

The Role of an Ambassador

What is an ambassador?

Our Ambassadors are people from across the county each with their own individual story. All facing their own challenges and juggling different demands, but all united in their ambition to help promote the benefits of being active to improve both our physical and mental wellbeing. If you would like to join us to help improve the health and happiness of people across Somerset and are passionate about the benefits of being active then contact us to see how you can get involved.

You may be someone that has suffered with your physical health or be managing a long term health condition by keeping active, you may have experienced poor mental health and seen the benefits of being active on your mental wellbeing. Maybe you have struggled to be active and find what works for you, it may be that you have had negative experiences in the past and want to help someone else to build their confidence and access the dual benefits of being active for our physical and emotional wellbeing. Possibly you are someone that is enjoying the benefits of being physically and mentally active as you get older and feel passionate about supporting others to enjoy the rewards and live longer better. Ambassadors join us for any number of reasons and bring their own invaluable and unique experience to the role.

What time commitment do I have to make?

Being an ambassador is extremely flexible and you can give as much or as little time as you can spare – it is really up to you.

What things can I expect to get involved in as an ambassador?

- You can share your story and journey with others
- Provide your image and bio to promote and be the face of your chosen campaign
- Share your own posts through social media if you feel comfortable and tag the SASP socials
- Share the campaign content on your own social media
- Case study – you can share your story and any tips/ideas you have
- Inspire others – this can be using video, photos, blogs or quotes (SASP can help and support you with getting your message out there)
- Be advocates and spread the message of your programme and benefits of being active
- Support positive conversations with peers
- Attend and speak at local events, webinars or conferences

What are the benefits of being an ambassador?

- You get to work as part of a team in an inclusive environment where you will be joining a respectful, positive and non-discriminatory culture
- The opportunity to develop existing skills and learn new ones
- The chance to get out and about in the community and meet others
- An opportunity to make a positive difference to someone's life as well as your own
- Opportunities to trial SASP new projects and help with marketing and promo videos

- To have a named contact to support and motivate you
- Additional training opportunities and options to get involved in other projects and volunteering roles

What programmes can I get involved in?



In It Together – offering exercise and sports activities for Women aged 16+

In It Together wants to break down the physical and mental barriers for women and empower them to get more active and have fun.

We are Undefeatable – Supporting People with Long Term health Conditions to be Active.

Our amazing We are Undefeatable Ambassadors all have one or more long term health condition and share their stories of the positive benefits of being active.

WE ARE UNDEFEATABLE



Stronger 4 Longer helping people aged 50 – 65 to build strength.

Our muscle strength is reduced as we get older so strength building exercises are recommended to prevent loss of balance and strength as we age. Our Stronger 4 Longer Ambassadors share their experiences of how incorporating strength building exercise into your daily routine can have huge benefit

Get outside in Somerset- helping our community to get outdoors and move in more ways that suit them.

Get Outside in Somerset wants to encourage us to get out more often and enjoy our beautiful home county - Somerset. Their ambassadors are keen to inspire the community to get outside more and enjoy the benefits to their physical and mental health.

