



The Active Partnership's Helping People Become More Physically Active Training

In Buckinghamshire, Milton Keynes, Oxfordshire, & Berkshire

The information below is for the Thames Valley Active Partnership's Helping People Become Physically Active Training. This 1-hour online workshop aims to provide people working in front-line, resident-facing roles with the knowledge, skills and confidence to promote physical activity.

Sessions were delivered virtually to people working in resident-facing roles in Buckinghamshire, Milton Keynes, Oxfordshire, and Berkshire. This training has been created and delivered by the local Active Partnerships as part of Active Medicine - a collaborative programme with the BOB ICS group members.

Between June 2020 and
August 2021

586

people working in resident-facing
charity, council or NHS roles

Participants were from a wide range of roles ...



50% Third-sector staff or
volunteers e.g. Befrienders,
Advisors, and Support workers

19% Social Prescribers, Care
Coordinators or Community
Navigators

25% Council staff e.g. Librarians,
Social Care Triage

7% Other Healthcare staff

After training, participants felt more knowledgeable and more
confident about physical activity ...



% agreed that they
felt more
knowledgeable
about the benefits
of physical activity



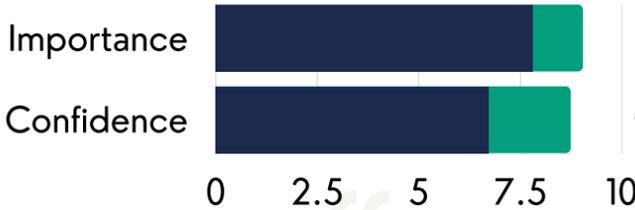
% agreed that
they felt more
knowledgeable
about the
guidelines for
physical activity



% agreed that they
felt **more aware**
of resources
available
nationally and
locally to signpost



% agreed they felt
more confident
in their skills to
support someone
to be more active



(score out of 10, before and after training)

+1.2
+2.0

Participants felt having conversations
about physical activity
were **more important**
& felt **more confident**
to have these conversations with clients

Participants were positive about the impact it would make to them and in their roles ...

“ I feel more
confident to
engage with our
customers about
being active ”
Librarian

“ I've learnt to be mindful
of physical activity as a
means to improving
mood and wellbeing in
my own life and in the
lives of people I work
with ”
Mental Health Volunteer

“ I plan to think more
carefully about how I
can share this in all of
my patient
conversations ”
Social Prescriber

When asked how useful the training was for their role, on
average a 8.2/10 rating was given



Thank you to all of the organisations who work together on the BOB Active Medicine Programme.
To find out more and get in touch, visit www.getberkshireactive.org/active-medicine-programme

