

Get Active in North Somerset

www.betterhealthns.co.uk/get-active



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January 2024

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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Launch event: Get Active – a physical activity strategy for North Somerset

Monday 29 January 2024, 2-5pm, Hutton Moor Leisure Centre, Weston-super-Mare, BS22 8LY

Attend our launch event to hear more about Get Active – a Physical Activity Strategy for North Somerset, we are inviting key stakeholders and physical activity providers with an interest in physical activity along. Those who provided feedback during the consultation stage are also invited to attend.

There will be opportunities to:

- Talk to local physical activity providers / visit information stands
- Try out inclusive taster activities
- Take part in an interactive networking activity
- Input into the Physical Activity Strategy action plan (group activity)

To confirm your space at the event or to book a stand to promote your organisation/service please submit the details requested on this webpage -

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



Local Opportunities to Get Active

ParkPlay

ParkPlay brings families and friends of all ages and abilities together across the country to have fun through a variety of free games and activities.

If you want to get more active as a family or as a group of friends, ParkPlay happens in the following locations every Saturday, come rain or shine, and all year round!

[Castle Batch ParkPlay](#) - Recreational Ground, Worle, Weston-super-Mare, BS22 7PL. 9.30am –11am.

[Ellenborough ParkPlay](#) – (West) Weston-super-Mare BS23 1XH. 11.30am –1pm.

[Clevedon ParkPlay](#) - Cherry Avenue Playground, Cherry Ave, Clevedon, BS21 6DY. 10.30am – 12 midday.

ParkPlay is free, all you need to do is register yourself and your family before coming along.

Each ParkPlay has its own Facebook page and you can find out more here:

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



New 30-minute Health Walks starting in Weston-super-Mare

From the 8th of January we will be offering a shorter health walk alongside our usual one hour walks that happen in and around the Weston area on Mondays at 2pm.



New walk leaders Mike and Susan will be supporting anybody who needs it to get more active, the walk will be ideal for those wanting a shorter walk.

All walkers will meet at the same starting point but will then split into two groups.

You can just turn up but if you need physical support to walk please bring someone along who can support you.

All dates and meeting points for the North Somerset Health Walks programme from January to March 2024 are available on the [Walking](#) page of our website, and our [facebook](#) page.

If you would like to know more, or have any questions, please contact the Physical Activity team on 01275 882 730.

Steps to Get active – for those with Long Term Health Conditions

Steps to Get Active is a FREE 12-week physical activity group programme for adults in North Somerset living with a long-term health condition/s. The programme offers weekly group support to help you make gradual increases to your physical activity levels.



North Somerset Council is working in partnership with Hutton Moor Leisure Centre in Weston-super-Mare to offer the 12-week group programmes of support.

After the initial funded 12 weeks participants will be required to fund sessions, we will aim to keep sessions as affordable as possible.

Steps to Get Active groups available at Hutton Moor Leisure Centre are:

- Steps to Get Active: Fibromyalgia (Mondays, 7-8pm and Thursdays, 10.30-11.30am)
- Steps to Get Active: Parkinson's (Fridays, 12-1pm)
- Steps to Get Active: Stroke Rehabilitation (Fridays, 1-2pm)
- Steps to Get Active: Move More, Feel Better (Thursdays, 6-7pm, starting 1 February, for individuals with mild to moderate symptoms of depression or anxiety)
- Steps to Get Active: Cardiac Rehab (Mondays, 1-2pm, starting 15 January)
- Steps to Get Active: Better Breathing (Mondays, 2-3pm, starting 15 January, for individuals living with a long-term lung condition and experiencing symptoms of breathlessness)

There is also a Parkinson's class taking place at Strode Leisure centre, starting Monday 15 January 2024. 11.45am-12.45pm. Free 10-week course, with the opportunity to continue.

For more information visit our website www.betterhealthns.co.uk/information/steps/ , or contact:

Kylie Taylor: 01934 425 900; kylie.taylor@legacyleisure.org.uk for the mental health and fibromyalgia groups,

Amanda 07917 116154; info@neurogrouplexercise.com for all other groups.

Couch to 5K Programme to start in January

Using the hugely successful NHS app and a little help from local run leaders, individuals CAN succeed in becoming a runner!

The app is designed to get just about anyone from the couch to running 5 kilometres (just over three miles) or 30 minutes of running in nine weeks.

