



Advocacy & Activity Buddy Scheme



English Federation
of Disability Sport

When volunteering means more than just being there...



Why is AABS important?

It is essential that more disabled people have the opportunity to participate in sport or physical activity. Increasing participation rates by disabled people will ensure that Sport England achieves its target of a further 1 million people involved in sport by 2012. Clubs providing well trained volunteers will help increase that participation rate. The Advocacy & Activity Buddy Scheme (AABS) has developed a toolkit to facilitate the introduction and training of volunteers.

AABS is the simple approach to volunteering

Activity Buddies do not deliver training sessions, advise on or adapt exercise.

Their function is simply to provide motivational support either on a one-to-one basis or within a supported group session. In turn the disabled participant will achieve greater self confidence through achieving their own goals. Additional insurance or risk assessment analysis is unnecessary.

What is AABS all about?

The Scheme has been developed to assist clubs in setting up their own volunteer programme.

A toolkit of resources has been created to inform and train both the club and the volunteers, reducing the valuable time spent on administration and money spent on training. There is also guidance on where to recruit volunteers from and how to link in with local disability groups.

What makes AABS accessible?

The idea of AABS is to facilitate the introduction of volunteering within the club. Our training is pitched at a level suitable for everyone, regardless of their experience or ability. The information provided will empower your volunteers to approach their role with confidence and therefore deliver a more effective 'service' to the club's disabled participants. Volunteering should be available to everyone, regardless of their ability.

Find out more at <http://aabstraining.efds.co.uk>



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What should you do next?

It is important that the volunteers receive suitable training to ensure that they are well prepared for their role. The training that has been developed by AABS will enable the volunteer to approach supporting disabled people in an appropriate and effective way.

Volunteer activity Buddies can be recruited by linking with the following groups:

- Local Colleges and Universities
- Coaching Leadership Award Schemes
- National Governing Bodies of Sport
- National Disability Sport Organisations
- Disability Organisations and Charities
- Existing sports club member
- Volunteer Centres and websites

Visit www.efds.co.uk for further contact details within your region.



There are three methods of training through AABS:

A booklet resource entitled 'How to be an Activity Buddy', found within the toolkit, can be printed off and presented to the volunteer. This resource provides information from what skills and knowledge you need to support disabled people to explaining just what a CRB check is and how to claim back expenses.

'How to be an Activity Buddy' Workshop

This power point presentation includes training notes, so does not have to be delivered by an external trainer. It is an informal, discussion-based workshop which helps volunteers identify what they will gain from volunteering and recognise what skills they need. This can be used in conjunction with the above resource.

Online volunteer training. This free online training requires the volunteer to register, read through 6 brief modules and answer 3 questions correctly from each module. The training aims to get the volunteer thinking about what skills they need to support disabled people. It is an incredibly useful introductory tool to volunteering with disabled people. <http://aabstraining.efds.co.uk>

Contact

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Find out more at <http://aabstraining.efds.co.uk>