



**Encouraging and helping people to live healthier and more active lives**

# Partners' Bulletin

Tel: 01934 427 222 • Email: [go4life@n-somerset.gov.uk](mailto:go4life@n-somerset.gov.uk) • Web: [www.go4life.org](http://www.go4life.org)

**January 2021**

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.

## Exercising during Lockdown



It's hard enough during January to motivate others to become more active and it is arguably even harder with another national lockdown in place. The support structures are currently not there that we would normally signpost individuals too but there are other things in place that we have detailed below that can still help in keeping others active.

The good news is that we can still meet with one other person to exercise, keeping two metres apart or one metre apart if we are wearing a face covering.

We can also exercise with those in our household and with those within a social bubble if we are in one. The

government fully acknowledges the importance of becoming and staying active during the national lockdown: <https://www.gov.uk/guidance/national-lockdown-stay-at-home>

There are also lots of local and national classes happening online to encourage you to be more active.

A timetable of online workouts is available on the Sport England website. There are all sorts of classes available, and some are free:

[https://www.sportengland.org/jointhemovement?section=activity\\_timetable](https://www.sportengland.org/jointhemovement?section=activity_timetable)

We also have sessions available from local instructors. Get in contact with them to see what is available: <https://go4lifens.wordpress.com/active-directory/>

## Sport England – guidance update

Sport England have updated their guidance on what the national lockdown means for sport and physical activity in England, available here:

<https://www.sportengland.org/news/what-new-national-lockdown-means-sport-and-physical-activity-england>

The guidance includes:

- People can leave their home to exercise with individuals in their household, or one person from outside their household.
- This should be limited to once per day, and individuals should not travel outside their local area.
- When around other people, individuals should stay two metres apart from anyone not in their household - meaning the people they live with - or their support bubble.
- Indoor gyms and sports facilities will remain closed. Outdoor sports courts, outdoor gyms, golf courses, outdoor swimming pools, archery/driving/shooting ranges and riding arenas must also close.
- Organised outdoor sport for disabled people is allowed to continue.



## Better Health Campaign



The pandemic has prompted more and more people to reflect and think more seriously about their health. Capitalising on this opportunity to inspire changes across the nation, Public Health England launched their Better Health Campaign last year.

January 2021 offers another opportunity to motivate and encourage more adults to make a positive change in 2021. There is lots of advice and information, as well as apps available to encourage and motivate individuals.

To gain an understanding of the campaign and to cascade down to your clients/patients positive messaging regarding becoming more active as well as other positive lifestyle changes, visit [www.nhs.uk/better-health](http://www.nhs.uk/better-health)

## Winter Wellness with the Health Trainers

Throughout the coronavirus restrictions, people have been making changes to their lifestyle and reducing their risk from COVID19 and the other diseases. North Somerset Council's Healthy Lifestyle service have continued to provide free health and wellbeing support to local residents, and this is set to continue throughout 2021.

Support from a Health Trainer is completely free to North Somerset residents; up to six sessions of one to one support can be provided. As well as support and guidance, nicotine replacement therapy for stop smokers, WW (weight watchers reimagined) referral and exercise sessions are also provided free of charge (eligibility does apply).

It's never too late to make a change, both the Better Health resources and our local Health Trainers can help you make changes that will stick – no fad diets, instead thinking about your health and the impact of the changes you make. With support, you're more likely to reach your goals. Hundreds of local residents are supported by the service each year to achieve their personal goals to lose weight, eat well and get active.



Local resident Jason Page received support from Health Trainer, Linda Griffiths to quit smoking and has outlined below his experience of receiving support from the service.

'I just wanted to take this time to thank Linda for her amazing support over the last 13 weeks. She has been amazing. Calls on time, gives support when needed. Very friendly and always listens. Fantastic time, thank you Linda.

I really am pleased and amazed at how well the Champix has worked, I never thought it would. I've tried so many different products to help give up smoking and this is the first one that does what it says on the tin... I feel amazing and so nice not smelling like an old ashtray.

Thank you again to Linda, absolute star and here's to a healthier future"

If you would like to find out more about the North Somerset Healthy Lifestyle service, or to book a telephone or video call appointment to get started please call 01934 427 661, email [health.trainers@n-somerset.gov.uk](mailto:health.trainers@n-somerset.gov.uk) or contact the team online: <https://go4lifens.wordpress.com/go4life-schemes/health-trainers> or find them on Facebook and Twitter.

### **Physical Activity for Good Mental Health - webinar**

Learn how to feel healthier + happier by building more activity into your daily life. Working from home? Starting to feel low and want to feel better? Learn tips, tricks and techniques on how to build more physical activity into your life to boost your mental health and wellbeing - and those of your staff. Encouraging Active Travel is a great start. Plus you could win a pannier!

This is taking place on Thursday 5 Feb, 12.30-13.30pm.

For more information and how to book on, visit: <https://www.eventbrite.com/e/physical-activity-for-good-mental-health-win-a-pannier-tickets-136453133997>

### **Couch 2 5k – Go with a friend**



We can still meet with one other person to exercise as long as we keep two metres apart or one metre apart if we are wearing a face covering. This can be a great way of motivating others to become or stay active.

