



Encouraging and helping people to live healthier and more active lives

Partners' Bulletin

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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.

Key dates

26 Feb 2020: Physical Activity Raising Awareness Workshop

This free workshop is for local individuals who are working directly with the community. This will raise your awareness around physical activity benefits, recommendations, making every contact count, local opportunities to get active, etc. The workshop is at the Town Hall, in Weston-super-Mare. To book your place, email goforlife@n-somerset.gov.uk

PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

Wednesday 26 February, 10am-12
Town Hall, Weston-super-Mare, BS23 1UJ

This free workshop is for local individuals who are directly working with the community. Topics covered include:

- Physical activity benefits and recommendations
- Risks of inactivity
- Inactivity statistics
- Why we are inactive
- Making every contact count
- Motivational interviewing
- Local provisions to get active

1 in 4 people would be more active if recommended by a health professional



To book your place, or for more information, email goforlife@n-somerset.gov.uk; or call 01934 427 222



4 Mar 2020: Walk Leader Training



The local health walks programme has 9 regular walks, all across North Somerset, led by qualified, confident walk leaders. The walks encourage inactive individuals to start to become active. If you know any individuals in the local community who would be interested in attending, please contact kira.thorpe@n-somerset.gov.uk

Grants available

Sportarray

North Somerset Council's Sportarray programme is offering an opportunity for clubs, coaches and providers to access grants to start new inclusive opportunities or access training bursaries.

Grants can be accessed in two ways:

- awards will be made to providers and sports clubs who can contribute to the delivery of new inclusive activities in North Somerset
- training bursaries can be accessed. Individuals can use these bursaries to fully fund or contribute towards the cost of any sports related qualification which will increase inclusive provision across North Somerset.

To access an application form and for full details, click [here](#). More info [can be found here](#).

Key Contact: Catherine.devonshire@n-somerset.gov.uk or 01275 882 732.

Youth Funding

Do you work with 11-18 year olds? Are they inactive? Would a grant help to encourage them to start to get active? For more information, and an informal discussion, contact Catherine.devonshire@n-somerset.gov.uk with your ideas.

Campaigns

Your 30 Minutes, Your Way – WIN a fitbit

Many people look at the New Year as an incentive to improve things. Pledge to spend just 30 minutes a day being active, and you could win a Fitbit, a free months gym membership or a tshirt. Getting active doesn't need to involve spending hours in the gym, or buying expensive equipment, you can get active however you want, whenever you want, it's *Your 30 Minutes, Your Way*. To pledge, [click here](#).



This Girl Can – Me again

This Girl Can has relaunched with a brand new TV advert to inspire more women and girls to take part in sport and physical activity. The advert highlights women exercising in whatever way works for them and tries to convince women they don't need to be in shape or super confident in their bodies to take part. [Watch the new advert here](#).

