



Encouraging and helping people to live healthier and more active lives

Partners' Bulletin

Tel: 01934 427 222 • Email: go4life@n-somerset.gov.uk • Web: www.go4life.org

September 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.

Please note: All articles and activities featured in this partners bulletin are adhering to social distancing measures. If you have any symptoms of COVID-19, please do not turn up to any activities.

Better Health



Better Health is a major new adult campaign which aims to help people kick start and improve their health.

Your health matters. Better Health has a range of tools and support to help – find what works for you. Let's do this!

Download the free NHS weight loss plan to help you start healthier eating habits, be more active and start losing weight. There is a 12-week plan to follow which will help you make healthier food choices, and get more active.

North Somerset Council's Health Trainers are also ready to help you. They can offer a free support service, providing tailored advice to help people achieve their health goals. They can help you lose weight, eat healthier, reduce your alcohol consumption, stop smoking and get more active.

Let's make "one day" today! More information can be found on the [NHS Better Health website](https://www.nhs.uk/betterhealth).

If you would like to find out more or to book a telephone appointment to get started, please call 01934 427 661, email health.trainers@n-somerset.gov.uk or visit www.n-somerset.gov.uk/healthtrainer.



Physical Activity Raising Awareness Workshop – Delivered virtually

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 being delivered virtually. The workshop will be 2 hours. To express your interest in attending, please email: goforlife@n-somerset.gov.uk

PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

Delivered virtually

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

Physical activity training for Healthcare Professionals



Improving the health of the population is a priority as the nation begins to recover from the first wave of COVID-19 and physical activity will play a key role in building the nation’s health resilience and easing pressures on the NHS.

Public Health England and their network of 47 Physical Activity Clinical Champions, which is made up of GPs, Nurses and Allied Healthcare Professionals, are encouraging NHS organisations to book a free online group training session for their health care professionals (HCP’s) workforce, so that they feel equipped with the knowledge, skills and tools to speak to patients about the benefits of getting active.

The one to three-hour session will increase HCPs knowledge of the current Chief Medical Officer’s guidelines for physical activity and how to provide brief advice during consultations.

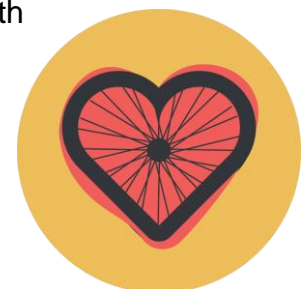
If you’re working as a HCP or managing a workforce of HCPs, you can sign up your organisation for a session now. To find out more please contact the PHE physical activity team on physicalactivity@phe.gov.uk and copy us in sport@n-somerset.gov.uk

Cycle September

Sign up to the LoveToRide Cycle September to win some great prizes!



It’s a fun and global initiative that aims to encourage lots more people to enjoy the benefits of riding a bike. You can ride anywhere, anytime during the month of September, just a 10-minute ride is enough to take part. Points can be earned, and participants can enter draws to win great prizes.



Sign up by going to the Love To Ride website and you do not have to have technology on your wrist to log your rides: www.lovetoride.net
Kira Thorpe Physical Activity Development Officer 01275 882731

Health Walks – interested in leading?



We have been working hard for health walks to return to North Somerset. Due to restrictions with the number of people being able to come together, there will be a booking system in place. Please do not turn up for a walk without booking as you may be turned away. More info on which walks are running and when, can be found by visiting our local [Walking for Health page](#).

We are currently short of volunteers due to many of our existing volunteers shielding and/or in a vulnerable group. If you feel you would enjoy helping others get more active through walking, then please get in touch. Kira Thorpe Physical Activity Development Officer 01275 882731

Started cycling, walking or running?

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



Playing Out

If you are a resident living on a busy road and like the idea of closing it off to through traffic on a regular basis then please get in touch.

Play Your Way aims to achieve quieter streets for neighbourhoods across North Somerset.

Unfortunately due to Covid-19 streets are not able to be closed at the moment but we still want to hear from any neighbourhood who would like this to happen in their area

in the future.

For more information on the national scheme go to www.playingout.net
Kira Thorpe Physical Activity Team 01275 882731.

Wesport Activity Finder

Struggling for ideas to get Active at Home? Why not check out Wesports activity finder. You can look for Live Streams or On Demand demos, from all sorts of activities. Visit their [activity finder here](#).

Join the Movement – Return to Play

Sport England have compiled advice and guidance on how the sport and physical activity sector can prepare for, and successfully and safely return to play. This includes advice for clubs, the professional workforce volunteers and much more. For more info, visit the [Sport England Coronavirus website](#).



