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Encouraging and helping people to live healthier and more active lives

Partners' Bulletin

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April 2020

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.

Stay In, Work Out

Whilst it is imperative to follow the official government guidelines around social distancing, it is also important to remain active as it can have many vital benefits, both physically and mentally. We need to build activity into our daily routine, for example, going for a walk, bike ride, jog or a home workout – there are plenty to choose from! Try to structure and plan your day so you know when you will be getting active and what you will be doing.

We have pulled together some useful links to [help you get active here](#).

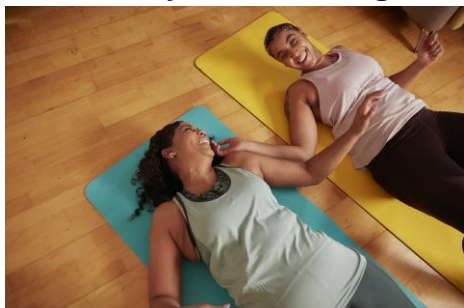
Join the Movement

Sport England have also launched a campaign to encourage people to 'Stay In, Work Out'. Join the movement by visiting [their website](#), and like their facebook page 'StayInWorkOut', for regular updates. They have got lots of advice on different ways to get active indoors and advice on getting active outdoors.



As part of our **Your 30 Minutes, Your Way** campaign, pledge to spend 30 minutes a day being active, and you could win a Fitbit, or a t-shirt. To pledge, [click here](#).

How to stay active during the coronavirus restrictions



Taking daily exercise is one of the four reasons the government has advised that it's ok to leave the home for, for example a walk, run, or cycle. This must be alone or with members of your household, whilst keeping at least 2 meters away from anyone else. For a simple break down of when you can and can't exercise, for example of you're self isolating or feel unwell, click [here](#).

New to exercise?

If you are new to exercise, or not sure where to start, start slowly and build up gradually. Make sure you warm up and cool down to prevent injury, and keep hydrated. As always, it's important to minimise the amount of time spent sedentary. Try to take small breaks regularly and do a lap or two of your house/garden.

This is a great opportunity for you and your family to get fit. It is an ideal time to create a habit. The Chief Medical Officer's Physical Activity Guidelines can be [found here](#).



Stop the exercises immediately if you feel faint or unwell, and if you still feel dizzy or unwell have a rest. Next time try something less strenuous, building up your activity gradually.

Remember, some activity is good, more is better.

Get Active at Home

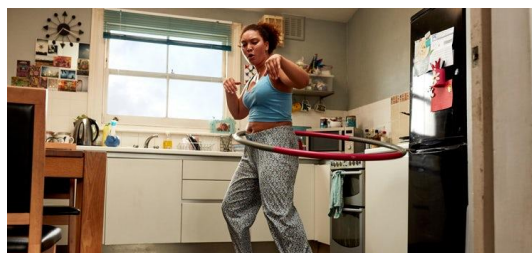


There are lots of different links [available here](#) to access on demand content and apps. There are exercises available for **children**, including Disney dance-along, The Body Coach, Change4Life and Accessible activities. There are This Girl Can workouts for **women**. And activities for **older adults** including [10 minute workouts](#), seated exercises and strength and stretching. There are also links for **pregnant women** and for individuals with a **disability**. If you have a **long term health condition**, visit the [We Are Undefeatable](#) campaign page for inspiration on how to get active.

And also information available about getting active outdoors, including the active 10 app and couch to 5k.

Local Online videos

Local instructors are hosting online classes to keep the local community going. [Click here to see what is available.](#)



If you are an exercise provider, and are offering online/ virtual exercises classes during coronavirus, please let us know so we can add it to our webpage. Email us: sport@n-somerset.gov.uk. Please also share any videos or photos via our Go4Life North Somerset Facebook page

Calling all instructors, coaches and sports clubs

[Wesport \(local active partnership\)](#) have set up support groups designed for you to share knowledge, tips, and be a sounding board while we go through this somewhat uncertain time. Click below to join the group...

