

July 2023

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

ParkPlay – launching Sat 15 July	2
Park Yoga.....	2
Parkrun.....	3
Play Your Way	3
Training Available.....	4
Do you like to Walk and Talk?.....	4
Join our Tuesday Health Walk.....	4
Physical Activity Raising Awareness Workshop.....	4
Talking to families about weight - 12 July 2023 - THIS WEEK	5
Age UK Somerset Classes.....	5
Getting Stronger	5
Action4Pain	6
Leisure Centre sessions.....	6
Choose 2 Lose	6
Goodboost Exercise sessions	7
Arthritis action	7
GP Referral Exercise groups at Scotch Horn Leisure Centre.....	7
Local Sports Club sessions.....	8
Clevedon Town Walking Football	8

Cricket, Cricket and more Cricket!	9
West Backwell Bowls Club – Thrive with Bowls.....	9
Health Apps.....	9
MSK (getUBetter) app.....	9
Digital Health App Library	10



ParkPlay – launching Sat 15 July

ParkPlay is coming to Weston-super-Mare this Saturday! It's 90 minutes of free community play, every Saturday for everyone. All the family are invited to take part in different activities and games.

ParkPlay starts on Saturday 15 July, 12pm at Ellenborough Park (West) in Weston-super-Mare. Encourage individuals to register before attending:

<https://park-play.com/register/>

For the latest information, like our new 'Ellenborough ParkPlay' facebook page <https://www.facebook.com/EllenboroughParkPlay> and our event. ParkPlay will also be coming to Castle Batch soon.

For more information, please contact: GetActive@n-somerset.gov.uk, or visit: <https://park-play.com/>

Park Yoga

This Summer there are free Yoga sessions available at Ellenborough Park West in Weston-super-Mare on Thursday and Sunday mornings. It is open to all ages and abilities.



Thursdays: 9am from 1 June <https://www.facebook.com/doyoga.co.uk>

Sundays: 9.30am, from 7 May to 17 September
<https://www.facebook.com/ParkYogaWeston>

No need to book. Just bring a mat or towel, a bottle of water and a friend if you like!

All sessions are weather dependent. It will go ahead in light rain, but please keep an eye on the facebook pages for any cancellations.

Full details are available on the Park Yoga website: <http://parkyoga.co/weston>

Parkrun

On the 7th and 8th June, [parkrun](#) celebrated the NHS 75th anniversary. Lots of participants wore blue, and the Mayor of Weston-super-Mare joined Marine Parade parkrun.

Clevedon Salthouse fields will be celebrating on Saturday the 15th, why not join in?

Parkrun takes place on Saturdays 9am and you can walk, jog or run 5km. Junior parkrun takes place on Sundays at 9am, and is 2km long.

In March Clevedon Medical Centre staff got involved with their local parkrun at Clevedon Salthouse Fields by doing a 'parkrun takeover'. Over 15 staff members took on different volunteering roles which is the first stage of becoming a [parkrun practice](#).



Parkrun has proven to have a positive impact on health and wellbeing whether it is actually doing it or volunteering so if you work at a medical centre and would like support in becoming a parkrun practice please get in touch.



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/>

Training Available

Do you like to Walk and Talk?

The Health Walks scheme welcomes over 300 regular walkers a week in and around North Somerset. There are Health Walks in Clevedon, Long Ashton, Nailsea, Portishead, Weston-super-Mare and Yatton. We also currently have evening walks in Clevedon and Weston-super-Mare. All the latest programmes are available on our [website](#).

If you are new or returning to exercise, Health Walks offer the opportunity to improve fitness at a pace that suits you with most groups providing several walks so that all abilities are supported.



If you would like to help others get healthier and enjoy being out in the fresh air, then why not become a volunteer health walk leader? Our next **training day** is **Wednesday 1st November**, 10am – 1pm. For more information, visit our webpage: <https://www.betterhealthns.co.uk/information/walk-leader-training/>

Join our Tuesday Health Walk – Weston-super-Mare

Lyn and Wendy are recently trained walk leaders and are very welcoming and enthusiastic about encouraging anybody to come and walk on Tuesday mornings at 10am. The walks start from different surgeries and locations around Weston lasting up to an hour but can always cater for an individuals ability and offer shorter walks. It's a very sociable walk with the option to go for coffee. For more information, call: 01275 882 730 / 07882 474 692.

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.