Returning to sport and physical activity as lockdown eases



Sport England have identified three distinct consumer groups facing unique challenges that could prevent them returning to sport and physical activity as lockdown eases.

The broad groups – which are based on work with Savanta Comres, the qualitative evaluation of the Join the Movement campaign and through learning of other data sources are outlined in a [new blog](#).

The groups are:

- People who feel worried or anxious about contracting coronavirus for a prolonged period
- People disproportionately affected financially as a result of coronavirus
- People experiencing a greater burden of care because of coronavirus.

It's important everyone involved in delivering sport and physical activity understands these issues, as creating opportunities that cater for these audiences will allow more people to enjoy the physical and mental wellbeing benefits of being active.

Great British Week of Sport from UK Active

The week will celebrate the power that sport and activity has on our physical, mental and social wellbeing.



More people
More active
More often

The celebration will take place from Saturday 19 September to Sunday 27 September, forming the bedrock of the UK's delivery of the European Week of Sport. A series of events across the week will showcase the huge variety of sports and activities which help people of all ages to be more active and reap the mental, social and physical benefits.

Across Britain, people will be encouraged to use #BeActive on social media during the week to share the activities they love most and help inspire others to get involved. ukactive, in partnership with Sport England, the UK Government and the European Commission, will work with a host of partners to deliver focussed activities supporting a diverse range of audiences throughout the week: <https://www.ukactive.com/news/ukactive-launches-the-great-british-week-of-sport-to-celebrate-the-power-of-being-active/>

Quartet NSCP Funding (Round 2)

Deadline: 8th October 2pm,
<https://quartetcf.org.uk/grant-programmes/north-somerset-community-partnership-grant/>

The second round of the NSCP funding is now live through [Quartet Community Foundation](#) for applications up to £20k. To be eligible for a grant from the NSCP Grant Programme your work/activity must benefit the health or wellbeing of people in North Somerset who are disadvantaged.

The programme particularly seeks to support local voluntary and community groups and organisations in North Somerset that:

- support people to improve their health or social and environmental wellbeing
- support early intervention and prevention around health and wellbeing, including mental health
- support health and wellbeing groups and their beneficiaries that have been affected specifically by Covid-19, including core costs
- support new ways of working that have emerged from Covid-19 outbreak
- support health and wellbeing organisations to plan for the future of their organisations, aiding long term sustainability
- support health and wellbeing initiatives, including sports facilities for schools

Free sports equipment provided to children looked after in North Somerset



During the summer holidays North Somerset Council's Public Health team joined up with North Somerset Council's Resource Service and Sirona Care and Health to provide free sports equipment for children looked after.

The aim of the project was to provide opportunities for our children looked after to be active during the summer holidays and beyond.

See below feedback from families receiving the sports equipment packs:

“We are really excited about receiving our order. And would like to say thank you”

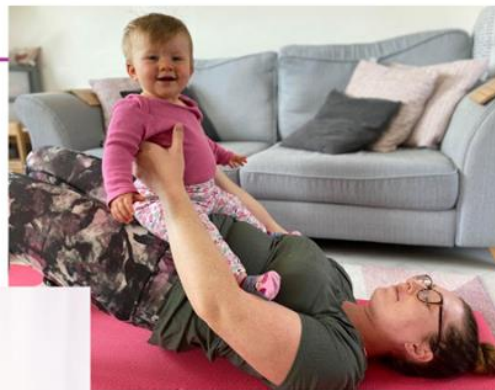
“I just wanted to say a huge thank you for the equipment we received today. Lockdown has been so difficult but this was very exciting for the children”

“I just wanted to say thank you for the activity equipment which we received. It was a great idea and already put to good use”

The project is set to continue into 2021 with further equipment packs for older children and organised physical activity opportunities, a survey has been created to collect feedback about the types of activities that children looked after would like to take part in / try out.

Pre and Postnatal workshops

Pre &
Postnatal
workshops



Functional movements
Technique correction
Diaphragmatic breathing
Pelvic floor strengthening
Core strengthening

ONLINE VIA FACEBOOK ROOMS

FACEBOOK: @OAKLEYPT

INSTAGRAM: @OAKLEYFITNESS_

H.E.N

HEALTH • EXERCISE • NUTRITION

MONDAYS 15:00-15:45
FREE for HEN Members

OAKLEY FITNESS
PRE & POSTNATAL

