

Evaluation & Consent

We want to find out whether the support we offer is helping people and whether it makes you feel better. For this reason you will be asked to complete a questionnaire at your first appointment, and after your last appointment. This is very important as it will help us to measure the impact of the scheme and help to ensure the continuation of In the Pink. You will also be asked to complete a consent form which explains how the data from your questionnaire will be used and that it remains confidential. We will offer you any help you need to enable you to complete these forms.

Your In the Pink Volunteer Supporter is

Name:

Mobile:

For further information please don't hesitate to contact us



Supported by



Hull Clinical Commissioning Group



LOTTERY FUNDED



Support Scheme

Aim of the scheme

In the Pink is a scheme that supports men and women to use exercise to improve their positive wellbeing, and to help to manage the often debilitating symptoms caused by social, physical or emotional health problems. Although exercise is recognised as being helpful in improving mental and physical wellbeing, it can be hard to be motivated to start or return to exercise when struggling with the negative effects of many issues. This scheme offers support for you to take those first steps, by linking you to a Fitmums In the Pink Volunteer Supporter, who will help you get started.

How does it work?

1. **Referral** – Once we receive your details we will make telephone contact to collect more information to make sure the scheme is right for you and to help us to match you to a Volunteer Supporter.
2. **Initial contact** - Your Volunteer Supporter will then make telephone contact, to introduce themselves and arrange a non exercise meet up at a time and place; such as a café, children's centre or other convenient venue, that suits you.
3. **Non exercise meet up** - At this first meeting your Volunteer Supporter will explain how the scheme works; what activity options are available, and how you can be supported. If you feel ready you can plan which session you would like to try.
4. **Supported exercise sessions** – There are a number of different Fitmums & Friends sessions to choose from, these include buggy sessions, fitness walking and running. Your support worker will join you at three mutually convenient sessions of your choice. Run & walk sessions use a shepherding system; people can run or walk at their own pace without fear of being left behind, or being under pressure to go faster than they are able.
5. **Looking to the future** – After your 3 supported sessions you are welcome to join Fitmums & Friends as a member and continue your journey to being "In the Pink". All sessions are supportive and friendly. Fitmums and Friends groups are passionate about supporting everyone regardless of ability. Child care is available at some sessions. For more details please see www.fitmums.org.uk

Activity options

Buggy Sessions

Buggy Sessions are walking workouts for people with young babies or toddlers happy to stay in the buggy for the duration of the walk although you do not need a buggy/child to take part in buggy sessions. You are welcome to attend these without a buggy/child and enjoy a walking workout. Normally a buggy session involves a 2 or 3 mile walk but Fitmums systems of support mean that all sessions are suitable for all abilities. Sessions include a warm-up, the main walking workout and stretching afterwards. Some buggy sessions include an element of toning and resistance exercises also.

Fitness Walk sessions

Some Fitmums & Friends groups offer a Fitness Walk. Leaders are all trained volunteers. The Fitness walk is a "power walk" rather than a leisurely stroll – it offers a good cardiovascular walking workout, but Fitmums systems of support mean that all sessions are suitable for all abilities, with leaders able to ensure that faster walkers are appropriately challenged and at the same time ensure the slower paced walker gets sufficient support. The Fitness Walk is excellent for beginners to exercise, pregnant/post natal ladies, injured runners or those that just prefer walking to running.

Run sessions

The Fitmums & Friends run sessions offer a variety of distances to suit all abilities ranging from 1 mile up to 6 miles. You simply choose which distance you want to try. If you are a beginner then the 1 mile group will help get you on your way. Trained Run Leaders facilitate the various distance groups and will ensure you are supported. These sessions include a warm up and stretching afterwards.

About your Volunteer Supporter

Our Fitmums & Friends volunteer supporters have undertaken training, including safeguarding, and have DBS disclosures. They are all members of Fitmums & Friends and understand the strong principles and ethos of support which is embedded within all groups. They are passionate and enthusiastic about offering support to those who require it. **Volunteer supporters are not counsellors or therapists; they aim to motivate and support you to be more active.**