All Together Ambassadors

**WELCOME**

Thank you for your interest in becoming an Active Essex ‘All Together Ambassador’ to support disability and inclusive sport and physical activity across Essex.

For those who don’t know who Active Essex is, we are the County Sport Partnership for Greater Essex with a vision of getting 1 Million people in Essex active and enabling everyone to participate in the activity of their choice at their chosen level.

Our campaign ‘All Together’ looks to address the low number of people with a disability or long term health condition who regularly take part in sport and physical activity by increasing the awareness of the opportunities available in Essex.

To help the campaign we are recruiting ambassadors for a voluntary role to inspire more disabled people to get involved. We want to highlight that regardless of your disability or condition; sport and physical activity can be a fun and enjoyable part of everyone’s life.

An All Together Ambassador can either be a disabled person who participates in or delivers sport and physical activity, or can also be a non-disabled person involved in delivering/ advocating disability and inclusive sport.

**The Ambassador Role:**

Role includes:

* Sharing the story of your journey into sport and physical activity to inspire others
* Sharing information about your sessions/activities (or other activities you are aware of in your area) via our All Together social media pages
* Promote the All Together campaign to your networks/contacts
* Opportunity to attend disability and inclusive events as an ambassador
* Most importantly, be an inspiration to disabled people in Essex to be more active

In return we will offer you:

* A Branded All Together Ambassador T-Shirt
* A chance to attend training courses to help with your role
* Access to our social media page
* Support to help you fulfil a development plan for your role, based on what you would like to do/achieve (may have financial support attached)
* A chance to win an ‘Ambassador of the Month’ prize

**YOUR GUIDE**

We have created a short guide to help you understand the role of an All Together Ambassador further.

**Social Media**

Facebook

* A Facebook page: <https://www.facebook.com/EssexAllTogether/> has been created to share stories, experiences and opportunities for disabled people to take part in sport.
* You will be given admin access in order to use this as a platform to share information about your sessions and to motivate others to get active and create a community information board for all things sport.

Twitter

* Using **#EssexAll2gether hashtag** we want you to:
  + Tweet and retweet any opportunities you’re running or you see online for disabled people to get involved e.g. promoting activities/sessions you are involved in and re-tweeting posts about new projects/sessions taking place in Essex.
  + Tag @ActiveEssex and #EssexAll2gether in pictures/videos posted online of you (or your groups) taking part or delivering activity to help break down perceived barriers.

We’ll also send you a social media guide for some extra information on using the above.

**Events**

* We work with a number of partners who run disability and inclusive sport events in Essex throughout the year. Ambassadors will be given the opportunity to attend some of these events as a representative of the All Together campaign.

**Development Plan**

* An Active Staff member will offer the opportunity to create a development plan with you for your ambassador role. This will highlight what you want to achieve in relation to disability/ inclusive sport in Essex and how Active Essex can support you to do this.

**Inspire Others**

* You probably do this without knowing or trying... but we’d love you to shout about it some more!
* Your story on our Active Essex website: <http://www.activeessex.org/all-together-ambassadors/>
* Ask friends and contacts to like the [Essex All Together Facebook page](https://www.facebook.com/EssexAllTogether/) and signpost to our [Activity Finder](https://essex.sportsuite.co.uk/activity-finder)

Still keen? Then simply complete the short form below:

**All Together Ambassador Form**

Please complete the below form.

|  |  |
| --- | --- |
| First name |  |
| Surname |  |
| Age |  |
| Where in Essex do you live? |  |
| Contact Email Address |  |
| Contact Phone Number |  |
|  | |
| Do you have a disability/physical/mental health condition? | Yes/No |
| If yes, please state the nature of your disability |  |
|  | |
| What is your involvement with sport? i.e. participant, coach, volunteer, project leader etc |  |
| What sport or sports are you involved in? |  |
| If you are a member of a sports club or group, please state the name |  |

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| Please tell us about yourself and your journey into sport and physical activity |
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| Why is sport important to you? |
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| Have you had to overcome any barriers in order to take part in sport? |
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| What would you say is your biggest personal achievement in relation to sport? |
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| --- |
| Why would you like to be an All Together Ambassador? |
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Please send your completed form by email to [hayley.chapman@activeessex.org](mailto:hayley.chapman@activeessex.org) or by post to the following address: FAO Hayley Chapman, Active Essex, E2 County Hall, Market Road, Chelmsford, CM1 1QH.

If you have any further questions please don’t hesitate to get in contact either via email: [hayley.chapman@activeessex.org](mailto:hayley.chapman@activeessex.org) or phone: 07557168120.

We look forward to working with you to inspire more disabled people to get active in Essex.

Kind Regards,

Hayley Chapman,

Inclusion Lead, Active Essex