Coach/Instructor support group: <https://www.facebook.com/groups/3097338236976942/>

Sports club support group: <https://www.facebook.com/groups/1248795305511441/>

Do you have any feedback on the draft WHO physical activity guidelines?

The WHO (World Health Organisation) is seeking stakeholder feedback on the draft Guidelines on physical activity and sedentary behaviour for children and adolescents, adults and older adults 2020. If you would like to feedback, please do so through [online survey](#).

A public consultation phase is now open to gather feedback on the draft recommendations before they are finalized.

<https://www.who.int/news-room/articles-detail/public-consultation-on-the-draft-who-guidelines-on-physical-activity-and-sedentary-behaviour-for-children-and-adolescents-adults-and-older-adults-2020>

The overarching goal of these guidelines is to provide population-based recommendations on the amount of physical activity (frequency, intensity and duration) that will offer significant health benefits and mitigate health risks. Additionally, for the first time, these guidelines provide recommendations on sedentary behaviour and health outcomes. These guidelines have been developed for children and adolescents, adults, older adults and sub-populations such as pregnant and postpartum women and those living with chronic conditions or disability. These guidelines will replace the recommendations on physical activity for health released in 2010 with the most recent advances in the evidence base for these behaviours and associated health consequences.

Feedback - please provide feedback can be provided using an online survey available via <https://extranet.who.int/dataform/375518?newtest=Y>

Closing date is 17 April 2020, 17:00 .



Sport England funding – £195 million package to help sport and physical activity through coronavirus

Sport England have announced they are making up to £195 million of funding available to help the sport and physical activity sector through the ongoing coronavirus (Covid 19) crisis.

The package, which is a combination of National Lottery and government funding, is made up of the following:

- A £20 million Community Emergency Fund, which will be opened immediately for clubs and community organisations to bid into. Grants between £300 and £10,000 are available
- A £5 million pot for existing partners to bid into if they're facing specific financial difficulty
- An additional £55 million to support the sector during an ongoing period of restrictions, to fund new and innovative ways to keep people active and, when the period of restrictions is over, to help organisations get back to business and adjust to a different environment
- A £155 million rollover of current funding into 2021/22 to give long term certainty to over 100 well established partners who play a vital role in the delivery of sport and physical activity in England.

For further information about the package of funding support, [click here](#).

Positive Story – Getting active during coronavirus

Brent age 70 lives on his own and has been attending our Clevedon Walking for Health group scheme since the Autumn. However, since social distancing was implemented, followed by the announcement that you must only leave home for food, medicine, work (if essential) or exercise, Brent has been unable to attend the Clevedon Walking for Health group which has been postponed until further notice.



Our Physical Activity team have been contacting and encouraging health walk attendees to continue exercising once per day either at home or by going out for a walk alone / with members of the same household. Ensuring they stay at least two meters from other people.

Brent said 'the walks have been highly beneficial in increasing my physical fitness, helping me lose weight and allowing me to have a good natter with people that I would otherwise never met. When I started the walks I was very apprehensive about my ability, now I am undaunted about any distance across Clevedon and I try to walk everyday. During social

distancing I have devised my own one hour walk which I will share with the other walk leaders when life gets back to normal!

For ideas about keeping active in and around the home follow @StayInWorkOut and search the hashtag #StayInWorkOut or use it to add your own ideas for moving around the home.

The [One You Active 10](#) app can also be used to keep track of your walking over time.

Every Mind Matters

Good mental health helps us relax, achieve, and enjoy our lives more. The Ever Mind Matters website gives us some simple ideas to help us look after our mental health and wellbeing: [Every Mind Matters](#)



Take the [NHS Every Mind Matters \(one you\) quiz](#) to get a free plan, expert advice and practical tips.

Local Volunteer site

[North Somerset Together](#) is an initiative that will help residents who have no support from family or friends and who are socially isolated access the support they need during the coronavirus pandemic and beyond. It will also help those who want to volunteer to get involved or donate to link up with the right organisations, and signpost businesses to relevant information. It also links into our existing services, ensuring that anyone who has greater needs can be identified and escalated into our great single point of access and winter wellness services

[Voluntary Action North Somerset](#) are coordinating volunteers who are interested in helping.

