

# Injury Support Group.

## MEMBER JOURNEY



### Knowledge and support

- 4 themes, delivered across a 4-week cycle
- Online content: videos & articles on UOB Active app
- In-person workshops **every Friday (3 pm)**



### Community and connection

- Social coffee drop-ins with Ella (your SU Officer!) **every Friday (4 pm)**
- Socialise and share experiences
- Stay involved with your club while injured



### Perks and motivation

- FREE entry for all UOB students
- Continued connection with your team
- Receive an exclusive ISG notebook after 2 in-person session attendances



### Path back to play

- Easy session sign-up (via UOB Active app); Fill out form to explain injury status, then receive confirmation of your booked session
- Attend sessions, stay connected
- Have a 1:1 return-to-play consultation (15 mins)



Sign up via the University of Bristol Active app and book your first session.