Meeting every week to complete one of the three runs will help you stay on track giving you lots of encouragement, chat and laughter and a bit of running!

Led by volunteers who are qualified Run Leaders (UK Athletics).

Here are a few motivational words from some who completed the programme last year:



“Thank you so much for the last ten weeks, we had such a lovely supportive group and all the leaders have been amazing – tonight was fab”

“Loved the last ten weeks and looking forward to continuing to run with some of you on Thursdays”

When: Wednesdays for nine weeks from 10 January 2024 at 7pm.

Where: Red Shelter on the corner of Marine Parade and Beach Road, Weston-super-Mare.

For more information and to get a place contact Kira via email: kira.thorpe@hotmail.co.uk

Opportunities for inclusive physical activity providers – get in touch!



**VOLUNTARY
ACTION**
NORTH SOMERSET

Voluntary Action North Somerset (VANS) are launching two projects which aim to increase physical activity opportunities across North Somerset, focusing on people with disabilities and

long-term health conditions, people from ethnic minority groups and also people who live in socially deprived areas.

North Somerset Council (NSC) ran a similar successful project a few years ago in regard to disability provision. VANS are now partnering with NSC to support delivery of disability/adaptive activities through provision of training and/or equipment, where required.

To support the launch of the disability project, VANS are working in partnership with Weston College and Access Sport to deliver an event in mid-April that will showcase a range of inclusive sports and activities, creating an opportunity for people to see and hear about a number of different sports and activities, and also ways in which these can be made more accessible to all. Activity providers will also be able to learn how they can adapt their current offers and open up opportunities for wider participation.

In addition, VANS are relaunching a Go4Free voucher scheme, to provide targeted support and encourage more people to get active. Go4Free vouchers give access to 5 free physical activity sessions and 5 further sessions at half-price. This allows people to experience a new physical activity, with the aim of continuing attendance after the scheme has ended.

VANS are inviting activity providers to get in touch to find out more about how they too can benefit through our new schemes; either as a way to build and develop an existing offer or to support their future plans.

Please get in touch if you would like further information by contacting sally.kingston@vansmail.org.uk

Choose to Lose

Choose to Lose is starting in Weston and Nailsea in January 2024. 12 weeks of group support to improve healthy habits with a focus on healthy eating, exercise and behaviour change. Free for adults with a BMI (Body Mass Index) of 25 or more.

The programme is designed to make small but sustainable changes that can be maintained long term, supporting you to lose weight and maintain it.

To book a place or to find out more email:

Choose 2 Lose

Starting January 2024

Weston and Nailsea

Offers 12 weeks of group support to improve healthy habits with a focus on healthy eating, exercise and behaviour change. This is a free service for adults with a body mass index (BMI) equal to 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.



kylie.taylor@legacyleisure.org.uk or call 01934 425900 - ask for Kylie Taylor.
www.betterhealthns.co.uk/information/choose-2-lose/

Fit Robins will be starting March 2024 in Portishead a 12 week wellness and weight management programme for North Somerset residents, delivered by the Robins Foundation. It is a completely free programme to take back control of your health. More information will be available on our website in the near future, <https://www.betterhealthns.co.uk/information/fit-robins/>

Active Directory

The re-launched online [Active Directory](#), which lists physical activities available to residents of North Somerset, has now been up and running for a year!



It has proved popular with the public and as a useful signposting tool for health professionals.

If you have a class, club or group that you would like to include, simply complete an Active Directory Activity Form (available on the [home page](#)) and email it to us at: getactive@n-somerset.gov.uk

Entry is free!

Play Your Way – close your street!

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.

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.

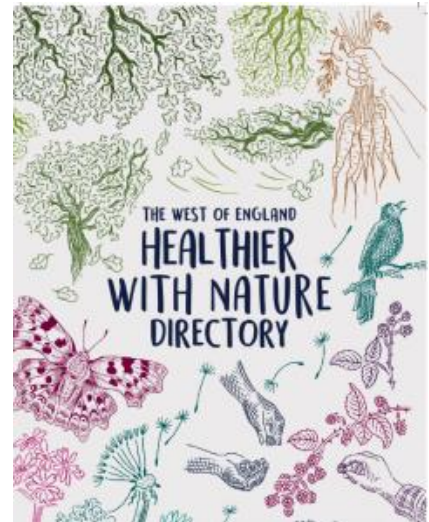
If you would like to host a Play Your Way session on your street, contact North Somerset Council's Physical Activity team on 01275 882 730. You can also read more information at <https://www.betterhealthns.co.uk/information/play-your-way/>

Healthier with Nature Directory

The Healthier with Nature Directory provides information about projects and opportunities that support people to connect with nature and support wellbeing in the West of England. Including activities such as food growing, arts, conservation, walking swimming and nature-based therapies.

