



Positive Activity Referral Scheme

# Participant Booklet

## Introduction:

The Positive Activity Referral Scheme (**PARS**) provides health and wellbeing opportunities for you and your family.

This programme gives you access to a variety of sports and physical activities to enable you to:

- Increase your activity levels
- Improve your self-confidence
- Promote mental and physical wellbeing
- Attend more sport and physical activities available within the local community
- Create greater social opportunities

A **PARS** Co-ordinator will be assigned to help you and your family. You will receive an Individual Physical Activity Plan to help you become more active, build relationships, and increase your confidence.

## The PARS Process:

### REFER

Speak with a responsible adult about the PARS programme and get referred to the scheme.

### CALL

Speak with the **PARS** Co-ordinator and find out more and let them know what activities you are interested in trying during your time on the programme.

### BEGIN

Your **PARS** journey by getting involved in sport and physical activity with help from your **PARS** Co-ordinator and our coaches and instructors.

### MEET

Your **PARS** Co-ordinator and set some small targets to help you become more active and discuss a 12 week personalised plan to follow and keep organised.

## Did you know:

- It takes 12 weeks of an exercise routine before you start to see measurable changes to your body
- Listening to music while exercising can improve work out performance by 15%
- Parents who exercise regularly are good fitness models for their children thus encouraging children to lead a healthy and active lifestyle
- Exercising on a regular basis helps boost your immune system and reduces your chances of becoming ill
- Sweat releases dirt through your pores which reduces acne and breakouts
- Physical activity improves the overall look of your skin
- Exercising can help ease your mind and rejuvenate your body
- Physical activity can make you feel great and boost your confidence
- Physical activity helps improve your mood and reduces your stress and anxiety levels
- Sport and physical activity open avenues to create new friends and build lasting friendships
- Exercise can improve your sense of control, coping abilities and self-esteem. For example, those who exercise regularly often report how good achieving a goal makes them feel
- Physical activity provides opportunities to try new experiences that you may not have been aware of before
- Exercise helps you to concentrate and feel mentally prepared for your daily tasks ahead
- Being physically active gives your brain something to focus on and can be a positive coping strategy during difficult times as it acts as an outlet for your frustrations



## Help is at hand:

- The PARS Co-ordinator is here to help you become more physically active and encourage a positive lifestyle change
- They will focus on building a positive relationship with you and your family, whilst understanding your fitness needs

## How will your Co-ordinator help you?

- Option to attend the first activity with you on the first week of the programme to introduce you to the club coaches or instructor
- Arrange a catch up at the 6-week mark to see how you're getting on with your chosen activities and discuss any concerns or questions you have
- Phone calls and text messages to help encourage you and provide further advice
- Help you to adopt sport and physical activity as part of your lifestyle
- Help you work through your 12-week plan and provide you with resources e.g., well-being support and advice, self-help guides, activities booklet, mood tracker and activities calendar

### **Be more active by:**

- Walking to and from local places, such as the shops, parks and school
- Doing the gardening
- Helping with household chores like vacuuming and cleaning windows
- Get off the bus two stops earlier and walk
- Use the stairs, not the escalators
- Dance to music
- Sign up to charity events e.g., fun runs

### **Helpful tips:**

It is common for us to stop doing things when we are feeling low or anxious because it can feel like too much effort or seem too hard. This can then make us feel even worse.

Here are some helpful tips to help you overcome these thoughts and feelings:

- If you are feeling lonely reach out to your friends and family and ask them to do something you enjoy
- Why not start your day with some mindfulness colouring to help you feel positive and wash away any negative thoughts
- If you are feeling anxious refer to your calming cards in your activity booklet to help you stand up to your anxious thoughts and build on your strength and resilience
- When feeling down why not go on a walk and get some fresh air or follow a routine that you enjoy

## Contact:

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