



**VOLUNTARY
ACTION**
NORTH SOMERSET

July 2024

Active for All - Guide

Active for All is a Voluntary Action North Somerset (VANS) initiative funded by North Somerset Council's Public Health Directorate that aims to:

- increase the number of disabled people and those living with a long term health condition regularly participating in physical activity across North Somerset, as activity is less common for disabled people or those with a long-term health condition (45%) than those without (66%)
- increase the number of particular ethnic groups regularly participating in physical activity across North Somerset, as there are differences in activity levels based on ethnic background, those of Black and Asian ethnicity background (excluding Chinese) are less likely to be active (55%) than other ethnic groups
- increase the number of those working in routine / semi-routine jobs and those who are long-term unemployed or have never worked (NS-SEC 6-8*) regularly participating in physical activity across North Somerset, as they are the least likely to be active (52%).

VANS wants to support clubs, coaches, instructors and volunteers to gain or increase knowledge and skills, so that they feel confident in providing inclusive physical activity sessions as part of their programme of activities.

What we can offer

Coordinated support

- A dedicated physical activity coordinator to help deliver inclusive physical activity.
- A point of contact for advice on inclusive physical activity.

Training

- Signposting to find courses to improve the skills and knowledge of clubs, coaches, instructors and volunteers.
 - For example, disability awareness training focusing on barriers and how to overcome them.

Personnel

- Support for volunteers to 'buddy up' with those needing 1 – 1 support.
- DBS checks for volunteers delivering inclusive physical activity.

Equipment

- Access and advice on available grants of up to £1,000 for adapted and/or additional equipment to support the delivery of inclusive physical activity.
- Assistance in accessing adapted equipment through a simple funding application.

Funding

- Support to select and apply for funding streams, with access to the latest information.

Charter

- A 'Charter' for inclusive clubs, coaches and instructors, to be advertised locally to disabled people through our links with disability community groups.

Free marketing and publicity

- An online directory of inclusive physical activity providers that attain our 'Charter'.
- Press releases to promote your physical activity sessions/classes.

Networking

- Opportunities to find out about other inclusive physical activity providers in North Somerset.
- The chance to share good practice with other clubs, coaches, instructors and volunteers.
- A 'speaking up' group to involve disability community groups and individuals, with a focus on people's needs.

What we need from you

Commitment to inclusion

- An aspiration to offer physical activity to everyone, regardless of their ability.
- A recognition that all people need to feel valued and receive equal opportunities.

Participation

- Inclusive and/or dedicated sessions/classes for disabled people delivered within the main programme of activities.

Promotion

- Encouragement for more disabled people to attend sessions/classes.

Monitoring

- Registration and attendance figures for *new* disabled people participating.
- Regular feedback from disabled participants relayed to us.

How to find out more

For more information about Active for All, please contact: Sally Kingston, Physical Activity Coordinator on 07985 153182 or email: active@vansmail.org.uk