[Healthier With Nature Directory](#)

To request the directory in a different format, please email: bnssg.mh.greensp@nhs.net



Healthy Lifestyle Advisors

Our health lifestyle advisors can provide free 1-1 support for up to 12 weeks to help you get active, lose weight, eat well and stop smoking.

Watch and share our one-minute advert available on our website

<https://www.betterhealthns.co.uk/tools/healthy-lifestyles-advisors-ga/>



New location for H.E.N Postnatal group in Weston-super-Mare

Health, Exercise, Nutrition (HEN) Postnatal

Every Wednesday, from 11.15am-12.45pm in Weston

H.E.N is a FREE healthy lifestyles programme set up to help you lose weight and improve your health and fitness postnatally. H.E.N offers weekly support to help you have a healthy start to motherhood.

The course is designed as a rolling programme so that mums can join at any time to start the 12 weeks of support. Bring your baby along to the sessions and meet other mums.

You are invited to come along if you:

- have body mass index (BMI) equal to 25 or more
- have a baby aged 0-12 months old
- you live in North Somerset
- you can attend a minimum of nine sessions over 12 weeks



HEN Postnatal is a free healthy lifestyles course for North Somerset residents who have given birth in the last year. The course offers weekly support for up to 12 weeks, to help mums feel better about themselves and focuses on:

- participation in physical activity (40 minutes of the session will include taking part in gentle exercise)
- weight loss over the twelve weeks (individuals will have their weight taken at some of the sessions)
- eating well advice
- goal setting
- motivational support and tips to stay on track
- general wellbeing support and signposting

- 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.

From 10 January, HEN will be running from The For All Healthy Living Company in Weston-super-Mare, BS23 3SJ.

Mums can join the group at any time as it is a rolling programme. To view the full criteria and book a place, please visit:

<https://www.betterhealthns.co.uk/information/hen-postnatal/>

Men Get S.H.R.E.D

Starting in February, this 'ladder' is for men who wish to build or progress their functional fitness and health, offered as either an in-person or online, fortnightly meet-up.

Six sessions in total, with the same format each session:

- 1) Review current performance on the topic
- 2) Plan changes needed
- 3) Execute

Session 1: Sleep [for repair & recovery]
 Session 2: Hydration [for mental & physical function, plus exercise support]
 Session 3: Relaxation [including stress management: for performance mentality, pain and movement management]
 Session 4: Exercise [building physical capacity, strength and muscle definition]
 Session 5: Diet [including optimal protein intake, functional fats, sources of vitamin & mineral intakes and exercise support]
 Session 6: Onward Planning/maintenance [applying these factors ongoing]



For more information, please contact james.white@n-somerset.gov.uk

Age UK Somerset Classes

For more information on all of Age UK Somersets classes, visit:

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

Movement to Music class

Age UK Somerset are bringing a fun and lively Movement to Music class to Backwell from Thursday 4 January 2024.

The choreographed class helps people to increase and maintain their general fitness.

For more information please contact:
ageingwell@ageuksomerset.org.uk / 01823 345 625



Somerset ageUK **NEW CLASS!**
Starting Thurs 4th January '24

To increase and maintain general fitness

Movement to Music
A fun and lively choreographed class.

The advertisement features a photograph of several people in a dance studio setting, some in black and some in white, performing a choreographed routine. The text is overlaid on the image in various colors and fonts.

Escape knee or hip pain



escape pain Somerset ageUK Healthier Together
FREE!

Do you have knee or hip pain?

The advertisement includes a photograph of a group of people in a room, some sitting on chairs and some standing, engaged in a physical activity. The text is overlaid on the image in various colors and fonts.

Age UK Somerset run an Escape pain class at Worle Baptist Church on Tuesdays (11am) and Thursdays (12.45pm) and its free!

Escape pain is a gentle individualised exercise programme that matches the participants needs and pace.

For more information please contact:
ageingwell@ageuksomerset.org.uk / 01823 345 626.

Local training

Walk and Talk and Volunteer!

