

**Better
Health**

North
Somerset

Partners' Bulletin

Tel: 01275 882 730 - Email: GetActive@n-somerset.gov.uk - Web: www.betterhealthns.co.uk

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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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Healthy Lifestyles support for residents

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

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.

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

Your Health and Wellbeing app library

<https://bnssq.orchs.co.uk/>

Digital health is revolutionising health and care services, forming a crucial step on the road to care that is more efficient and patient-centred than today. But with hundreds of thousands of apps available, and 85% falling below quality thresholds, health and care professionals require tools to find the right digital solutions for their patients' and service users' needs. Developed by clinicians, ORCHA's AppFinder gives you unlimited access to thousands of independent app reviews across all health conditions, each of which includes a breakdown of key assessment criteria relating to Clinical Assurance, Data Privacy and User Experience. Sign up to discover the strengths and weaknesses of an app before downloading or recommending it to a patient.

Better Health North Somerset

North Somerset Council

Our **Healthy Lifestyles Advisors** are here to support you to:

- Get Active
- Eat Well
- Lose Weight
- Stop Smoking

Our friendly team will work together with you for 12 weeks to find ways you can reach your healthy lifestyles goals.

Call: 01934 427 661 **Visit:** betterhealthns.co.uk

Email: healthylifestyles@n-somerset.gov.uk

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Getting Active

Active Directory – coming soon



The Active Directory will be available in the new year! Physical activity sessions are grouped by activity so you can search for a session near you, from yoga to martial arts, and tennis to fitness classes. There is something to suit everyone!

The Active Directory provides information on a wide range of physical activities for adults to become more active in North Somerset. It includes activities that don't require a membership. Contact the instructor before you attend to confirm details.

If you are an instructor and would like your activity session included in the Active Directory, please fill in this form: [Active Directory Activity Form](#) and return it to: GetActive@n-somerset.gov.uk

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.

Couch to 5K

The next Couch to 5k programme starts on Thursday 12 January at 7pm, meeting at the Royal Sands end of the Weston-super-Mare promenade, near the beach huts.

Everyone is welcome and there will be lots of support to succeed. It is all about encouraging anybody who has the desire and enthusiasm to get more active through running.

To book a place, or for more information, contact Kira on: 07882 474 692 or email kira.thorpe@n-somerset.gov.uk

<https://www.betterhealthns.co.uk/information/couch-to-5k/>



Join our Couch to 5K programme and join the thousands of people who have become runners!

Everyone is welcome and you'll get lots of support to succeed.

Whatever your fitness level, even if you've never run for a bus before, you can do this!

Meeting every Thursday from 12 January 2023 at 7pm

Starting from the Royal Sands end of Weston-super-Mare Promenade

Please wear comfortable clothing

To book your place, or for more information please contact Kira on: 07882 474692 or email kira.thorpe@n-somerset.gov.uk



New Weston-super-Mare Health Walk



New for 2023!

Tuesdays at 9.30am

10 January – Locking Castle Medical Centre
17 January – Graham Road Surgery
24 January – St Georges Medical Practice
31 January – The Cedars Surgery
7 February – The Milton Surgery
14 February – Tudor Lodge Surgery

Please do not use the surgery car parks

Aimed at individuals who want to start and stay active.

Assistance dogs only.

Please wear suitable clothing and footwear.

Contact Kira Thorpe: 07882 474 692
Physical Activity Team: 01275 882 730
GetActive@n-somerset.gov.uk
www.betterhealthns.co.uk/get-active/walking/



From January 2023 a new Weston-super-Mare Health Walk will be available for 6 weeks on Tuesdays at 9.30am.

It's an ideal place to start for anyone who would like to get more active. Led by friendly and supportive leaders, who have planned a safe walking route beforehand, everyone is welcome and can just turn up on the day.

Each walk will leave from a different Medical Centre / Surgery in Weston-super-Mare. Dates and locations can be found on our

website: <https://www.betterhealthns.co.uk/news/new-weston-super-mare-health-walk-for-2023/>

Play Your Way

Play your way allows more children to play in their streets without fear of traffic. Neighbourhoods across North Somerset can apply to close their roads and enjoy a traffic free playing out. Using the principles of the national Playing Out organisation, Play Your Way aims to improve the health and wellbeing of children and families, reduce social isolation for residents that live alone and empower residents to create a more cohesive neighbourhood.

Play Your Way is a fantastic opportunity for neighbourhoods to come together. If you want to make this happen in your street, contact the Physical Activity team. We can guide you through the process of applying for a road closure, at no charge, and provide approved signage for the event.

