



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.

Stay In Work Out - Join the Movement

Current guidance can be found on the Gov.UK and Sport England websites.

The guidelines include:

- People can now go outside more than once a day for exercise in groups of up to six people, as long as people from different households observe social distancing by keeping two metres apart. This means that if you a personal trainer/coach you can now work with clients outdoors, providing you are meeting no more than 5 other people from outside of your household, outdoors, and you are staying a minimum of 2 metres apart.
- Facilities that can open include basketball and tennis courts, playing spaces like golf courses (public and private), playing fields and water sports. But outdoor gyms, playgrounds and outdoor swimming pools will remain closed.

Exercise in groups of **6 or fewer** while maintaining social distancing*:

Exercise and fitness:



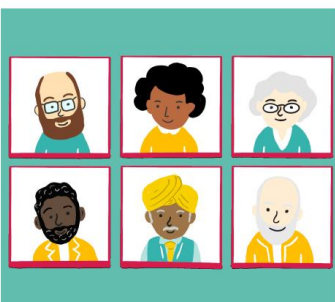
Coaching outside:



* Social distancing does not apply if you're with people from your household.

Active at Home

A guide to being active at home during the coronavirus outbreak



Active at Home

The national 'Active at Home' leaflet, developed by PHE, Sport England, National Centre for Sport and Exercise Medicine is now available.

The leaflet provides practical guidance to older adults on home-based activities that will help to maintain their strength and balance. [Available here.](#)

If you would like copies of the leaflet to distribute to older adults you are supporting via your organisation please email GoForLife@n-somerset.gov.uk.

Local Virtual Classes



Local instructors are hosting online classes to keep the local community active. There are a range of activities being offered, including yoga, pre and post natal classes and martial arts classes; and some are even free. [Click here to see what is available.](#)

If you are an exercise provider, and are offering virtual exercises classes during COVID-19, please let us know so we can add it to our webpage and help to promote it.. Email us: sport@n-somerset.gov.uk. Please also share any videos or photos via our [Go4Life North Somerset Facebook page](#)

Wesport now also have an [Activity Finder](#) for virtual sessions on the website.

FREE TRAINING COURSE – Mental Health Awareness in Sport and Physical Activity

Gain the confidence to be able to support people experiencing mental health problems and help them to thrive inside and outside of your sessions. Usually the course costs £18, but it is currently free until 31st Aug.



Completing this course will give you the knowledge, skills and confidence to better support people living with mental health problems and create a positive environment that ensures they enjoy the benefits of being active.

The course takes 2-3 hours and has been awarded 3 CIMSPA CPD points. More information is [available here.](#)

Physical Activity for Good Mental Health [webinar](#)

Wesport are running a webinar which will explore how being physically active in and around the working day can help you maintain good mental health. This is taking place on Wednesday 10th June, 1-2pm.

Club Matters Workshops

Wesport are pleased to announce they will be hosting two virtual Club Matters workshops which are now available to book. 'Planning for your Future' and 'Develop a Marketing Strategy' are two of the workshops available through the national Club Matters programme that have been adapted so that they can be ran virtually. These



sessions will develop your skills, improve your knowledge and ultimately help you develop your club. To book, please [visit their website](#).

Support for Individuals and New Clubs to Get Active

Have you been active during lockdown **by cycling, walking and/or running**?



We would like to hear from anyone who intends to continue to be active after lockdown and would like to meet up with others for enhanced enjoyment and motivation.

Depending on the response, we hope to bring people together or signpost individuals to existing physical activity groups/clubs. Please visit [our blog](#) to fill out a quick form so we can contact you.

For further information contact the Physical Activity team on 01275 88 2731.

Email: sport@n-somerset.gov.uk

Couch to 5K



One You Couch to 5K is a 9 week running programme that can encourage even complete beginners to become more active, by making it easy and fun. Starting by running for just a minute at a time, the programme sets realistic expectations and makes the challenge feel achievable from the start. The app has also been updated to link to the latest advice on social distancing

guidelines when exercising.

Health Trainer Update

Health Trainer support is still available to new and existing clients at this difficult time, all 1-1 appointments are being provided by telephone. The service is free and confidential, to help local people improve their health and wellbeing.

The Health Trainers can support individuals that need support with:

- Quitting Smoking
- Eating Healthy
- Weight loss
- Being More Active,

Individuals can contact us on 01934 427661 or can send an email to Health.Trainers@n-somerset.gov.uk with their details and we will contact them to make a telephone appointment.



WW Support



Healthy habits are more important than ever, have you been eating more than usual or concerned about your weight? to find out if you are eligible to access the WW digital and mobile app tools for 16 weeks contact the Health Trainers on 01934 427761.

WW digital support includes:

- 1:1 support and motivation throughout your journey, with members able to access their coach via telephone, text, email and social media.
- WellnessWins™ - To inspire healthy habits, WellnessWins, rewards members for small, everyday behaviours that are proven to lead to healthier habits
- Partnership with Headspace® - Mindset is an essential part of overall wellness,
- FitPoints® 2.0 - Encourages activity choices based on what will have the greatest impact on your health and wellness.
- Connect Groups – chat to other like minded members in closed groups.
- Weight tracker enabling you to log your weekly weight and see progress.
- An up to date food database of over 100,000 basic, branded and restaurant choices, at your fingertips which includes foods suitable for all cultural needs
- Barcode scanning functionality that enables you to simply scan a barcode of any packaged food, instantly see the SmartPoints value of it for easy calculation and tracking
- A comprehensive library of content including articles and video formats on behaviour change advice and tactics, how to cooking skills, activity motivation and inspiration, fitness videos and wellbeing ideas.

Positive Story – Getting active during coronavirus

Visit our [blog page](#) to read how Weston Whippets have been getting active during COVID-19.

One of the many groups in North Somerset that will welcome and support individuals to continue running after the lockdown.