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



Health Walk Volunteer Training

Wednesday 24 January
10am – 1pm
Castlewood, Clevedon

Volunteer with your local health walk group to lead or assist with walks, help develop new walking routes or provide admin support at walks.

Full training and support is provided.

To book your place, or for more information
please call: 01275 882 731
or email: GetActive@n-somerset.gov.uk



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<https://www.betterhealthns.co.uk/get-active/walking/>



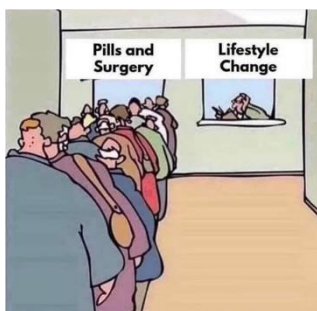
If you are new or returning to exercise, Health Walks offer the opportunity to improve fitness at a pace that suits you with most groups providing several walks so that all abilities are supported.

If you would like to help others get healthier and enjoy being out in the fresh air, then why not become health walk volunteer? Different roles are available including leading, assisting and back-marking walks, help develop new walking routes or provide admin support at walks.

Our next **training day** is **Wednesday 24 January 2024**, 10am – 1pm. For more information, visit our webpage: <https://www.betterhealthns.co.uk/information/walk-leader-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 19 March 2024, 10am-12pm

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

PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

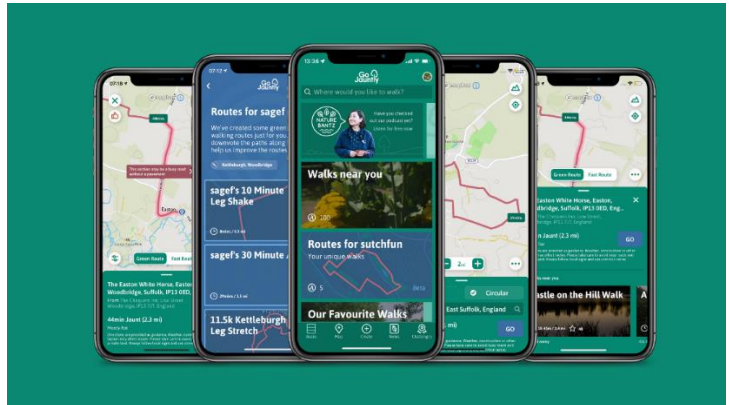
Tues 19 March, 10am-12pm
Castlewood, Clevedon, BS21 6AB

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

National Initiatives

Appy Walking with Go Jauntly – map a route

Without a map but an app, Go Jauntly takes you on a walk through a chain of scenic photos with each image taking over from where the previous one leaves off. Each photo has a brief description of where you are, taking you from beginning to end discovering alternate routes if you choose to avoid busy roads or to take you to something of interest along the way.



Go Jauntly is growing in popularity with hundreds of mapped routes across the UK. It provides themed walks, friendly dog routes, autumn nature ambles, family friendly coastal walks, city walks, short walks as well as a walking challenge that can all be accessed for free. It can also help you find walking routes from A to B – and even tell you the greenest route to go!

It is unique in that anybody can create a walk on the app through photos and a brief description, a walk close to where you live or when you are away for a weekend, which can then be shared with others.

We want to increase the number of mapped routes on Go Jauntly across North Somerset and we need YOUR help! Download the free walking app, and the next time you are out walking, take some pictures and map your walk, it's very easy! It can even be a short walk that you walk every day!

For more information and to download the app, visit the Go Jauntly website: www.gojauntly.com/; or contact the Physical Activity Team: getactive@n-somerset.gov.uk

Buddle

Club Matters has been rebranded! Say hello to Buddle. The new-look programme replaces Club Matters and will give volunteers and professionals working in community sport and physical activity the support and resources they need to thrive. Buddle is here to provide free learning and resources to inspire and support volunteers at clubs and community organisations offering sport and physical activity, and the professionals that work with them. [Find out more here.](#)



Red January

A nation-wide movement for mental wellbeing. Make real changes, not just new year resolutions! Sign up to the free challenge that's designed to fit your lifestyle.

Join as an individual or create a team. Set a daily movement goal that works for you and your lifestyle – this is your January challenge. If you can, set a fundraising target and help local movement and mental health projects.



For more information and to sign up, visit their website: <https://join.redjanuary.com/>



For the latest information and news, like and follow our social media pages, [BetterHealthNS](#) on facebook and [BetterHealth_NS](#) on twitter.