<https://www.netdoctor.co.uk/healthy-living/fitness/a27494/benefits-of-exercise-with-friends/>

The NHS Couch25K can be recommended if running with another person is not possible, providing that personal touch that is often required to keep motivated.

<https://www.nhs.uk/better-health/get-active/>



Another motivational thing to suggest to people who want to get active through running is to join the Couch to 5K UK Facebook page where there is a huge amount of motivational posts from hundreds of likeminded people starting their running journey and overcoming familiar barriers.

We are also wanting to hear from anybody who would like to walk, run or cycle with others when we can once again come back together so if you are working with anybody who would be interested then please let us know or direct them to this link: <https://go4lifens.wordpress.com/walk-run-cycle/>

Kira Thorpe  
Physical Activity Development Officer

## Walking for Wellbeing

During the lockdown we are unable to run our Walking for Health scheme but once again it is worth reminding those you support that they can still exercise once a day and can walk with a friend, those in their household and their social bubble if they are in one.



We have started to map all the health walks across North Somerset to encourage people to get out and walk up to an hour.

[www.n-somerset.gov.uk/council-democracy/news-media/north-somerset-life/walks](http://www.n-somerset.gov.uk/council-democracy/news-media/north-somerset-life/walks)

As soon as the national lockdown lifts we will update our Walking for Health webpage with full details: <https://www.walkingforhealth.org.uk/walkfinder/north-somerset-walking-for-health>

A motivational walking app called Active 10 can also be found on the Better Health Campaign website <https://www.nhs.uk/better-health/get-active/>

## Give your mental wellbeing an ACTIVE chance this January



Whether you run, swim, cycle, or do any other fitness activity, setting a goal and enjoying support from the RED community can certainly help with motivation and long-term adherence.

This was demonstrated last year when the January campaign empowered 32% inactive individuals to become regularly active.

The aim is to be active every day, reaping those mental health benefits that come with being active on a regular basis.

With the focus on improving mental health, individuals can also raise funds for RED January's official charity partner, Sport in Mind, the mental health charity that use sport to empower and improve people's lives.

Sign up here: <https://redtogether.co.uk/>

## Health, Exercise, Nutrition (H.E.N) pre and post-natal Facebook Closed Group, with Free pre/post-natal gentle exercise class

Maternal Healthy Lifestyle Advisors (Anna Dedman and Hayley Martin at Public Health, North Somerset) provide support and advice on a range of topics to help women look after themselves during pre/post-natally.



Primarily aimed at women with BMI >27, please encourage them to join by searching 'HENNorthSomerset' or pass on this link to them:

<https://www.facebook.com/groups/HENNorthSomerset> .

The H.E.N group online community of women support each other to eat well, be active and feel good during and after pregnancy. H.E.N covers topics such as:

- Nutrition for you and baby, breastfeeding (peer supporter access), oral health and weaning.
- Being active in pregnancy, including weekly fitness session (see poster).
- Wellbeing in pregnancy, signposting to support.
- Support to make healthy changes.
- Staying healthy after birth.

HEN members can join **Zoe Oakley's free movement workshop** and receive a **free stability ball** after attending 4 sessions over 2 months!

## FREE Stability Ball

when you attend 4 of Zoe's free HEN fitness workshops within 2 months



Pre & Postnatal workshops



ONLINE VIA FACEBOOK ROOMS  
FACEBOOK: @OAKLEYPT  
INSTAGRAM: @OAKLEYFITNESS

Functional movements  
Technique correction  
Diaphragmatic breathing  
Pelvic floor strengthening  
Core strengthening



**H.E.N** HEALTH • EXERCISE • NUTRITION

FRIDAYS 9:45-10:30  
FREE for HEN Members

OAKLEY FITNESS  
PRE & POSTNATAL



The H.E.N advisors also run a **free antenatal 6 week rolling virtual course**, covering the same topics as above. To refer please email [HEN.pregnancy@n-somerset.gov.uk](mailto:HEN.pregnancy@n-somerset.gov.uk) (Women must be resident in North Somerset, be pregnant and benefit from healthy lifestyle advise).

### **We Are Undefeatable** -leaflets available

We Are Undefeatable is a national campaign to inspire and support people with long-term health conditions to build physical activity into their lives. It aims to help those with conditions such as diabetes, cancer, arthritis and Parkinson's to build physical activity into their lives. The campaign is led by a collaboration of 15 leading health and social care charities.

We have some leaflets available to encourage individuals to become more active at home. It has a stretching guide and hints and tips to get active. If you would like some leaflets, please email Lisa Wood ([lisa.wood@wesport.org.uk](mailto:lisa.wood@wesport.org.uk)) and she will arrange posting this to you.



### **Youth Sports Trust – resources for physical activity with children**



#### **60 Second Challenges**

A fun 'compete against yourself' approach to physical activity with a focus on resilience and perseverance and the aim to achieve bronze, silver or gold medal targets.

