

Active Bucks Community Champion Volunteers

The Active Bucks project aspires to help all Bucks residents lead happier, healthier lives. It will support more people to get more active, more often - with a particular focus on reducing the number of inactive people across the county. Details of the project can be found on www.buckscc.gov.uk/activebucks

Aim of role	We are looking for motivated residents to act as our Active Bucks Community Champions volunteers and help us support people to become more active, more often. Champions will represent local residents – understanding what would help them to get more active. No previous regular physical activity is required, just the enthusiasm to try something new and help others do the same.
Main contact	Holly Skinner, Community Development Co-ordinator
Start date	Ongoing
Time commitment	A few hours each week or month
Location	Your local community/area across Bucks
Main tasks	<ul style="list-style-type: none"> • Help promote the Active Bucks project in your local area • Inspire local people to become a little more active, particularly those who currently don't do any activity • Signpost people to Active Bucks venues or groups • Buddy up with someone and attend activity sessions with them • Support the delivery of local activities • Attend personal development training sessions and/or events • Be part of a network of other community champions and volunteers
Skills/Experience	<ul style="list-style-type: none"> • Enthusiastic about getting involved in the community and able to encourage others to get involved • Motivated to help shape physical activity opportunities in their local community • Have the confidence to approach and speak with others • Build knowledge of people and organisations in your local community • Passionate about making a difference in your community • Develop ideas of how best to promote activity in your local area

<p>What we can offer you</p>	<p>By becoming a Community Champion with Active Bucks you will receive:</p> <ul style="list-style-type: none"> • Full support of our volunteer co-ordinator • Be rewarded with Time Credits for every hour you volunteer • Develop new friends and gain new skills • Gain a nationally recognised qualification linked to your volunteer role • Get involved in your community • Improve your own physical health • Gain work experience to add to your CV
<p>What next?</p>	<p>If you are interested in becoming an Active Bucks Community Champion or would like to find out more information, please email holly.skinner@activebucks.com or contact Holly Skinner on 01908 622897</p>

www.buckscc.gov.uk/activebucks