



Training Support in Sport and Physical Activity for Social Prescribers

January 2024

Background

London Sport with the support of the University of Kent, has developed 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 integrate physical activity within their practice
- 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?

- The training can be delivered in two formats – online and in-person.
 - The online offer consists of two 3 hour interactive sessions, which will be delivered on different days. There is also a one 2 hour follow-up online session.
 - 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.



- The in-person offer consists of one whole day (10am-4pm) classroom based session with a half-day follow-up session, which takes place three months later.
- Each attendee receives a comprehensive set of digital resources.

How much will it cost?

The cost of the whole online or in-person training offer (2x three-hour tutor led sessions, plus 1x two-hour tutor led follow-up session) is £1500 + VAT. This includes the attendance of up to 20 learners.

Should you wish to receive the training in-person, travel costs for the tutor will be added.

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 has demonstrated that the training does have a positive impact upon the skills and confidence of those working in Social Prescribing.

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 feedback summary.

What will be the benefits be?

Potential benefits of participating in the programme:

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

How to express an interest in taking part?

Contact Rob McLean at rob.mclean@londonsport.org or telephone 07810 637367