

**Better
Health**

**North
Somerset**

Partners' Bulletin

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Sept 2022

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.

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Better Health North Somerset website

The new Better Health website - www.betterhealthns.co.uk – has everything you, your loved ones and your customers need to help live a healthier lifestyle. It's got a mixture of advice, links to support and real-life case studies from North Somerset residents who we've helped to make healthy changes to their lives.



What can we help you with today?

There's a wide range of topics covered including Get Active, Lose Weight, Stop Smoking, Eat Well, Healthy Families and Mental Wellbeing. There's also a section for practitioners where professionals can register to get regular updates and share favourites with colleagues. Topics include Physical Activity, Healthy Early Years, Healthy Schools, Healthy Workplaces and Weight Management.

There's a host of information on there, for people of all ages, so take a look and think about how you can share the information with your customers and service users.



Walking

Find out how walking, running and cycling can benefit your health and information available about walk leader training and National...

[Find out more](#)



Moving More

If you are looking to become more physically active the check out these hints and tips from National campaigns.

[Find out more](#)



Active Communities

Information about a range of schemes designed to promote healthy living in North Somerset residents young and old.

[Find out more](#)

Individuals can register or be referred to see one of our Healthy Lifestyles Advisors who can support you to make lifestyle changes, including getting active with 1-1 support available over a duration of 12 weeks.

Please like and follow us our social media pages and help us share information so we can make North Somerset a healthier place to live.

Healthy Lifestyles Support for Weston, Worle and villages residents

The Public Health and Regulatory Services Directorate has expanded the Healthy Lifestyles team in partnership with Pier Health Primary Care Network (PCN)

A total of five new part-time Healthy Lifestyles Advisors have been recently recruited, part-funded by Pier Health PCN to expand the offer of healthy lifestyles support for Weston, Worle and villages residents.

Group and 1-1 support is available to residents for a duration of 12 weeks for support to get active, eat well, lose weight and stop smoking. The support on offer is aimed at adults aged 18 or above who would like support to make health improvements.



Residents can request support by completing the team's simple online health MOT, available at www.betterhealthns.co.uk. Practitioners supporting local residents can also refer residents for support via the practitioners page www.betterhealthns.co.uk/practitioners/

Support provided to residents is personalised, non-judgemental and follows evidence and best practice guidance from official health bodies.

A resident recently receiving support from a Healthy Lifestyles advisor said "If anyone else is struggling with their weight, I would recommend this service. I don't think I would have gotten this far without it."

Residents can also contact the Healthy Lifestyles team for get active, eat well, lose weight and stop smoking support via telephone on 01934 427661 or email: healthylifestyles@n-somerset.gov.uk

Physical Activity Strategy for North Somerset

North Somerset Council is starting work to develop a joint physical activity strategy for North Somerset, Strategic Leisure Ltd (SLL) is supporting the development of this important piece of work.



The Public Health and Regulatory Service Directorate and Place Directorate are leading on this work alongside Strategic Leisure Ltd who have a wide range of experience in developing physical activity strategies in partnership with other local authorities such as South Ribble Borough Council, London Borough of Southwark, Denbighshire Borough Council, Herefordshire, and Ashfield District Council.

The Council is committed to improving opportunities for everyone to participate in physical activity in North Somerset and we recognise the vast benefits of physical activity on our physical health and mental wellbeing, in connecting and strengthening communities and the local economy. In order to do this, it is important to involve key stakeholders and partners in both the development of the strategy and the implementation; our hope is that the joint physical activity strategy will be owned by a wide range of key stakeholders working in North Somerset to support physical activity opportunities for all.

The strategy is due to be completed by December 2022 and it would be extremely helpful if you could give us your views on existing physical activity provision in the local authority, what you think is good and what could be improved, all feedback is welcomed. Key local stakeholders will be contacted by Strategic Leisure Ltd (SLL) and invited to feedback via a focus group (or team/board meeting), or 1-1 meeting, or email/telephone feedback on behalf of your organisation, service or team.

In addition to key stakeholder feedback there will be separate consultations with residents, sports/physical activity clubs, schools and parish councils. If you are able to promote these other consultations, that would be very helpful, we will also be sharing these via the Council's social media pages and website.

We are also pleased to report that linked to the [North Somerset Joint Health and Wellbeing Strategy 2021-2024 refresh](#), which includes physical activity as one of seven priority themes, a total of £80,000 has been ringfenced to implement recommendations/objectives within the published physical activity strategy and action plan.

We hope you are able to support the development of the physical activity strategy and if you have any questions or suggestions in the meantime please feel free to contact getactive@n-somerset.gov.uk

Active Directory

The Active Directory provides information on a wide range of activities for adults to access, in order to become more active in North Somerset.



