

Contacts

For more information please contact:

Active for Life Buddy Co-ordinator

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south west
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LOTTERY FUNDED



Plymouth Guild
Providing Support, Advice and Volunteers

Active for Life Buddy Service



Would you like to join a gym or start a physical activity but feel you need a little extra support with building confidence?

Do you think you would benefit from some physical activity but are a little too anxious to go out on your own?

If so then maybe the Active for Life Buddy Service could help...

What is this?

The Active for Life Buddy Service is a short term stepping stone to helping people access activities in the community.

We can provide a volunteer buddy to accompany someone for their first few weeks / sessions to provide that little bit of extra support and confidence in trying out a new activity or joining a new club.

The buddy would be available to support clients for up to 8 sessions, either once weekly or more frequently depending on the needs of the client and the activity chosen.

What kinds of activities?

This can be anything such as:

- Going for a walk
- Going to the gym
- Attending a dance class or joining a sports club

Who is it for?

Active for Life are able to offer this service thanks to funding received from South West Well Being and the Big Lottery Fund.

Anyone interested needs to fulfil the following criteria to be eligible for this service:

- Must be over 18yrs of age.
- Must be a Low Level Mental Health Service User.
- Must complete a referral form and give permission for the service supporting them to share information with Active for Life.
- Must be suitable for SHORT TERM support, to build confidence accessing activities in the community independently.
- Must live in postcode areas PL1 - PL4, St Budeaux or Barne Barton.

If you think you would benefit from this service please contact us using the details overleaf.

If you are interested in this service but do not meet the above criteria we can offer you alternative support, contact us using the details overleaf to find out more.