



# Positive Activity Referral Scheme

Referee Booklet

## INTRODUCTION

The Positive Activity Referral Scheme (**PARS**) provides a sport and physical activity pathway for young people, to increase their activity levels and improve self-confidence whilst reducing anxiety towards sport and physical activity.

A range of self-help resources are also available to help maximise the chances of converting to a positive lifestyle change and an active lifestyle.

## REASONS TO REFER

- Improve their understanding of physical activity
- Provide opportunities to access free/subsidised sport and physical activity
- Help improve self-efficacy and reduce anxiety towards sport and physical activity
- Promote positive activity and help re-engage the referrals in the community
- Promote the long-term sustainability of participating in sport and physical activity

## REFERRAL CRITERIA

You can refer any young person / family you are actively working with that lives within the Blaby District.

Currently we cannot support residents outside of the district and we do not accept self-referrals.

## HOW TO REFER

To refer a young person / family simply fill out our referral form and send it to our **PARS** co-ordinator [pars@blaby.gov.uk](mailto:pars@blaby.gov.uk).

Alternatively, for more information contact your PARS Coordinator [www.blaby.gov.uk/pars](http://www.blaby.gov.uk/pars)

## THE PARS PROCESS

### REFER

Once the referral is received the **PARS** co-ordinator will contact the referral to ensure they are suitable for the scheme.

### SCREEN

The referred person / family is contacted by the co-ordinator via phone. To gauge suitability a range of questions will be asked.

Once the screening has taken place the **PARS** co-ordinator will contact the referee to discuss the next steps.

### CONSULT

At this stage the co-ordinator will arrange a meeting with the referred person/family and discuss the additional support available. Once reviewed for suitability, a personalised support plan will be put in place.

Should they not be suitable for the scheme, the **PARS** Coordinator will sign post them to a more appropriate pathway.

### SUPPORT

The co-ordinator will provide a personalised support plan which will cover the period of 12 weeks. Upon completion of the 12-week plan there will be a further opportunity to provide support.

#### Support includes:

- Weekly calls
- Text service
- Monthly meetings
- Attending activities

## Contact

**T:** 0116 272 7703

**E:** [pars@blaby.gov.uk](mailto:pars@blaby.gov.uk)

**W:** [www.blaby.gov.uk/pars](http://www.blaby.gov.uk/pars)



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