



Encouraging and helping people to live healthier and more active lives

Partners' Bulletin

Tel: 01275 88 2730 • Email: go4life@n-somerset.gov.uk • Web: www.go4life.org

July 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.

Contents

Local Programmes.....	1
Training Opportunities	4
Funding	4
National Campaigns and Programmes	5

Local Programmes

Health Walks in North Somerset are Back!

Health walks have restarted in Weston- four times a week including a summer evening walk, Clevedon, Yatton, Winscombe, Nailsea and Portishead.



The walks enable walkers to come together who have not exercised for quite some time and/or have limitations that prevent them from walking too far. Most of the walks are for an hour with some groups offering shorter walks.

Details of all health walk groups across North Somerset can be found on the [Walking for Health Website](#). To find out more call The Physical Activity Team on 01275 88 2730.



Health Trainers

Our team of health trainers are still available to help individuals make changes to their health and wellbeing. Health trainers can offer support to get active, eat well, lose weight quit smoking or drink less alcohol. Individuals can access 6 weeks of 1:1 support and they are currently offering telephone or virtual appointments.

Get Active Pass update

Get active pass

Key workers are still able to refer inactive individuals to receive a Get Active Pass (GAP). A GAP allows individuals to access five free and five half price visits to North Somerset leisure centres (Strode, Hutton Moor, Scotch Horn and Parish Wharf) to access casual gym, swim or court hire during off peak times. Individuals will be referred to discuss with a health trainer what they want to do, when they want to do this and what support they need to get active. More information about the availability and how to refer is [available on our website](#).

A key worker can be anyone in a professional capacity who is supporting an individual to improve that person's health and wellbeing. To sign up as a key worker, you can download a form online, once completed and returned you can start to refer individuals via our simple [online referral form](#).

Play Your Way is Back

The first Play Your Way session has successfully happened this year. The road was closed to through traffic so children and young people could play out freely in the street and neighbours can also come together



Play Your Way is a resident led activity that enables children to play in the street where they live. If you wish to close your street, visit our [website for more information](#), and watch the simple four-step guide on the National Playing Out website.

Ageing Well Exercise Classes provided by Age UK

Many of the in-person Ageing Well exercise sessions have now restarted or are set to restart soon on a phased basis. [Online exercise classes](#) are also still available. Classes include: Seated and Standing Pilates, Stretch and Flex Chair-based yoga, Qigong Tai Chi and Movement to Music.

For further information about in-person classes available in North Somerset visit the [Ageing Well Activities page](#). If you have any enquiries please email ageingwell@ageuksomerset.org.uk or call 01823 345624

Equipment Packs for Looked after Children and Care Leavers

Free physical activity equipment is currently available for looked after children and care leavers living in North Somerset. This is open until Friday 30th July. The equipment list and the order form is available to [download on our website](#). More information about the scheme can also be found on the website.



Health, Exercise, Nutrition (H.E.N) pre and post-natal



Advice and support is available on a range of topics to help women look after themselves during pre/post-natally. This is primarily aimed at women with BMI >27. Please encourage them to join the closed facebook group by searching '[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.

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

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

FREE Stability Ball

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



Pre & Postnatal workshops

Functional movements
Technique correction
Diaphragmatic breathing
Pelvic floor strengthening
Core strengthening

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

OAKLEY FITNESS
PRE & POSTNATAL

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

North Somerset Council

Hutton Moor 50+ Sports Club

A friendly atmosphere with a range of sports played, including short tennis, badminton, swimming, tennis, table tennis, aerobics and use of the gym. There is also a sociable area to meet for refreshments. They meet Tuesdays and Thursdays, 9am-1pm, at Hutton Moor leisure centre.

More information can be found on the Hutton Moor 50+ Sports Club's [facebook page](#).

Hutton Moor
LEISURE CENTRE

**Hutton Moor
50+ Sports Club**

Tues 9am - 1pm • Thurs 9am - 1pm

A really good friendly atmosphere & our sports include:

Short Tennis + Badminton + Swimming + Tennis
Table Tennis + Aerobics + Use of the gym
Also area set aside to meet for refreshments

Hutton Moor 50+ Sports Club

Why not come and join us and improve your fitness?

Training Opportunities

Parkinson's training – for exercise providers

Parkinson's UK are now offering a free on-line course for exercise providers who may be offering support to people attending their local sessions or specific sessions which may be suitable for people with Parkinson's. More information and to access the training is available on the [Parkinson's website](#).

