

**Better
Health**

North
Somerset

Partners' Bulletin

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October 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.

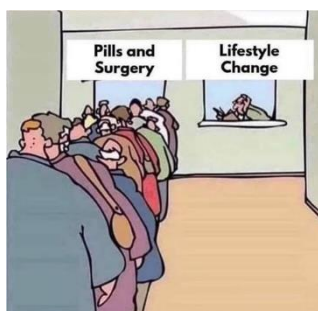
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Local Opportunities

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:

Wednesday 1 November, 10am-12pm

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

somerset.gov.uk

PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

Wed 1 November, 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

ParkPlay

ParkPlay park-play.com

Join ParkPlay in Weston-super-Mare

Make friends, have fun, get moving - FREE every Saturday morning.

#MeetMovePlay

At Ellenborough Park West, Castle Batch and Coniston Green

Everyone is welcome, just register everyone once, before coming at park-play.com/register

North Somerset Council
THE NATIONAL LOTTERY
SPORT ENGLAND

Since the successful launch of our first ever ParkPlay at Ellenborough Park, two more groups have started in Weston-super-Mare at Castle Batch and Coniston Green. And ParkPlay is starting in Clevedon on 4 November!

ParkPlay is 90 minutes of free community play, every Saturday for everyone. All the family are invited to take part in different activities and games.

Please encourage individuals to register before attending: www.park-play.com/register/

9.30 - 11am: Castle Batch, Bishop Avenue, Worle, Weston-super-Mare, BS22 7PQ, www.facebook.com/CastleBatchParkPlay/

10 - 11.30am: Coniston Green, Weston-super-Mare, BS23 3RX,

www.facebook.com/ConistonGreen/

12 - 1.30pm: Ellenborough Park West,
Weston-super-Mare, BS23 1XH,
www.facebook.com/EllenboroughParkPlay/

10.30am - 12pm: Cherry Avenue,
Clevedon, BS21 6DX
www.facebook.com/ClevedonParkPlay/

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



Health Walk Leader Celebration Event

Health Walks run across North Somerset by dedicated volunteers. We held a celebration event to thank our 83 health walk leaders, some of whom have been volunteering since the Health Walks started 17 years ago! Every week the walk leaders deliver eight walking groups across North Somerset, with an average of 250 walkers attending each week. We wanted to thank all the leaders for their hard work and commitment to the scheme. Many leaders were awarded certificates for volunteering for 5, 10 and 15 years!



Visit our website for more information about our [Health Walks](#) and becoming a health walk leader.



Being Active with a Long-Term Health Condition

We have recently added a new section to our Better Health website specifically aimed at people living with long term health conditions who want to be more active. There are self-help tools, hints and tips and information about local groups and support

available: [Being Active with a Long Term Health Condition](#)

Active Directory 50+ activities

To support over 50s and older adults to find physical activities specifically for them, we have added a separate page on our online Active Directory. The activities are aimed at adults over 50 and people who may struggle with their mobility.



The page can be viewed here: [Active Directory - Over 50s](#) and will be regularly updated as new groups come along.

Somerset ageUK Ageing Well in North Somerset



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

In partnership with North Somerset Council

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:

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

Exercise for Parkinson's

Specifically designed for people living with Parkinson's to help manage their symptoms. Delivered by an 'Exercise with Neurological Conditions' qualified instructor.

Wednesdays at 11am, £5.50 per session at the Everyone Active Stadium in Clevedon. Contact the centre for more information :

<https://www.everyoneactive.com/centre/everyone-active-stadium/>



Walking Netball

An exciting new Walking Netball group started in September at Strode Leisure Centre.

A great way to have fun and be active in your local community

When: Mondays, 10.30am to 11.30am

Where: Strode Leisure Centre, Clevedon, BS21 6QG

How much: £6 per session

For more information please contact: kerry.brooks@englandnetball.co.uk / 07540 126 813



<https://www.betterhealthns.co.uk/news/new-walking-netball-session-in-clevedon/>

Mummy Movement – Intro to Physical Activity



Learn the fundamentals of movement at the weekly strength and mobility session. In a relaxed, supportive environment pre and post natal women can learn body weight and ree weight techniques to reach their goals.