The Active Directory has proven a fantastic way to promote local physical activities. It is the flagship resource for sport and exercise groups in North Somerset. Entry in the directory is free on the basis that the instructors / clubs / groups included show support for Better Health North Somerset – a scheme encouraging and supporting people to live healthier and more active lives. The current

directory can be accessed by visiting: www.go4life.org/moving-more/active-directory

We are in the process of updating the Active Directory, if you would like to add your activity, please fill in this form: [Active Directory Activity Form](#) and return it to: GetActive@n-somerset.gov.uk

We Are Undefeatable returns with 'Move to your Mood'

The new campaign burst sees a partnership with Gok Wan and acknowledges the role mood plays in people's motivation to get active.

The campaign is back with a new TV ad, more relatable stories and even exercise videos featuring Gok Wan.

The campaign, which launched in 2019 in collaboration with the Richmond



Group of Charities, aims to help people with long term health conditions get active. Resources are available to encourage people to get active whatever their mood and highlight the impact physical activity can have on our mental wellbeing.

<https://weareundefeatable.co.uk/>

Local activities and events

Walk this way to better health – for free!

North Somerset residents are being encouraged to join hundreds of other people and take part in the council's popular, free walking programme.

North Somerset Health Walks have been running for more than 15 years and welcome over 300 regular walkers each week, helping and supporting them to become more active.

The walks are led by friendly, trained walk leaders and take place across North Somerset. There are currently Health Walks in Clevedon, Nailsea, Portishead, Weston-super-Mare, Winscombe, Long Ashton and Yatton.

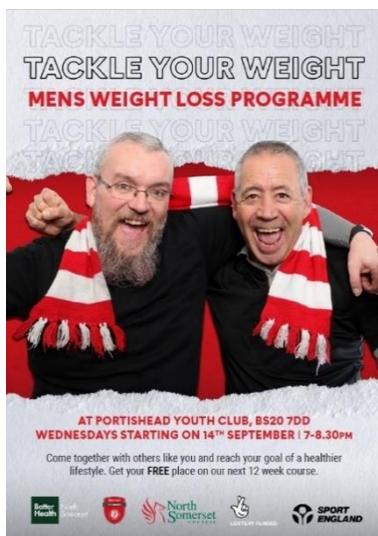


Each walk lasts no longer than one hour and can be made shorter to help people build up their fitness. The walking routes are chosen to be accessible and inclusive to as many people as possible.

As well as the many physical health benefits, many walkers feel it also helps with their mental health.

Walks happen across North Somerset at different times and days each week. For the latest Health Walks programmes go to:

<https://www.betterhealthns.co.uk/information/healthwalks/>



Fit Fans for Men - Tackle your weight

Fit Fans for Men offers 13 weeks of group support to improve healthy habits with a focus on healthy eating and exercise. This is a free service for men with a BMI of 30 or more.

Starting **Wednesday 14 September 7 - 8.30pm**

Portishead Youth Club, Harbourside Road, BS20 7DD.

To book a place on the programme or find out more contact Lee Gillett on 0117 963 0636 or email robinsfoundation@bcfc.co.uk

<https://www.betterhealthns.co.uk/information/mens-weight-loss-groups/>

ParkRun Practice Initiative

The Physical Activity Team are working with several GP practices in supporting their patients to become more active through parkrun.

Staff are making a pledge to be more proactive in signposting patients and adopting the procedure asked of them through the initiative.

In North Somerset there are two adult (Weston and Clevedon) and two junior (Weston and Yatton) parkruns where there is potential for individuals to become more active. Having that conversation with a healthcare professional whether that is a social prescriber, or a school nurse can make a difference in their decision to attend. An important aspect of parkrun is that anybody can participate and can walk from beginning to end if they wish.



New Age UK Classes



Outdoor Tai Chi started in Weston-super-Mare on Tues 16 Aug, 2.30pm for people over 60. The programme is based on a form of Tai Chi called QiGong Shibashi, which is made up of 18 mindful movements. The class meets at the Bandstand at Grove Park for an hour of gentle Tai Chi.

The Ageing Well service are thrilled to offer an outdoor class, particularly as the physical and mental health benefits of spending time outdoors are becoming more and more recognised. Pre-booking is essential. In adverse weather the class will not run.

Yoga themed Stretch and Flex has recently started in Nailsea on Thursdays 11am - 12pm. This class will combine breathing and relaxation movements to balance the mind and improve flexibility- we are encouraging people to register their interest now.

