



Become a #MOVE WITH US

AMBASSADOR

Information pack

WHAT IS #MOVEWITHUS ?

For some, their activity might be skateboarding and football, others walking and yoga. But whatever it is, Move With Us can highlight the local opportunities to you, on our activity finder, support you to try something new over on our online channel, or discover some support links to help you take the first step.

HOW CAN WE SUPPORT YOU TO FIND YOUR ACTIVE?

Our activity finder is here to help you discover the physical activity and sport opportunities that are available near you! Use filters to tailor what you're looking for, so you can join something with other like-minded young people.

Or build your confidence and try something brand new for free, using our Find Your Active YouTube channel, with over 50 activities to choose from!

Discover the activity that's right for you.



Come and join the team



Explore local opportunities



Support your mental and physical health



WHAT DOES IT MEAN TO BECOME A #MOVEWITHUS AMBASSADOR?

Do you want to inspire other people like you to move more, and find the activity that's right for them? If you do, then you should totally join the team!

As a Move With Us ambassador you will tell your story of how you got into your chosen sport or activity, and help others to feel more confident when moving. As an ambassador you will also get the chance to put forward your ideas and thoughts in how we can ensure more young people feel positively towards sport and activity.



AMBASSADORS WILL WANT TO FEED INTO THE 3 #MOVEWITHUS PRINCIPLES:

1

It's about finding what's right for you.

The Move With Us campaign is based on the findings and learnings of our Find Your Active campaign. Move With Us has been developed with children, to encourage them to find what's right for them.

2

It's about finding what's right for young people.

The 5 attitudes to physical activity, as expressed by young people are confidence, competence, knowledge, understanding and enjoyment. Children that report more positively against these 5 attitudes are almost twice as likely to be physically active.

3

Youth voice and collaboration is key.

The importance of harnessing youth voice and ensuring children and young people's voices are heard. We know everyone's relationship with physical activity is personal and can change over time.

WHAT DO I HAVE TO DO AS A #MOVEWITHUS AMBASSADOR?

BE YOU!

There are no set rules on what you need to do as a Move With Us ambassador, but if you're stuck for ideas then we have some ideas on ways in which you can unlock your true potential as an ambassador.

- ☐ Share your stories
- ☐ Inspire others to get active
- ☐ Host assemblies in school
- ☐ Put forward your ideas
- ☐ Help out in PE lessons
- ☐ Support your local clubs
- ☐ Encourage friends to join you

WHAT DO I GET FOR BEING A #MOVEWITHUS AMBASSADOR?

We feel its important to thank you for the time you put in to being an ambassador, so below outlines some of the things you will receive.

You will receive a Move With Us welcome pack, so you can feel part of the team!

We will provide you with a personal reference, to help you stand out against others in your career progression.

Invitations to Move With Us Ambassador event days, so you can meet other ambassadors and people like you!



HOW DO I APPLY TO BECOME AN AMBASSADOR?

It's simple, just fill in the short form on our webpage, expressing why you would like to be an ambassador. Remember, if you're under 18, you will need a parent/carer or coach/teacher to complete it with you!



The Active Essex team will review applications on a monthly basis and be in touch with you to let you know the next steps shortly after. We may need to ask you some additional questions, so let us know if email, text or call is best.



WHAT DOES BEING A #MOVEWITHUS BOARD MEMBER REQUIRE OF ME?

As part of being a Move With Us ambassador you will also be given the opportunity to apply to be part of our Move With Us Board.

You will be required to attend **4 meetings** throughout the year to input your thoughts and ideas around the campaign, and particular things you wish to see take place to help young people become more active.



The Active Essex team will stay in regular contact with you via email or phone, to ask you questions about upcoming pieces of work, or artwork around the campaign.



We may also draw on your experience and ask you to help us design and create various events for schools and clubs to engage with throughout the year. Your involvement at these would be great.

Ideally you will be involved in a club or group where youth voice is important and **based in Essex** and **aged 16-24**. You will be able to link both roles together, and ensure you are gaining additional thoughts from your club/group, and your friends to feed into the Move With Us board.

We will be recruiting about 10-14 members for the Move With Us Board.

The board will select their Chair.

The Chair will be required to sit on the Active Essex board on a quarterly basis.



WHAT RECOGNITION AND REWARD WILL I GET FOR BEING ON THIS BOARD?

As part of being a board member, you will be required to fill out a journal of how you were regularly involved in the board, and what input you had in the campaign.

Following the submission of this journal, you will receive a certificate, and a written personal statement and reference for you to use in job/school/college applications.



You will be invited to a number of ambassador event days, as well as Active Essex events held throughout the year, free of charge.

HOW DO I ASK TO BE INVOLVED IN THE #MOVEWITHUS BOARD?

Upon applying to become a Move With Us ambassador, you can select to enquire about becoming part of the board. If you wish to submit an expression of interest after becoming an ambassador, please ask a member of the Move With Us team, here at Active Essex.

You can find their details on the Move With Us ambassador page on the Active Essex website.

[http://](http://www.activeessex.org/move-with-us/)

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Discover what's right for you



