

Get Active in North Somerset

www.betterhealthns.co.uk/get-active



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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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Walk this May as part of North Somerset Walk Fest

Take part in National Walking Month, for the 4th year running, as part of North Somerset Walk Fest. The festival is a celebration of all things walking with most walking activities being offered for free.



Walking is a great way to improve both physical and mental health, and there are lots of opportunities to enjoy walking in North Somerset. Walking is a simple, free way of being more active and is ideal for people of all ages and fitness levels. As well as the health benefits, walking can be a great way to explore your local area, finding out what’s on your doorstep – whether that’s local nature and environment or shops and businesses.



**Quartet
Community
Foundation**

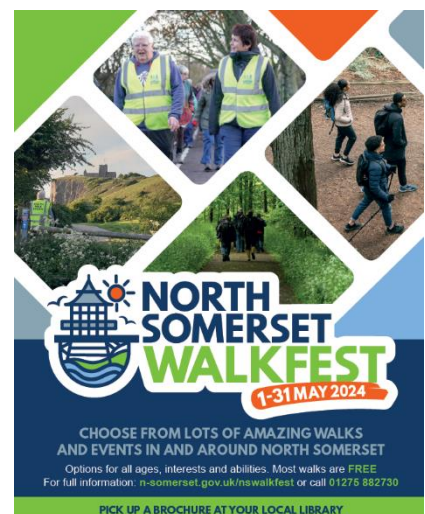
Thanks to Quartet Community foundation for funding part of this project.

For more information, visit [our website](#).

Walk Fest Programme

Walking activities are happening every day during Walk Fest, across North Somerset. Why not join a health walk, try a walking sport or join a walking group. There are walks to suit all abilities.

Visit your local library from mid-April to pick up a Walk Fest programme, or [download from our website](#). Please contact the walk organiser to confirm details before attending.



Health Walks

The [Health Walks programme](#) offers short walks across North Somerset, which are ideal for individuals looking to start and stay active. Walks are between 30-90 minutes long, and some groups offer faster and slower paced walks, with everyone meeting at the end. All walks are led by trained leaders, and the groups are friendly and sociable.

Health Walks take place in Churchill and Cheddar, Clevedon, Long Ashton, Nailsea, Portishead, Weston-super-Mare, Winscombe and Yatton. And evening walks are starting in Clevedon and Weston-super-Mare.

If you would like to volunteer to help the health walk programme, we are running [Health Walk Volunteer training](#) on Monday 20 May in Clevedon. Volunteer to lead or assist with walks, help develop new walking routes or provide admin support at walks.

Walking groups

As well as Health Walks, there are a range of walking groups, for different abilities across North Somerset. [Download the list of walking groups here.](#)


If you are interested in setting up your own walking group, contact us and we can provide support and training.



Walk Every Day in May

Walking is one of the best things you can do for your health, even if it is a short walk. Why not commit to Walking Every Day in May? You could start with a short walk and try to walk a bit further each time or each week.

Monitor your progress on our downloadable calendar. Walking every day is a great goal to motivate you to start to become more active. If you plan when you are going to walk, you are more likely to stick to it. Maybe you could go before work, lunchtime or afterwork?



Walk Every Day in May

Tick the days on the calendar below each time you walk

1 Get those shoes ready – Let's go!	2 Walk with a friend to keep you going	3 Start slowly and build up gradually	4 Why not walk first thing to get into a routine	5
6	7 Keep a record of when you walk to help with motivation	8	9 Have your kit ready the night before	10 Plan when you are going to walk and stick to it

Why not challenge your client/friend/family to Walk Every Day in May?

Walking Cafes

Head to one of our Walking Cafes during May and pick up a printed mapped walking route. You can head out directly from the café to discover the local area.



Head to any of the cafés below during May and pick up a local walking route map. You can then head out directly from the café to discover the local area.

Some cafés will also be offering a discount or special offer to Walk Fest participants!



Some cafes are also offering a discount or special offer to Walk Fest participants.

All walks are between one and four miles and can be done at your own pace.

Where to Walk in North Somerset

Why not try a new walking route? We have an extensive list of walking routes across North Somerset. Walks are of varying length, with the majority up to four miles and some also signpost to longer walks in the area.

Have you got a favourite walk? Let us know the route and we can include it on our website for others to enjoy.