To book a place or for more information contact Age UK Somerset's Ageing Well service on 01823 345624 or email ageingwell@ageuksomerset.org.uk . And for more information on other activities available, visit:

<https://www.ageuk.org.uk/somerset/activities-and-events/>

Seated Movement & Fitness Zoom sessions

As part of the Healthier Together initiative, weekly **free** Seated Movement & Fitness Zoom sessions are available, every Friday morning. These are facilitated by Lizzie, who is a qualified Wheelchair and Inclusive Dance Teacher.

If you'd like to join the sessions, please email info@sunraedance.co.uk and you will be sent the Zoom link. If you'd like to find out more about Sun Rae Dance please visit <https://www.sunraedance.co.uk>

Sport and Physical Activity Network Event

Wesport, the local Active Partnership, are hosting a free Sport and Physical Activity Network Event.

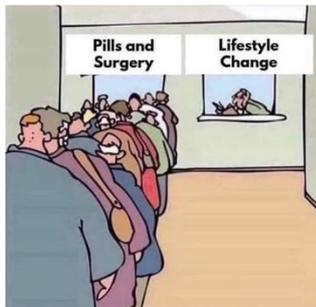
'Together with purpose' will be held on Thursday 29 September 2022, at Gloucestershire County Cricket Club, from 9.30am – 2pm. For more information about what is on offer and to book your place, visit:

<https://wesport.org.uk/events/sport-and-physical-activity-network-together-with-purpose/>

Workshops and Training

Physical Activity Raising Awareness Workshop

1 in 4 individuals would be active if recommended by a health professional. This workshop provides health and social care professionals with an understanding of physical activity and how it can help their service users/patients become more active. It will include the benefits of getting active, recommendations and local opportunities to get active.



The next workshop take place in Clevedon on:

Tuesday 20 September, 2-4pm.

To book your place or register your interest for future workshops, email: Getactive@n-somerset.gov.uk

PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

**Tuesday 20th Sept, 2-4pm
Castlewood, Clevedon, BS21 6AB**

This free workshop is for local individuals who are directly working with the community. Topics covered include:

- Physical activity benefits
- Recommendations
- Risks of inactivity
- Why we are inactive
- Activity statistics
- 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 getactive@n-somerset.gov.uk; or call 01275 882730



RSPH Level 2 Award in Supporting Behaviour Change (Health and wellbeing)

This qualification will provide learners with the knowledge, confidence, and skills to support individuals who are thinking of making a health behaviour change.

It will enable learners to understand the importance of effective communication in building rapport with individuals. It will also help learners to understand how to work with individuals to increase their motivation to make a behaviour change and explore the factors that hinder and facilitate that change.

There is no charge to attend the course, but those attending must be committed to volunteering 15 hours with the Health Improvement Service, Public Health, North

Somerset Council. If you are interested in attending, email GetActive@n-somerset.gov.uk. Please note, this does not guarantee your place.

The course is taking place on 1 and 8 November, at the Food Works, Weston-super-Mare.

More information about the qualification and specification visit:

<https://www.rsph.org.uk/qualification/level-2-award-in-supporting-behaviour-change-health-and-wellbeing.html>

Flexercise Workshop

Flexercise is gentle chair-based exercise sessions. Classes are great for any older adult who isn't very mobile. They are relaxed and informal and the focus is on doing simple, chair-based exercises and just enjoying being around other people.



Sessions are led by qualified volunteers and are held in community venues and retirement accommodation. These workshops are aimed at people who work with or have an interest in enhancing the lifestyle of the not so young. The workshops are open to volunteers, carers from nursing and residential homes, helpers in day care

centres and officers or 'active' residents from sheltered homes.

The workshop will provide the necessary information that an individual will require to lead an activity session so that you can volunteer with us to help older people in your area stay mobile, improve mental and enhance their later years.

North Somerset Flexercise workshops will take place in October 2022 and February 2023. Please call Age UKs Ageing Well team on 01823 345 626 to register your interest, or email ageingwell@ageuksomerset.org.uk

Funding

Barclays Community Football Fund

Sported, a charity supporting grassroots sports groups, has partnered with Barclays to deliver a new community fund, providing grants to groups making football more accessible at the grassroots level. This is perfectly timed, after the success of the Women's EURO



when groups are being overwhelmed with girls wanting to play and need help to accommodate them.

Grants of £500 are available for groups wishing to start offering football, those keen to expand their existing provision to new audiences or those already delivering football to under-represented young people. Alongside the grants, the programme will be offering training and support resources to help reduce inequalities in the participation of football.

The programme's engagement will focus on including girls and young people from lower socio-economic and under-represented groups: including racially diverse communities, young people with disabilities, and young people from the LGBTQ+ community.

To find out more and complete the application form visit [Barclays Community Football Fund | Sported](#)