



Encouraging and helping
people to live healthier
and more active lives

Partners' Bulletin

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December 2019

The aim of this bulletin is to keep colleagues and partners informed about what is happening in the promotion/development of physical activity in North Somerset as well as nationally. If you have something you would like to share, please get in touch for us to add to the bulletin. The bulletin will be produced as and when there is enough information to share.

Local Updates:

Active Nailsea

Working closely with existing community networks across the town this initiative has achieved:

- The establishment of two new Tai Chi classes off the back of the mass tai chi event in September. Both take place on Fridays from 2-3pm, one is run by Age UK at Scotch Horn Leisure Centre; and one is run by Tom Sapsed at 2nd Nailsea Scout Group, Hannah More Road,
- Submitting a grant application to Nailsea Town Council that will enable patients to be supported to be more active at Nailsea Leg Club.
- A closer working partnership with key partners in the town including Nailsea Town Council, Tyntesfield Medical Group, Scotch Horn Leisure Centre & the regional Active Partnership (WESPORT).
- Delivering a workshop to health & social care staff to raise the awareness of the importance of physical activity.
- Connections with several community groups that will in turn enable exercise to become an integral part of their group in the future.



In summary Active Nailsea is all about:

“Seeing what impact we can have over a short period of time - Doing small things together that result in more people becoming active in the town”.

Contact Officers:

Kira Thorpe 01275 88 2731. Kira.Thorpe@n-somerset.gov.uk

Catherine Devonshire 01275 88 2732. Catherine.Devonshire@n-somerset.gov.uk

There are several training opportunities coming up:

Inclusive Physical Activity Awareness Training



The Inclusive Activity Programme will equip deliverers with the skills to engage disabled people and people with long-term health conditions more effectively in activities. This support package will enable you to continually develop your coaching skills and confidence to tailor your delivery to a variety of different audiences.

Being part of this programme will give you access to:

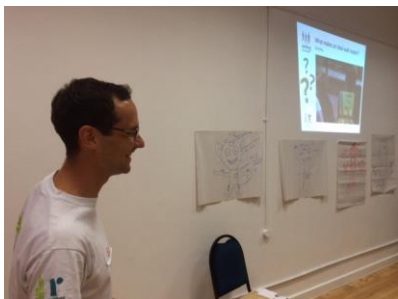
- A tailored three hour face-to-face practical workshop delivered by inclusion experts
- Ongoing support by learning and development opportunities

This course is now full, but to express your interest in attending another course if we organise another one, please email: sport@n-somerset.gov.uk; call 01275 88 2732.

Contact Officer:

Catherine Devonshire 01275 88 2732. Catherine.Devonshire@n-somerset.gov.uk

Walking for Health Training



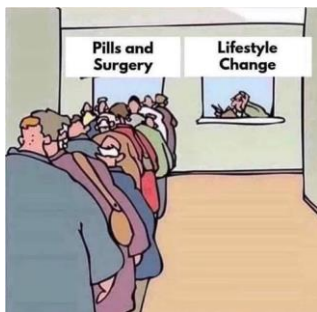
Our next health walk volunteer leader's course is on **Monday the 16th January** from 10-1pm at the for all Healthy Living Centre, Weston-super-Mare. This course will be specifically tailored for those who can support the walking group in area south of the town. If you have any connections in this area or/and know of anybody who would be interested in attending then please get in touch.

Another training session is planned for **Wednesday 4th March** at the Town Hall in Weston-super-Mare.

Volunteers working alongside existing health walk volunteers located across North Somerset with the focus on those that need to exercise the most.

Contact Officer Kira Thorpe 01275 88 2731. Kira.Thorpe@n-somerset.gov.uk

Raising Awareness Training



An important part our work is to provide health & social care professionals with an understanding of physical activity and how it can help their service users/patients become more active. This in turn will support us in our work objectives by embedding physical activity into health and social care pathways.

On Wednesday 20th November several health care professionals attended the training and feedback was positive:

“Very interesting”, “All of it was really helpful”, “A lovely relaxed

informal environment that encourages discussion and informed us of local active opportunities”.

All attendees felt confident to advise people about physical activity and signpost individuals to local services.

The next training workshop will be on **Wednesday 26 February 2020** from 10am to midday in Weston-super-Mare (VTBC).

Please contact go4life@n-somerset.gov.uk / 01934 427222 if you would like to attend.

Contact Officer: Rebecca Stathers 01275 88 2733.

Rebecca.Stathers@n-somerset.gov.uk

Active Directory – New leaflet now available

Get Active in North Somerset

Physical activities and healthy living



The new online Active Directory is now available, visit <https://go4lifens.wordpress.com/active-directory/> to download information about local physical activity opportunities. There is a range of activities listed, including archery, fitness classes and netball, suitable for all abilities.

Leaflets are available that detail local initiatives and directs individuals to the website to access session information. If you would like some printed copies of this leaflet, or any health walk leaflets, please contact sport@n-somerset.gov.uk

Contact Officer:

Catherine Devonshire 01275 88 2732.

Catherine.Devonshire@n-somerset.gov.uk

Step Up Programme

WESPORT (the regional Active Partnership) provides an opportunity for those who would like to ‘step up’ and get involved in inspiring others to become more active. If you know of somebody that could be the next inspiring exercise instructor or sports leader then please get in touch. Currently the programme is funding an individual to attend training which will enable them to run a beginner’s running group in Clevedon.



Contact: Richard.Colman@wesport.org.uk

Phone **0117 3286266 / 07824417852**

Get Active Pass - Become a Key Worker



The Get Active Pass aims to increase activity levels by offering limited free and half price sessions (gym, swim and racket sports) at North Somerset leisure centres. If you support individuals as part of your job or volunteering position, sign up to be a key worker to refer individuals you work with. More information can be found here:

<https://go4lifens.wordpress.com/go4life-schemes/getactivepass/>

Your 30 Minutes, Your Way



Pledge to get active through our 'Your 30 minutes Your Way' campaign. Be active for up to thirty minutes a day your way. Prizes are up for grabs including; gym membership, a Fitbit and t-shirts. When engaging with your clients this campaign can help you encourage and support them to start to get more active.

The messages to give:

- Get active however you want
- Whenever you want.
- Break it into bouts of 10 minutes
- Whatever suits you.

Contact Officer: Catherine Devonshire 01275 88 2732. sport@n-somerset.gov.uk

National News:

Changes in UK Physical Activity Guidelines

In our last Partners Bulletin we informed you that the UK physical activity guidelines have been revised.

The link below provides several excellent infographics that can be used by professionals, policy makers and others working in the promotion of physical activity.

They summarise the physical activity needed for general health benefits for all age groups, disabled adults, pregnant women and women after childbirth.

<https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>



One Million More Active in England

The highest ever levels of activity have been recorded by the latest (October) Active Lives Adult Survey, with 1 million more people physically active than when the survey began.



Based on data gathered from 180,000 respondents (aged 16+) in the 12 months from May 2018 to May 2019, 1,015,700 more people are active compared to when the survey started, in 2015.

That takes the total number of active people – those doing at least 150 minutes of moderate intensity physical activity per week – up to 28.6 million.

The number of inactive people doing fewer than 30 minutes of moderate intensity physical activity per week is down to 11.2 million, a decrease of 131,700 since 2015 and the lowest figure ever recorded by the survey.

To see the full report, go to:

<https://www.sportengland.org/news-and-features/news/2019/october/17/record-one-million-more-active-people-in-england/>