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New workshop to increase social prescribers' confidence in recommending physical activity

London Sport is supporting social prescribers to feel more confident in recommending physical activity and sport through a new training workshop this June.

Research shows that many social prescribers, health professionals and others who refer patients to community support to improve their health and wellbeing, lack knowledge and confidence when discussing physical activity.

The course, which has been created in partnership with the University of Kent, is perfect to upskill staff and volunteers in any social prescribing

programmes.

Those who complete the course will become more skilled and confident in helping their clients to engage in physical activity and sport.

Not only should this improve the health of their patients, but it is hoped it will support inactive Londoners to become more active and reduce patients' reliance on medication.

The new workshop 'Training Support in Sport and Physical Activity for Social Prescribers' consists of two three-hour interactive sessions across two days on the 9th and 16 June.

David Reader, London Sport's Specialist Advisor for Workforce, said:

"If provided with appropriate support, Social Prescribers can be in a unique position to help people become active. Our training has been proven to provide that support and we want to share that opportunity as wide as possible."

To sign up to the 'Training Support in Sport and Physical Activity for Social Prescribers' workshop, visit the Eventbrite page [here](#).

To find out more about the training, get in touch with our Specialist Advisor for Workforce, David Reader at david.reader@london sport.org

About London Sport

London Sport is a charity working to ensure more Londoners live happier, healthier lives through access to sport and physical activity. Supported by Sport England and the Mayor of London, we collaborate with those that share our vision, running and supporting projects that help children, young people and the least active adults to embed sport and physical activity into their lives.

For more information on London Sport, visit www.londonsport.org

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