



Online Training Support in Sport and Physical Activity for Social Prescribers

April 2021

Background

London Sport is rolling out a new free training workshop for Social Prescribers across London.

Over the last eighteen months London Sport with the support of the University of Kent, has been developing new training for staff and volunteers working in Social Prescribing programmes. The aim of the training is to support Social Prescribers to become more skilled and confident on advocating and facilitating their clients into sport and physical activity.

Why are London Sport involved in this?

London Sport has a vision to make London the most active city in the world and to achieve this we have identified a need to work with a wider workforce. One workforce we have recognised as being important in helping inactive people become more active is the Social Prescribing sector.

What is the programme aiming to do?

The programme will seek to:

- Support individual Social Prescribers to advocate physical activity
- Work with programme leaders to upskill their staff and volunteers around sport and physical activity.
- Support inactive Londoners to become more active.

Who can get involved and what is expected of them?

Interested partners should:

- Be involved in provision of established social prescribing service.
- Be keen to improve the physical activity component of the current service.
- Be prepared to commit some resource (staff time, training venue use) to the programme and participate in the evaluation aspects.
- Provide a named project lead that will be able to attend a small number of meetings.

What will the training consist of?

- Although designed to be delivered as a face-to-face workshop, currently it is only available online.
- The online course consists of two 3 hour sessions, which will be delivered on different days. These sessions will have frequent breaks. In order to take part, you must be able to attend both sessions.
- You will need access to a computer and be online for each session.



- You will need to register before your course so that login and course materials can be delivered.
- If you are organising a course for a Social Prescribing Programme, you can arrange for your two sessions to be delivered at a time that suits. However, it is not recommended that they both take place on the same day.

How much will it cost?

We have funding available to enable us to offer the training free across London. However, the funding is limited and programmes are encouraged to make contact as soon as possible.

Does the training help?

In developing the programme we have worked with the University of Kent to ensure the training meets the needs of Social Prescribers. Our impact report on the pilot phase has demonstrated that we have made a positive impact upon the skills and confidence of those working in Social Prescribing.

We are looking to continue to collect evidence as the training is rolled out and new training partners will be asked to feedback to us.

Will the training benefit anyone else outside of Social Prescribing?

Yes. We believe any profession that is working with inactive people, who think their client's lives will benefit from greater involvement in sport and physical activity could benefit from this training. Please get in touch to discuss the opportunities.

London Sport's role?

London Sport will provide:

- Deliver the training
- Management of the programme, including providing impact reports

What will be the benefits be?

Potential benefits of participating in the programme:

- Improvements to customer journey and experience
- Better understanding of workforce and approaches to physical activity
- Better understanding of the local physical activity landscape and needs of users
- A more confident and competent staff volunteer/workforce

How to express an interest in taking part?

Contact David Reader at david.reader@londonsport.org or visit www.londonsport.org or telephone 07572 094425