



**PHYSICAL ACTIVITY  
RECOMMENDATION  
PROGRAMME  
RHAGLEN ARGYMELL  
YMARFER CORFF**

**Leisure Centre Staff/  
Receptionists Guide  
Canllaw i Dderbynyddion /  
Staff Canolfannau Hamdden**



## WHAT IS ACTIV 8-2-16?

Activ8-2-16 is an exciting initiative, which aims to make a difference to young people's lives through the medium of sport and physical activity.

Activ8-2-16 aims to increase long-term participation in exercise by raising awareness of the benefits of exercise and healthy lifestyles to young people. Young people will be recommended into a physical activity from one of a number of partners such as the following organisations as examples of just a few:

Child and Adolescent Mental Health Service (CAHMS)  
Maelor Children's Centre – Occupational Therapy  
Clinical Psychology  
Dieticians  
Looked after team  
Social Services  
Educational Psychologist



The young person will be referred for 10 "FREE" sessions of sport or exercise under the supervision of an experienced coach.

The funding for this initiative has come from Cymorth.

## WHAT DO WE WANT TO ACHIEVE FROM ACTIV8-2-16?



We would like young people to receive a safe and effective introduction to sport and physical activity and be encouraged to continue to take part beyond the recommendation period. Through the medium of sport and physical activity we would like young people to address lifestyle issues.

## WHO IS GOING TO BE RECOMMENDED?

Activ8-2-16 is open to young people (aged 8 to 16) with one or more 'low risk' medical conditions and /or emotional/mental health problems.

All children will be screened by health professionals for their suitability to take part in Activ8-2-16. All coaches/instructors involved in the initiative will be invited to attend informal training to assist them in meeting the needs of the young people recommended onto the programme.

## WHAT IS THE PROCESS?

- Step 1** A Recommendation form is completed by the Doctor/Therapist in consultation with the young person. At this point the young person decides which activity they would like to take part in.
- Step 2** The Recommendation Form plus two passport size photographs are sent to the Sports Development Officer. The Sports Development Officer will then organise for activities to be issued. The Sports Development Officer arranges a meeting with the young person.
- Step 3** The Sports Development Officer contacts the coach of the required activity to inform them that the young person will be starting the activity. The Sports Development Officer then sends letters to the child, the coach (with a photocopy of the recommendation form) and the partner to confirm the start date and time of the activity.
- Step 4** The young person attends the Leisure Centre for the first session of their programme. On this first session they may also meet with the Sports Development Officer or Health and Fitness Officer if appropriate. Before the start of this session a diary card is issued which will be proof of acceptance on the scheme. This card must be shown every time the young person attends for a structured exercise session.
- Step 5** The Young person completes the 10 sessions of structured activity and hands in their diary card to the sports development officer or reception that will then be forwarded to the Sports Development Officer. This card forms a vital part of an evaluation.
- Step 6** The Young Person and their parent/guardian are to complete the feedback forms. The Sports Development Officer meets with the young person again to offer further advice and support to continue with the activity. On successful completion of the 10 weeks the young person is presented with a Children's University certificate to mark their achievements of completing 10 weeks.



**For Further Details/Queries please contact:  
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