



Build your confidence in talking to others about physical activity

Free Training to Support Community Volunteers



Volunteers provide an incredible range of support for their communities, and as we find ourselves in a winter lockdown the need for volunteers to support the coronavirus response with services like telephone support and befriending has never been greater.

Checking in with someone who's vulnerable and shielding is a fantastic way to check that they're looking after their health and wellbeing as best they can, help reduce feelings of loneliness and isolation, and confirm they have the essentials they need.

Even a few minutes of physical activity can bring mental and physical health benefits. When volunteers are checking in on people in their communities, they should be able to ask about how active someone is as part of their overall health and wellbeing check.

Not everyone is comfortable talking about physical activity, so Active Norfolk is hosting two free training courses to help those working in the voluntary sector feel more confident in talking about it.

Whether you're a regular volunteer or have stepped in to support the coronavirus response, this free training will help you feel confident in talking about exercise and in supporting residents in their community with their health and wellbeing.

The course covers practical elements such as conversation starters, how to recommend physical activity, and ideas and resources to signpost to amongst others.

The sessions will be held virtually on Thursday 11th February 10:00 – 11:30 a.m. and Wednesday 10th March 1:30 – 3:00 p.m.

To find out more information and book your place, email Amy.Story@activenorfolk.org or visit <https://www.activenorfolk.org/news/2021/01/training-to-help-community-volunteers-talk-about-pa>