed some criteria for you to consider:

- Applicants under 16 years will need the consent of their parent/guardian.
- Live in Leicestershire, Leicester City, or Rutland
- If you can answer "Yes" to any of the following questions, you are the type of person we are looking for:
 - Has being active benefited your health and wellbeing in a way that would inspire others to think about moving more?
 - Are you thinking about being more active and would like to share your journey with others?
 - Have you overcome significant barriers to being active, whether that be because of your health, a disability, injury, or previous experiences with physical activity, and would like to help others to do the same?
 - Are you active through volunteering your time such as being a litter picker or working outdoors to maintain parks and nature reserves or keeping canal and rivers clean.
- You do not need to be active online or on social media to be involved as we are looking for those who can share messages through their communities via various channels.

Expectations/Role Description

- Commit to providing a bi-monthly blog/update on how you've been active, what motivates you, any barriers or challenges you might have faced, and how you have overcome these.
- Share images (videos optional) of you being active, if you are happy to.
- Engage with Active Together on social media (if active and aged 13 years+) and be willing to share posts to your feed to help us reach our communities.
- Support relevant local events if able/want to.

Please note that this is a **voluntary position**, and you will be provided with Active Together kit/merchandise.

Once a Let's Get Moving Champion, if you change your mind, you can let us know and we will ask every six months if you still want to share your story. If not, we will remove you after 3 attempts to contact you.

To apply, please complete the short application form:

www.active-together.org/letsgetmovingchampions-yourstory