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Physical Activity for the management & Prevention of Long-term Conditions – Free online training - 8th September 11:15-12:45

Online training session provided by a national network of expert Physical Activity Clinical Champions. This will be a FREE tailored, peer to peer training session to groups of healthcare professionals (HCPs).

The ongoing pandemic has highlighted the crucial role of physical activity in supporting people's physical and mental health. However, a recent survey from Sport England shows that many people struggled to keep active during the first wave of Covid-19, with over 3 million adults reporting that they were less active compared to the previous year.

Attending this FREE training provides the opportunity to:

- Access evidence-based resources proven to increase knowledge and confidence, and support clinical practice in line with guidance (e.g. NICE)
- Improve management of patients with 30+ long-term conditions (e.g. CVD, type 2 diabetes, depression, MSK issues, some cancers).
- Help reduce service demand and costs i.e. the ~£0.9bn annual cost to the NHS associated with insufficient physical activity

PLEASE NOTE: This training is designed specifically for NHS Healthcare Professionals and Trainee Healthcare Professionals only.

To register for this training, [please sign up here](#).

Funding

Green Social Prescribing Programme

The programme aims to support people to better connect with nature in order to improve their mental health.

There are organised events (Monday 2nd August 6.30pm-7.30pm and Wednesday 4th August 2.30-3.30pm) to help develop local approaches to support people in Weston and surrounding areas in North Somerset. The events will consist of two parts:

1. An overview of the Green Social Prescribing Programme: outlining its aims, the specific outcomes we want to see from the Green Social Prescribing Funding and detailing how the funding can be applied for.

2. Breakout sessions with other partners in your locality to share what you have to offer and what your needs are. We seek to co-design local approaches to help more people in your area connect with nature.

If you are interested in attending any of these events, or would like more information, please email: bnssq.mh.greensp@nhs.net

St Monica Trust funding

As we start to slowly emerge from lock down and see a desire to return to 'normal', there is increasing concern around the impact lock down has had on older people's physical and mental health and how this may impact in their ability to re-engage with society.

There is already a lot of good work being carried out to help older people to re-engage with their community, however organisations supporting older vulnerable and isolated people see a more immediate challenge is to support older people who are suffering with mental health issues developed through lockdown including anxiety, depression and loss of confidence.

St Monica Trust have released their 'Mental Health & Older People Fund' that will help at least five projects to address this challenge.

If you would like more information about this, including funding guidance, monitoring impact overview and the application form, please email communityimpact@stmonicastrust.org.uk

#ClubsInCrisis fund

The Made By Sport #ClubsInCrisis Fund has re-opened until *18th August*. This fund is available to help clubs or community groups provide 'sport for development' activities to young people. This is a quick way to apply for up to £2,021. More information and how to apply is [available on their website](#).

National Campaigns and Programmes

Better Health – Summer 2021 campaign launch



On Mon 26th July, Public Health launched this summer's [Better Health](#) adult obesity campaign. This is aimed at supporting those adults who have gained weight over the last year with a focus on making small changes everyday to lose weight and feel better now. To help support people to make these healthier choices, the campaign provides a suite of free apps and tools that support adults to make better food choices and become more active. The logo, and app icons have also been updated.

We Are Undefeatable

In July 2021, Sport England published a new [Coronavirus Insight Pack](#) that was produced in collaboration with our We Are Undefeatable partners. It draws upon a range of sources to provide the most up to date picture of activity amongst adults with long term health conditions in light of the coronavirus pandemic (Covid-19).



Neil Tester, director of The Richmond Group of Charities, has also [written a blog on the website](#) about the challenges people living with health conditions are facing.

Online Support for a Healthy Lifestyle



Take the first step in managing your weight today. If you are living with obesity and have diabetes or high blood pressure, or both, you could benefit from the 12 week NHS digital weight management programme.

It can be hard to keep healthy and active but this free programme can help you develop healthier eating habits, be more active and lose weight.

Speak with your GP Practice today to find out how the programme could benefit you.

10 minute shake up

Public Health England and Disney have teamed up to help get kids active throughout the holidays by playing 10 Minute Shake Up games, inspired by some of their favourite characters. The shake ups aim to inspire children to rebuild confidence in being physically active, and develop new and longer-term physical skills and most importantly, have fun!



More information and resources can be found on the [Change4Life website](#) and the [campaign resource website](#).



Sport England FAQs update – Step 4

Sport England's updated frequently asked questions (FAQs) relate to changes that will take place as part of Step 4 of the government's roadmap, which came into force on Monday 19 July. For more information, please follow [this link](#). In summary, there are no set restrictions for how many people can take part in sport and physical activity, indoors and outside.