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## Get Active - Comic Relief

### What is GET ACTIVE?

GET ACTIVE is a Comic Relief funded project run by Sport4Life aimed at people who are currently living in a hostel setting or homeless. The project will run a number of sports activities and events open to all ages throughout the next two years to engage people in sporting activities enhance their participation in sport and give the opportunity to try something new. We will also be offering a number of participants the opportunity to volunteer at local sporting, cultural and community events which will include volunteer training, FREE workshop training and qualifications. There is a focus on people aged 16 -25 for more intensive on-going support, advice and guidance.

### What will you get from the programme?

- Become more healthy and active
- Get involved in sporting activities
- Try something new
- Meet new people
- Build confidence, self esteem and become more motivated
- Become a Sport 4 Life and StreetGames Volunteer
- Access volunteer training
- Gain qualifications
- Work with a Get Active advisor who will offer on going support, advice and guidance

### Eligibility

All learners on the programme must be living in a hostel or still on the homeless register.

We will be running events which anyone living in a hostel is welcome to attend but we only take referrals for people who:-

- Are in the 16 to 25 age group

- Want to commit to some volunteering
- Want and need some on-going support, advice, guidance and training
- Can attend monthly development sessions
- Want to gain qualifications.

#### Referring a potential learner

Please complete the attached referral form or email the potential learner's details to us. Once received, we make an appointment to discuss the application with the learner and key worker at the hostel. If you have a group of learners interested, please contact us and we can meet with the group and explain the project and do any signing up if they are still interested.

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If you have any questions please feel free to contact:

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Dani Nicholson on 07790 227370

Stuart Wallis on 08432 120070

