

# Birmingham Wellbeing Service

## Outdoor Offer

### Volunteer Information Pack



## Why have you received this information?

You have received this information because you have expressed an interest in attending one of our volunteer information evenings.

The following pages will give you some detail on the exciting opportunities which will form part of the Wellbeing Service (outdoor) programmes. Hopefully you will begin to get a picture of what you might be able to get involved in. There will be more detail available at the volunteer evening about specific opportunities; however, the information below gives a general overview.

## Active Parks and ParkLives – About the Project



Following on from the huge success of the pilot during summer 2013, Active Parks rolled out to 50 Birmingham Parks in 2014 and are going from strength to strength in 2016 and rolling out to even more parks with even more activities!

Throughout the year, the citizens of Birmingham will be able to participate in a wide range of physical activities sure to improve health and wellbeing whilst having a lot of fun! There will be all sorts on offer to suit every member of the family – from walks and rambles, running, cycling, Zumba, tai chi, sports like rounders, basketball, boules, tennis, rowing and canoeing to other activities like gardening, conservation and bush craft.

## Active Streets – About the Project



Active Streets is a new initiative from the Birmingham Wellbeing Service that transforms your local road or street into a safe, vibrant community space for a few hours at a time – completely free!

Active Streets is about challenging the perception that streets are nothing but highways and demonstrating their possibilities as social spaces for everyone.

## Big Birmingham Bikes – About the Project



As part of Birmingham City Council's £23 million Birmingham Cycle Revolution, Big Birmingham Bikes are bringing 5000 free-to-use bicycles into the city. This is designed to encourage and support people to cycle in deprived, hard-to-reach communities, as well as enabling the provision of some free cycling activities for all Birmingham residents. As well as giving away a number of bikes for free to Birmingham residents, free cycling activities will be made available in each of the 22 cycling "centres" around the city.

## RUN Birmingham – About The Project



Using the beautiful parks and other open spaces in Birmingham, RUN Birmingham offers a range of sessions across the city to help people start and continue running.

Birmingham City Council is aiming to combat high levels of inactivity and reduce health inequalities by inspiring people that are currently inactive to start running, and attracting others who may already be doing some sporadic activity to participate regularly in running. RUN Birmingham caters for everyone, from the nervous novice through to more serious runners who want to participate in major events.

## National Governing Bodies (NGBs)

We work closely with a number of NGBs including tennis, badminton, volleyball and cricket, to name a few. There are opportunities to get involved with these organisations volunteering with them, including supporting at specific events.

## Volunteer Evening

When you attend the evening we will ask you to complete some further detail about yourself and what opportunities you are interested in. Thank you for your interest and we look forward to meeting you.

The evening will be a mixture of presentation and interactive feedback about what is involved in volunteering, what the wellbeing service is looking for and what the specific opportunities in Birmingham are.