



Encouraging and helping people to live healthier and more active lives

Partners' Bulletin

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October 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:

FREE

MASS OUTDOOR TAI CHI EVENT Everyone welcome

Tues 1st October 11-11.30am
(if bad weather, rescheduled for Weds 2nd Oct)

Millennium Park, Nailsea, BS48 1BA

Beneficial for many long term conditions
Meet Helen Todd, the surgery's new practice support worker (social prescriber)
One-to-one support offered to get more physically and socially active

For more info contact the Physical Activity team:
01275 882 732, sport@n-somerset.gov.uk

Go4Life #Your30 Minutes YourWay North Somerset TYNTESFIELD MEDICAL GROUP

Active Towns

Next week sees a mass outdoor tai chi event happening in Nailsea, with its aim to bring Nailsea together to become healthier. The event is being organised by our team and the social prescriber from the Tyntesfield Medical Group.

If you work with a client group in Nailsea or in the surrounding area and this is something that they maybe interested in coming along to please pass on the details. All abilities are most welcome. Our team will be chatting with those present about how Nailsea can become a more active 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:

Walking for Health



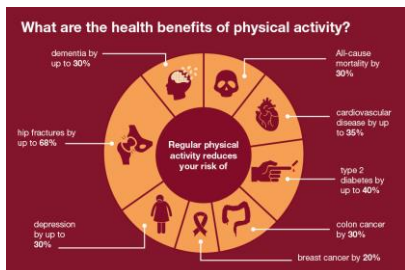
Our next health walk volunteer leader's course is on **Friday the 4th October** in Clevedon from 9.30am-2.30pm. If you know of anybody who loves being outdoors and would support others to enjoy the fresh air too then please make contact.

Working with an existing team of volunteers located across North Somerset the scheme focuses 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 other professionals with an understanding of physical activity and how it can help their service users/patients and in turn support us in our work.



Our raising awareness training can be attended by a wide range of professionals across North Somerset and includes topics around the importance of doing a little exercise, how service users can be supported in becoming more active and finding out what physical activities there are locally.

The next training workshop will be held at No 65, High Street, Nailsea BS48 1AW on Wednesday 20th November so

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

Parkinson's Awareness Training for Exercise & Physical Activity Instructors

On Tuesday the 12th November from 2.00-5.00pm the above training is taking place. If you are an instructor in the exercise sector this could be of benefit to you and/or your business. Instructors will receive a certificate from the Parkinson's Excellence Network and be on a register of activity providers trained in the needs of people with Parkinson's.

Venue: St Francis Church Hall, Ash Hayes Road, Nailsea BS48 2LP.

To Book: nsmart@parkinsons.org.uk

Tel: 0344 2253690

Mental Health Awareness for Sport & Physical Activity



Monday 11th November 6-9pm (arrive at 5.45pm to register) at Castlewood, Tickenham Road, Clevedon BS221 6FW.

A three hour workshop designed for coaches, sport administrators, and frontline staff/volunteers.

To help:

- Understand common misconceptions about mental health
- Identify the positive impact that physical activity can have on mental health
- Appreciate the barriers that stop people with mental health imbalances in becoming active
- Identify practical actions for making your service more inclusive and accessible for everyone.

To book or for more information contact: Catherine Devonshire 01275 88 2732.

Catherine.Devonshire@n-somerset.gov.uk

More parkruns in North Somerset

Two new parkruns are taking place in North Somerset:



- An adult parkrun (5K) will run from Salthouse fields, Clevedon BS21 7TU every Saturday at 9am.
- A junior parkrun (2K) will run from Hangstones Pavilion, Yatton BS49 4HS every Sunday at 9am.

Full details including how to register can be found on the national parkrun website: www.parkrun.org.uk.

Our team aims to continue to work closely with parkrun volunteers to make new runners especially welcome. If you are working with individuals who would like to attend but need some extra support, please contact us.

Contact Officer Kira Thorpe 01275 88 2731.

