



Positive Activity Referral Scheme

# Referee Booklet

## Introduction:

The Positive Activity Referral Scheme (**PARS**) provides a sport and physical activity pathway for young people, to increase their activity levels and improve self-confidence whilst reducing their anxiety towards sports and physical activity.

A range of self-help resources are also available to help young people develop a more positive and active lifestyle.

## PARS Visions & Aims:

### Vision:

- To use physical activity as an opportunity to provide a positive impact on young people and their families.

### Aim:

- Provide a sport and physical activity pathway for young people to improve self-efficacy, activity levels and reduce anxiety towards sport and physical activity whilst implementing behavioural activation resources to help strive towards a more active lifestyle.

### How will this be achieved:

- Establish effective partnerships with local sport and physical activity services
- Develop a positive relationship with local organisations who identify and refer groups / individuals
- Upskilling partners to understand and meet the needs of the participants
- A personalised approach to each participant that meets their individual needs

## Reasons to refer:

- Improve understanding of sport and physical activity
- Promote the mental and physical benefits of engaging in such activities
- Provide opportunities to access activities and sport within the community
- Help to improve self-efficacy and reduce anxiety towards sport and physical activity
- Providing the opportunity to socialise with others outside of school
- Promote positive activity and help re-engage young people within the community
- Promote the long-term sustainability of participating in sport and physical activity
- Help to play a part in improving self confidence

## Who can refer?

- Schools
- HomeStart
- Children and Family Wellbeing Service
- Police Services
- Armed Forces Covenant
- Care Leavers Association
- Support and Care Workers
- Voluntary Organisations supporting Young People and their families (for example, Centre for Fun and Families)

# THE REFERRAL PROCESS:

## Refer

- Once the referral has been received the **PARS** Co-ordinator will contact the referral to ensure they are suitable for the programme
- If this is not the case, we will still support them by signposting them to other more suitable services

## Screen

- The referred person / family is contacted by the Co-ordinator via telephone where a range of questions will be asked to identify what support is required
- Once the screening has taken place the **PARS** Co-ordinator will contact the referee to discuss the next steps

## Consult

- At this stage the Co-ordinator will arrange a meeting with the referred person / family and discuss the additional support available
- Once reviewed and agreed this programme is suitable for the individual / family a personalised support plan will be put in place
- As stated before, if at this stage the Co-ordinator feels this programme may not be most appropriate for the individual / family they will signpost them to a more suitable pathway

## Support

- The **PARS** Co-ordinator will provide a personalised physical activity plan which will cover the period of 12 weeks including a calendar to keep organised that contains a mood tracker and 12-week diary
- Further support is also available including a text service, attending the first activity session with the individual / family and a catch up after 6 weeks and at the end of the 12 weeks.
- Upon completion of the 12 week plan there will be a further opportunity to provide support

## Referral Criteria:

- You can refer any young person / family between the ages of 10 -16 years you are actively working with that lives within the Blaby District who you feel will benefit from this programme alongside their families
- We can accept young people who fall outside this age bracket on a case-by-case basis
- Please note we currently cannot support residents outside of the district and we do not accept self-referrals

## How to refer:

- To refer a young person / family visit **[www.activeblaby.org.uk/programmes/pars](http://www.activeblaby.org.uk/programmes/pars)** and complete our online referral form
- This form contains generic questions that relate to the young person / family alongside questions asking why you feel they would benefit from this programme
- Once the **PARS** Team has received the referral form, they will contact the family to find out more information and ensure they are suitable for this programme
- If you're unsure about whether you can refer a young person, contact us on **[PARS@blaby.gov.uk](mailto:PARS@blaby.gov.uk)** or call **0116 272 7703**

## Contact:

**T:** 0116 272 7703

**E:** [PARS@blaby.gov.uk](mailto:PARS@blaby.gov.uk)

**W:** [www.activeblaby.org.uk/programmes/pars](http://www.activeblaby.org.uk/programmes/pars)