**PHYSICAL ACTIVITY
RAISING AWARENESS
WORKSHOP**

Tuesday 26 Sept, 10am-12pm
Castlewood, Clevedon, BS21 6AB

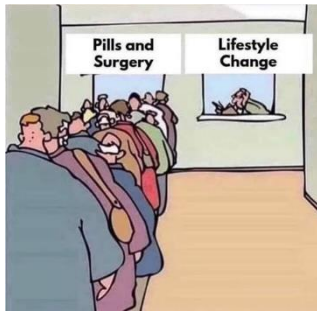
This free workshop is for local individuals who are directly working with the community. Topics covered include:

- 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

North Somerset Council
Better Health. North Somerset



The next workshop take place in Clevedon on:

Tuesday 26th September, 10am-12pm

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

Talking to families about weight - 12 July 2023 - THIS WEEK

This two-hour (10am-12pm) webinar is suitable for practitioners in South Gloucestershire or North Somerset working with children, young people and families. It will include how to talk to families who are above a healthy weight and information on the services available in North Somerset and South Gloucestershire to refer to.

Health, education and social care practitioners have a professional responsibility to help parents & carers/families recognise and acknowledge the importance of healthy weight and maintain wellbeing.

A key first step in supporting families to make lifestyle changes is initiating a conversation. This webinar aims to build confidence in raising the issue of weight with parents and carers and how to support them to take steps towards positive action.

Request a place via CPD online:

[North Somerset CPD Online - cypsServices for Children and Young People \(n-somersetcpd.org.uk\)](http://NorthSomersetCPDOnline-cypsServicesforChildrenandYoungPeople(n-somersetcpd.org.uk))

Or email liz.green@n-somerset.gov.uk with name, job role and organisation

Age UK Somerset Classes

Age UK Somerset offer a range of classes including seated yoga, movement to music and Strong and Steady, across North Somerset. Visit their website for the latest information:

Somerset ageUK Ageing Well in North Somerset

- Get fitter
- Feel better
- Meet new people and have a laugh!

In partnership with North Somerset Council

<https://www.ageuk.org.uk/somerset/activities-and-events/ageing-well-classes-timetable/>

Getting Stronger

Age UK Somersets Falls Prevention service has launched new Get Strong Get Steady classes in Worle and Clevedon. This is a 16-week programme of gentle

exercises specifically created to help participants gradually build up the strength, stamina and balance to be able to progress from seated to standing exercises. The programme is suitable for those who are experiencing more advanced mobility issues and is the ideal pre-cursor to our Stay Strong Stay Steady programme. For more information visit: [Stay Strong, Stay Steady sessions \(ageuk.org.uk\)](https://www.ageuk.org.uk)

Action4Pain

A brand-new exercise class, Action4Pain, is starting in Weston-super-Mare from Friday 7 July 2023.

The class is designed to help ease joint pain, strengthen muscles, and improve mobility and flexibility. Action4Pain will specifically target hip, knee and back pain, and can be adapted to suit the individual's needs.

Delivered as a circuit-style exercise session, Action4Pain is highly adaptable and can be suited to anyone over 55 with hip, knee or back pain.

The course starts on Friday 7 July, 9.30am at: Worle Baptist Church, 43 Rawlins Avenue, Weston-super-Mare, BS22 7FN. Cost: £5 per session.



Pre-booking is essential. For more information, or to book, please contact the Ageing Well team: 01823 2345624 ageingwell@ageuksomerset.org.uk

Leisure Centre sessions

Choose 2 Lose

Choose 2 Lose is starting again in September at Hutton Moor Leisure Centre (Weston-super-Mare) and Scotch Horn Leisure Centre (Nailsea). Joining the group offers 12 weeks of support to improve healthy habits, with a focus on healthy eating and exercise. This is a free group for adults with a body mass index (BMI) of 25 or more.

The programme is designed to give you the tools you need to make small but sustainable changes that can be maintained long term, supporting you to lose weight and maintain this weight loss.

For more information and joining criteria, visit our website: <https://www.betterhealthns.co.uk/information/choose-2-lose/>

Goodboost Exercise sessions

These group sessions are based around the individual using a tablet supplied by Hutton Moor, which they sign into, to give them access to either land or aqua based sessions.



The tablet will act as a “personal trainer” showing them what exercises they have to do, how to perform each exercise via video and picture demonstrations, along with how many reps and sets / duration each exercise has to be performed for.

At the end of each session the tablet will ask the user questions, which it will base the next sessions workout around using AI technology. There will be an instructor present during these sessions, however the instructor is there as a facilitator not to deliver the sessions themselves as each tablet will provide different workouts to the user.

Members can either be referred by GP or self-referred onto the course. Members can attend the course for as many sessions as they want to. Cost is £5.60 per session, running on Mondays, Wednesdays, Fridays and Saturdays.