[GO TO ACTIVITIES](#) ➔



#### **Wonder Woman 1984**

These fun free activities for schools and families will help young people develop skills using the power of sport.

[GO TO ACTIVITIES](#) ➔



#### **After School Sport Club**

Join our 30-minute online club on Tuesdays and Thursdays at 5pm for all children and young people to do some sport, develop skills and have fun!

[GO TO ACTIVITIES](#) ➔

Youth Sport Trust has a number of free resources to help parents and children have fun and stay active at home. They have teamed up with DC and have some fantastic free to access resources inspired by Wonder Woman and her eight characteristics, which include strength, optimism and courage. Designed to be inclusive, the resources take the form of activities and quests at different difficulty levels for individuals or groups, ensuring that all your young people can join in and have fun.

As well as the Wonder Woman resources, there are a huge range

of activities and downloads on our coronavirus support page including:

Links to the After School Sport Club which runs live on YouTube at 5pm every Tuesday and Thursday and the 60 second challenges. <https://www.youthsporttrust.org/free-resources>

## Health and Wellbeing Survey

We want North Somerset to be a healthy and fair place to grow up, live, work and age. Creating opportunities to improve health and wellbeing for all residents and communities while reducing inequalities in health.

We are developing a Strategy for Health and Wellbeing which will outline our priorities and plans for improving health and reducing inequalities between 2021 and 2024.

We want you to get involved and to use our survey to tell us your views about:

- what matters most to you about health and wellbeing (feeling generally well)
- what your priorities are for improving health and wellbeing
- what kind of activities, services and/or programmes are needed most to improve health and wellbeing
- how we can work with you, your communities and stakeholders to improve health and wellbeing

We will use the information collected from residents, organisations and stakeholders to identify themes that will help shape the Health and Wellbeing Strategy for North Somerset.

We will also be using data about priority health needs in our population and research about what works best.

The survey will focus on general questions around health and wellbeing and your priorities. There are also more specific questions about the lifestyle factors that influence health and wellbeing. You don't need to answer every section if you don't feel it is relevant to you but we welcome your thoughts across all topics.

The survey is anonymous and the information you provide will not be used to identify you. Completing the survey is optional. The information that you provide is confidential and will only be used to inform development of the Health and Wellbeing Strategy. The information you provide will be stored on a secure UK-based server until the Health and Wellbeing Strategy is published, after which it will be securely deleted.

This survey will take around 15-20 minutes to complete.

More info here: <https://n-somerset.inconsult.uk/consult.ti/hws/consultationHome>

## Health and Wellbeing - Online Consultation Workshops

As well as the survey, we are inviting you to take part in an online consultation event to share your thoughts in more detail.

You can take part in our online workshop taking place in January. The sessions are taking place on the following dates:

Sessions for members of the public (all sessions via Zoom):

- Thursday 4<sup>th</sup> February 2021, 10-11:30am
- Friday 12<sup>th</sup> February 2021, 10.30am-12pm

For more information on the sessions for members of the public and to sign up, please visit [here](#).

Sessions for stakeholders (all sessions via Zoom):

- Thursday 4<sup>th</sup> February 2021, 2-4pm
- Tuesday 9<sup>th</sup> February 2021, 1-3pm

For more information on sessions for stakeholders and to sign up, please visit [here](#).

To find out more information about health and wellbeing in North Somerset, please visit: <https://www.n-somerset.gov.uk/my-services/adult-social-care-health/health-wellbeing> where you can find out more information about how to live a healthier lifestyle, looking after your mental health and much more.

### **Latest Active Lives Children and Young People Survey**



The number of children and young people who were physically active fell during the 2019/20 academic year in England, as first storms and then the coronavirus (Covid-19) pandemic restricted the type of activities available.

The figures, published in Sport England's latest Active Lives Children and Young People Survey covering the 2019/20 academic year, show 44.9% of children and young people (3.2 million) met the Chief Medical Officer guidelines of taking part in sport and physical activity for an average of 60 minutes or more a day.

This represents a decrease of 1.9% (86,500) compared to the same period 12 months ago, although activity levels remain higher than in 2017/18.

Some 31.3 (2.3m) did less than an average of 30 minutes a day, with an increase of 2.4% (+201,400) in the proportion who were less active over the last year. The number of less active children is still less than it was in 2017/18.

The survey showed activity levels were increasing during the autumn term (2019) and the overall drop over the academic year was due to disruption caused by the storms in the spring term and the impact of the pandemic across the summer term.

However, thanks to the dedication and resourcefulness of parents, teachers, coaches and organisations who deliver activities, the drop during the period between mid-May and late-July (when restrictions started to ease) was significantly less than it was for adults earlier in the pandemic.

To view the latest children Active Lives report and coronavirus survey visit the [Sport England's webpage](#).

## Lush Tums for Pregnancy and Post-natal yoga

Supporting mums-to-be and new mums online via Zoom throughout Covid and lockdowns. Fedant and yoga alliance UK insured and accredited for excellence

<https://www.lushtums.co.uk/north-somerset>

Facebook: @lushtums.northsomerset

Please [contact Marie](#) for more info.