The Power of Walking

Walking has so many benefits, physically and mentally. Hear from some of our local walkers about what walking means to them. Visit our website, it might inspire you to walk more.

Complete our Survey – Prizes to be won

Complete our short survey and be in with the chance of winning a £50 Outdoors and Active voucher! Surveys can be completed online from the start of May. Visit [our webpage for the latest information](#).

Join the conversation

Share your North Somerset Walk Fest news, stories and photos on Facebook and X using #NSWalkFest

Steps to Get Active

The following activities are part of the Steps to Get Active Programme which is encouraging individuals with Long Term Health Conditions (LTHC) to get more active. For more information on what is available locally, visit our website:

www.betterhealthns.co.uk/information/steps/. To book or for more information, contact Kylie: 01934 425 900; kylie.taylor@legacyleisure.org.uk

Beginners Netball for individuals with learning disabilities

Join the beginners netball sessions starting on Monday 15 April, 10-11am. The sessions will take place at Hutton Moor leisure centre in the sports hall.

EN

Beginner Netball Sessions

Mondays 10-11am Starting 15th April

These sessions are for adults with learning disabilities

Led by qualified netball coaches

Sessions are FREE to attend

No experience needed

Contact Kerry to book: kerry.brooks@englandnetball.co.uk 07540 126813

Held in the sports hall at Hutton Moor Leisure Centre, BS22 8LY

North Somerset Council | Better Health | WNC | HUTTON MOOR LEISURE CENTRE

Sessions are free to attend for the first 12 weeks and will be led by qualified netball coaches. No experience is needed.

To book or for more information, contact Kerry: Kerry.brooks@englandnetball.co.uk; 07540 126 813.

Move More, Feel Better

12 weeks of free physical activity group sessions for adults in North Somerset who have experienced mild to moderate symptoms of depression or anxiety.

The group takes place on Thursdays, 6 to 7pm at Hutton Moor Leisure Centre.

A welcoming group for people looking to have fun and get active. Connect with others and meet new people. Beginners and those returning to exercise welcome.

Led by a qualified exercise instructor. Each week will include different fun activities, games, and sports, for example badminton, fun ball games, etc.



Steps to Get Active Move More Feel Better

at Hutton Moor Leisure Centre, Weston-super-Mare

On Thursdays 6-7pm



12 weeks of FREE physical activity group sessions, for adults in North Somerset who have experienced mild to moderate symptoms of depression or anxiety.

A welcoming new group for people looking to have fun and get active. Connect with others and meet new people. Beginners and those returning to exercise welcome.

One of the best things we can do for our mental health and wellbeing is to be active, it's a natural mood booster. Our bodies release feel-good hormones when we're active that can also reduce anxiety and stress and help us sleep better.

Led by a qualified exercise instructor. Each week will include different fun activities, games, and sports, for example badminton, fun ball games, etc. On week 1, we will collect feedback on what activities the group would like to participate in and incorporate this.

For further information about Steps to Get Active or to register for your FREE 12 weeks of group support contact Kylie: 01934 425 900 or kylie.taylor@leqacvleisure.org.uk or www.betterhealthns.co.uk/information/steps/

Parkinsons – Steps to Get Active

Do you have Parkinson's? Exercise is proven to help! It can help with your balance, coordination, gait, flexibility, and much more.



Steps to Get Active

Parkinson's Exercise Class

Do you have Parkinson's disease?

Exercise is Proven to Help!

Balance, Co-ordination, Gait, Flexibility but also Depression, Constipation, Sleep and Memory.

Free 10-week course, with the opportunity to continue

Join for free for 10 weeks with the opportunity to continue for a small cost.

New Parkinsons exercise classes are starting:

- Sandford Station, BS25 5AA, Fridays 10.30-11.30am, starting Friday 10 May 2024
- Redcliffe Bay Hall, Newhaven Road, Portishead, BS20 8LH, Mondays 11.45am-12.45pm, starting Monday 29 April

To book, please email, info@neurogrouplexercise.com . Or call: Rowan - 07518 964332 / Amanda - 07917 116154

For more information on the Steps to Get Active programme, visit our website: <http://www.betterhealthns.co.uk/information/steps/>

Instructor / Leader Opportunities

Exercise instructors – want more people to attend your classes?

Join the relaunched Go4Free scheme! We are offering inactive participants 5 free and 5 half price funded visits to local exercise/sport sessions who sign up to the Go4Free scheme. This could mean extra income for you!