Free for 12 weeks for those who are pregnant, or have given birth in the last 12 months (see poster for full criteria).

For more information, contact: Zoe.Oakley@n-somerset.gov.uk

[Mummy-Movement-2023.pdf \(betterhealthns.co.uk\)](#)

STEP forward today – new programme to help keep people moving

As part of Falls Awareness Week 2023, Sirona care & health is launching a new home exercise programme to keep older people moving and ageing well.



One in three people over 65 and half of people over 80 fall every year, and the risk increases as we become older.

Research shows keeping moving helps build people's confidence and stamina, which are key to preventing falls. Moving is therefore crucial when it comes to keeping independent and improving quality of life.

The Start Today Exercise Programme – or STEP – is aimed at people who find it difficult to get out and about. The exercises can be done in just five minutes from the comfort of an individual's chair, and people should aim to complete them twice a day.

For more information, visit Sirona's website: <https://www.sirona-cic.org.uk/blog/2023/09/21/step-start-today-exercise-programme/>

Local Events

North Somerset Healthy Workplace Event

Friday 24 November,
10am-3.30pm

The Ballroom, Winter Gardens, Weston-super-Mare, BS23 1AJ..

This free event will be an opportunity to hear from Workplace Health and Wellbeing experts in a series of

talks, a presentation of awards to workplaces on the 'North Somerset Healthy Workplaces Awards' scheme and hear 'Stories of change' from workplaces who are creating a healthier workplace for staff. There will be a marketplace of stalls as well as bitesize workshops to support us all to be healthy at work.



It will be a great opportunity for employers across North Somerset to meet and network with the vision of ensuring our workplaces provide the ideal environment for people and therefore businesses to thrive.

[Register via Eventbrite here.](#)

If you would like to be part of this exciting event as a stall holder or would like to provide a bitesize workshop please get in touch: healthyworkplaces@n-somerset.gov.uk

If you are interested in health and wellbeing at work please [sign up to the Healthy Workplaces mailing list](#) to be sure to hear of future events, news and support on offer to workplaces in our bi-monthly newsletter.

Sport and Physical Activity Network

Wesport are organising their next Sport and Physical Activity Network event, 'Everyone's talking about place'. This is taking place on Thursday 23 November, 9.15am-3pm at Gloucestershire County Cricket Club. Bookings open soon, so visit their website to find out more: <https://wesport.org.uk/>



SAVE THE DATE
SPAN 2023
Sport and Physical Activity Network
'Everyone's talking about place'

Thursday 23rd November
9:15 am - 3pm | Gloucestershire
County Cricket Club

Booking opens next week!

SPAN
SPORT AND PHYSICAL
ACTIVITY NETWORK

The poster features a dark blue background with abstract geometric shapes in shades of green, brown, and yellow. It includes a calendar icon and the SPAN logo, which consists of a stylized figure in a circle.

Local Vacancies

Age UK Somerset

Following a restructure and expanding service, Age UK Somerset are hiring in both the Ageing Well and Falls Prevention teams. For more information, visit their website: [Work with us | Job Vacancies within Age UK Somerset](#)



National Campaign and Strategy



We Are Undeatable – Freedom to Move

We Are Undeatable have teamed up with comedian Bill Bailey to launch Freedom To Move, showcasing free ways to boost activity levels. Small actions, such as household chores, can make a big impact on people's health.

Easy-to-follow exercise videos are available for people living with a range of health conditions. Visit their website for more information:

<https://weareundefeatable.co.uk/freedom-to-move>

Get Active – the governments new strategy

The Department for Culture, Media and Sport has published the government's new sport strategy, 'Get Active; A strategy for the future of sport and physical activity'. They want to build a healthier nation by tackling high levels of inactivity, and making sure that the sport and physical activity sector thrives for future generations.

The strategy is available here: <https://www.gov.uk/government/publications/get-active-a-strategy-for-the-future-of-sport-and-physical-activity/get-active-a-strategy-for-the-future-of-sport-and-physical-activity>