Kira.Thorpe@n-somerset.gov.uk

Active Directory – New leaflet available

Get Active in North Somerset

Physical activities and healthy living



We are no longer printing full copies of the Active Directory. However, a new leaflet had been produced that details local initiatives and directs individuals to our blog where an online database of local opportunities to get active will be listed in due course.

www.n-somerset.gov.uk/activedirectory

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

National News:

Changes in UK Physical Activity Guidelines

In September revised guidelines regarding being active were published by the Chief Medical Officer (CMO). In summary more emphasis has been put on:

- Relatively small increases in physical activity can contribute to improved health and quality of life
- Regular strength and balance activities for all ages
- Additional benefits of balance and flexibility exercises for older adults
- Additional guidelines on being active during pregnancy and after childbirth
- The health risks associated with sedentary behaviour

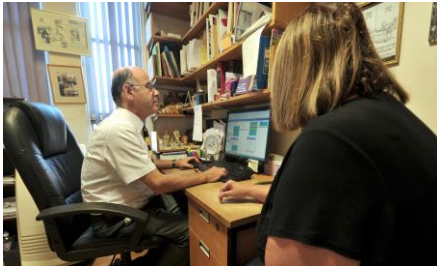
The guidelines are for healthcare professionals, policy makers and others working in the promotion of physical activity. Additional communication for the general population will be released shortly.

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

CMO Guidelines Webinar: <https://youtu.be/EM1qh7sLi94>

Active Practice

As mentioned in the previous Partners Bulletin Sport England has teamed up with the Royal College of GPs (RCGP) to launch the Active Practice Charter that inspires and celebrates GP practices that are taking steps to increase activity in their patients and staff.



GPs can visit the Active Practice Charter site to find out more and work as a practice to develop plans to become an accredited practice.

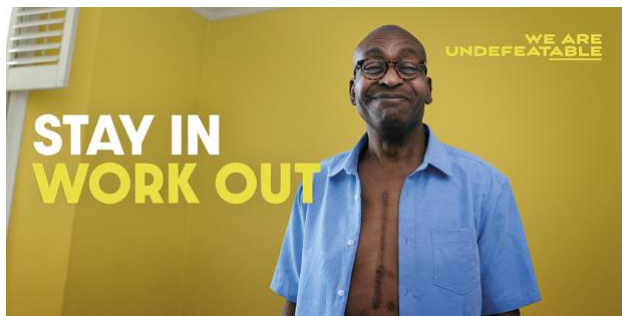
Currently our team is working with the social subscriber in Nailsea on this piece of work and hopes to see the two surgeries in Nailsea become Active Practices in the future. Please make contact if your surgery wishes to work with us and achieve an Active Practice Charter.

Contact Officer: Catherine Devonshire 01275 88 2732.

Catherine.Devonshire@n-somerset.gov.uk

'We Are Undefeatable'

The UK's leading health and social care charities, Sport England & Public Health England, have developed a new campaign, to inspire and support people with long term health conditions (LTHC) to get active.



Launched at the beginning of September, the campaign shares the lived experiences of people who navigate the ups and downs of their conditions alongside being active and will include:

- TV, radio and internet advertising
- Promotion from health charities and other local and national bodies
- A campaign website, **WeAreUndefeatable.co.uk**, offering inspiration and reassurance

Why the campaign is needed

People with long term health conditions are twice as likely to be inactive. Over a third do less than 30 minutes of activity per week

UK Coaching have developed a coaching guide to support the #WeAreUndefeatable campaign. For more information, visit – <https://www.ukcoaching.org/weareundefeatable>

Our team is intending to use these resources and the campaign to:

- Encourage partners/colleagues to think about how physical activity can be built into clients lives who live with a long-term health condition.
- Run workshops for clubs/leaders that will focus on individual health conditions so that they feel more confident and aware of what is required when delivering their sessions.
- The Tai Chi event that is being organised in Nailsea on Tuesday the 1st October particularly welcomes those with LTHC's..
- The Parkinsons workshop (mentioned above) will raise providers knowledge around supporting those with this LTHC.

Contact Officer: Rebecca Stathers 01275 88 2733.

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