Play Your Way sessions can be for up to two hours, once a week during out of school and daylight hours. Cul-de-sacs and no through streets as well as residential streets serving cul-de-sacs and hamlets are suitable for the sessions.

If you would like to host a Play Your Way session on your street contact North Somerset Council's Physical Activity team on 01275 882 730. You can also read more information at <https://www.betterhealthns.co.uk/information/play-your-way/>



Couch to Fitness – get Fit for Free!

Couch to Fitness helps beginners to get active from the comfort of their own home, with free and flexible online exercise plans. People are encouraged to take it at their own pace, with 3 video sessions per week and rest days in between.

There are also specialised prenatal and postnatal sessions available.

www.couchtofitness.com

Join the Movement still has lots of ways to get active at home including home workouts, getting active with the kids and fitness challenges. More information is available on the [Join the Movement website](#).



Women's Only swimming at Hutton Moor for Bangladeshi Community



Bangladeshi women have been enjoying women's only swimming at Hutton Moor Leisure Centre, thanks to funding awarded through the Sport England Together Fund, with the support of Wesport and Voluntary Action North Somerset.

A 6-week trial in June 2022 proved really popular and has led to regular sessions, which will be opened up to include women from the wider Muslim

community in the future.

The sessions have helped to reduce barriers to participation in swimming and there are now 45 - 50 women attending regularly.

Check out the full blog on the Wesport website: <https://www.wesport.org.uk/together-fund-investment-helping-to-reduce-barriers-to-participation-in-swimming/>

ParkPlay – coming to Weston-super-Mare soon

ParkPlay will be offering free, fun games and activities in four local parks and green spaces every Saturday morning starting in Weston-super-Mare.

Bringing families in the widest sense together of all ages and abilities to have fun together, with free games and activities ranging from football and dodgeball, to tag and frisbee. Sessions are tailored by Play leaders alongside all participants, no experience, fitness level or skills are needed, and all equipment is provided.

If you are interested in becoming a **play leader** with ParkPlay please get in touch. A play leader will facilitate the sessions and it is a paid opportunity.

For more information, email kira.thorpe@n-somerset.gov.uk

Tips to Walk More

Park Walk – Strive for Five

Strive for Five is an 8-week guide for people wanting to complete a 5K walk. The plan encourages walking at your own pace, with the aim of building up to 5k.



Read more about Strive to Five, and find the printable plan here:

<https://blog.parkrun.com/uk/2021/01/05/parkwalk-is-here/>

PACE-Up



Moving Medicine's PACE-Up is a 12-week programme to support people to increase their walking.

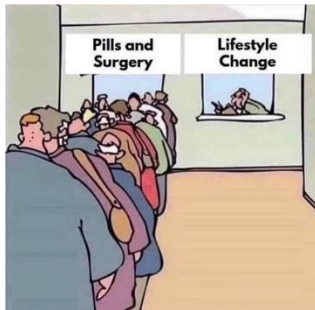
Using a handbook people can measure their progress and steadily increase the amount they walk each week. A downloadable guide is available here:

[PACE-up-MM-edit-v92.pdf](#)
(movingmedicine.ac.uk)

Workshops and Training

Physical Activity Raising Awareness Workshop

One in four 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 takes place in Clevedon on:

Thursday 26 January, 10am-12.

To book your place or register your interest for future workshops, email:

Getactive@n-somerset.gov.uk

PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

**Thursday 26 January, 10am-12
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



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.

The next Flexercise workshop will take place on **Thursday 2 February 2023** in Nailsea. Please call Age UKs Ageing Well team on 01823 345 626 to register your interest, or email ageingwell@ageuksomerset.org.uk

To find the latest list of exercise and activity sessions, (in person and online) please visit: <https://www.ageuk.org.uk/somerset/activities-and-events/exercise-sessions/>

Local Funding Available

Community Public Health Grants

Community and voluntary groups in North Somerset will be able to bid for thousands of pounds in public health funding in the New Year.

Three grants will be available to help groups run local projects that improve health and wellbeing. There is no restriction on the number of grants you are able to apply for. The grants available are: Mental health community grants, social prescribing destination grant and community food project grant.

The application process is due to be opened in the new year, and successful projects will receive their grants by the end of March, to be able to deliver their projects from April 2023. More information will be available on the North Somerset Council webpage in due course: <https://www.n-somerset.gov.uk/my-services/adult-social-care-health/health-wellbeing/live-healthier-lifestyle/community-public-health-grants>