Arthritis action

Free coffee morning held in the cafe at Hutton Moor on Thursdays at 10am. This session is aimed at creating awareness of arthritis and how to manage it on a day-to-day basis. This will be led by an instructor providing soft guidance on how members can manage their symptoms as well as trying to prevent further symptoms from occurring

GP Referral Exercise groups at Scotch Horn Leisure Centre

There are a wide range of exercise sessions available at Scotch Horn Leisure Centre via GP referral including:

Steps to Health Gym Sessions, Cardiac and Cancer Rehabilitation, Parkinson's, Stay Steady and Stroke Rehabilitation.

Further details about all of the groups are available on our Better Health website: <https://www.betterhealthns.co.uk/information/gp-referral-exercise-scheme-scotch-horn-leisure-centre/>

For more information, please contact Scotch Horn: scotchhorn@legacyleisure.org.uk
01275 856 965

Steps to Get Active Fibromyalgia Group

A new free 12-week physical activity group programme has been set up for adults living with Fibromyalgia. Sessions offered are: Mondays at 7pm, Thursdays at 10.30am and Saturdays at 9.30am (starting from July 2023) at Hutton Moor Leisure Centre, Hutton Moor Road, Weston-super-Mare, North Somerset, BS22 8LY

North Somerset Council's Public Health team is working in partnership with Hutton Moor Leisure Centre to offer the 12-week group programme of support.

The programme offers weekly group support to help participants make gradual increases to their physical activity levels.

What does the programme involve?

Supporting participants to take part in physical activity gradually, building up activity levels slowly over time, tailored to participants condition and ability. Sessions will include low impact aerobic and muscle strengthening exercises specifically aimed at reducing pain and stiffness and improving function.

For further information about Steps to Get Active or to register for your FREE 12 weeks of support, Call: 01934 425900 (ask for Kylie Taylor)

Email: kylie.taylor@legacyleisure.org.uk

Local Sports Club sessions

Clevedon Town Walking Football



Walk, don't run! Walking Football has many physical and mental health benefits. Participation in Walking Football activities is designed to help individuals with both their physical wellbeing and prevent them falling into loneliness and suffering deteriorating mental health.

Clevedon Town Walking Football is played at the Everyone Active Stadium (Hand Stadium) on Davies Lane, Clevedon every Monday and

Thursday mornings. Each session is 90 minutes consisting of three 20 minute games with rest and hydration breaks in between. They finish with tea and coffee and catching up with one another. Both male and female players are welcome.

www.clevedonwalkingfootball.co.uk

<https://www.betterhealthns.co.uk/news/clevedon-town-walking-football/>

Cricket, Cricket and more Cricket!



There are lots of cricket sessions taking place locally, including walking cricket, Sporting memories, inclusive cricket sessions and street cricket. For more information, visit our website.

<https://www.betterhealthns.co.uk/information/cricket-cricket-and-more-cricket/>

West Backwell Bowls Club – Thrive with Bowls

West Backwell Bowls Club want to introduce bowls to the wider community and help them retain a level of physical activity whilst enjoying positive and social experiences. Bowls can help support people become more active, reduce isolation and loneliness, and improve mental health and wellbeing.

The bowls club will be holding regular events including family fun days, big bowls bashes, ladies' nights, open weekends and a weekly 'Tuesday Try' bowls night. For more information, visit their website: <https://www.westbackwellbc.org.uk/>

Health Apps

MSK (getUBetter) app

Need help with your muscle or joint problems?

The NHS Bristol, North Somerset and South Gloucestershire MSK app is now available to all patients. It's a FREE, easy-to-use tool helping you to self-manage your muscle, bone, and joint (MSK) injuries and conditions.

- No need to wait for an appointment
- Instant access to a personalised plan
- Safe and effective

getUBetter is an app helping you self-manage at home, work, and on the move. It can be accessed on a Smartphone or via the Web.

It covers a range of MSK injuries and condition, like back pain and ankle pain, and is designed to help you recover, understand when and where to seek help, and prevent further injuries.?

For further information visit: <https://www.betterhealthns.co.uk/tools/msk-getubetter-app/> or email contact@getubetter.com

Digital Health App Library

The NHS Bristol, North Somerset and South Gloucestershire (BNSSG) Digital Health App Library gives you thousands of app reviews across all health conditions, so you can feel confident finding quality, trustworthy and effective digital health tools for you and your family.

An App Library is a place where you can find health or care apps and digital health products that can support you with your health and wellbeing. You can read detailed information about each app or digital health product, based on assessments carried out.

Topics of support include healthy ageing, mental wellbeing, living with diabetes and everyday health in addition to many others.

For further information visit the library: <https://bnssg.orchahealth.com/en-GB>