

Golden Nuggets of learning about how to help people become active

The Legacy 2014 Physical Activity Fund aimed to get more people active and learn about what works, and what doesn't, in doing so. This learning is the basis for the Thrive toolkit. Funded projects found that, for most participants, spending time with people like them, having a chat and a cup of tea, and forging new friendships was as important as becoming more active. The following 'golden nuggets' were identified by funded projects as the small things you can do which make the biggest difference.

- ✓ Seek a real understanding of the people you work with and their community.
- ✓ Change your recruitment practices if necessary. Bring in staff, such as family support workers, who are empathetic and understand the people in your community and their needs.
- ✓ Provide social (and fun!) activities that bring people together.
- ✓ Take a person-centred approach which is flexible and responsive to the needs, culture and circumstances of the people you are working with.
- ✓ Provide a warm welcome.
- ✓ Introduce people to activities gradually and help them stay active by continually encouraging them.
- ✓ Adopt a positive attitude. A "can-do" attitude overcomes barriers and sets an example to others.
- ✓ Factor in time for people to connect socially and get to know each other.
- ✓ Provide drinks and refreshments as an engagement tool.

Remember, small changes can make a big difference.