Participants will need to be referred into the programme, however it could mean new long term participants joining your class/session. By signing up you could receive funding every time an individual (who meets the criteria) attends your session with a Go4Free card/voucher to gain free/half price entry; access to free training and free publicity opportunities. Minimal paperwork is required to sign up.

For more information visit <https://www.betterhealthns.co.uk/news/go4free/> or to sign up to the scheme, contact Sally Kingston, Physical Activity Coordinator, 07985 153182 or email active@vansmail.org.uk

ParkPlay – join in or become a Play Leader!



An exciting opportunity to join ParkPlay as a volunteer or as a paid Playleaders.



ParkPlay happens every Saturday at:

- Castle Batch Recreational Ground 9.30am –11am
- Cherry Ave, Clevedon 10.30-midday

Bringing communities together to have fun through games and activities in a fun and way!

Free, welcoming and inclusive.

To find out more about the Play leader role, email: Getactive@n-somerset.gov.uk or call 01275 88 2731

www.park-play.com

Local Opportunities

Healthy Lifestyle Advisors

A new addition to our 'toolbox' of ideas offered to clients: we can now offer the loan of a Fitbit, to be used in conjunction with the pace-up programme from moving medicine.

PACE-UP was designed and tested by researchers led by the Population Health Research Institute, St George's University of London and funded by the Health Technology Assessment Programme of the National Institute for Health Research.



Their trials showed that adults and older adults who completed this 12-week programme remained more active 4 years later and suffered less heart attacks, strokes and fractures than people who did no extra walking.

More information on PACE-UP, including the handbook and diary and academic references can be found at www.paceup.sgul.ac.uk

This structured approach to increasing the amount clients' walk during each of their 12 week pathway is offered as part of either our lose weight or get active pathways.

Our clients tell us they really enjoy and value our service – take a look at our feedback quotes to find out more!

The Healthy Lifestyles Service doesn't have a waiting list at present – please refer eligible residents (criteria hyperlinked) to us using this short form: <https://northsomerset.referral.org.uk/selfrefer>



Fit Robins



Fit Robins is a 12 week wellness and weight management programme for men living in North Somerset, delivered by the Robins Foundation. It is a completely free programme to take back control of your health.

Fit Robins is starting on Wednesday 24 April, 5-7pm, at Portishead Youth Centre.

Embark on a transformative journey to a healthier, happier you with Fit Robins results-driven weight loss programme, designed to empower you with expert guidance, personalised support, and the tools you need to achieve your wellness goals.

To be eligible to attend, you need to be 18, male, a North Somerset resident and have a BMI of 25 or more.

For more information, [visit our website](#), or contact Daisy-May England, daisy.england@bcfc.co.uk or call 07423 418 922

Age UK Somerset Timetable

Age UK Somerset regularly expand their timetable, including with a new Flexercise class in starting in Yatton on Friday 12 April.

Visit [their website](#) for the latest timetable.



Healthier with Nature

Healthier with Nature is a green social prescribing programme for Bristol, North Somerset and South Gloucestershire. The directory includes activities such as Health Walks, ParkPlay, food growing, arts, etc. For more information, [visit our website](#).

New MSK Hub at Parish Wharf

Almost one third of the population in the UK have a Musculoskeletal (MSK) condition. To support those experiencing issues surrounding MSK health, Parish Wharf Leisure Centre in Portishead have recently introduced an MSK hub. They offer a variety of facilities and services committed to supporting people and to show how exercise and activity can improve symptoms and help manage pain.



Sessions include: ESCAPE-Pain, Good Boost Studio, Good Boost Aqua.

For more information, visit our website:

<https://www.betterhealthns.co.uk/information/new-msk-hub-at-parish-wharf/>

Workplaces

Parkrun takeover

A ParkRun take over is when a group of individuals 'take over' the volunteering roles at their local parkrun.

If your workplace/team is interested in getting involved with their local parkrun in the context of actually 'running' it for a morning then please get in touch. This is great for team building and a way to bring everyone together to have fun.



Parkrun 'takeovers' happen across the country by GP practices to enable them to see in action the benefits to their patients and staff. This can also happen with work places, bringing colleagues together to do something positive for the community.

Parkruns happen every Saturday at 9am (adults) and every Sunday (juniors) and requires a number of volunteers every week to make it happen, from being a marshal to time keeping to tail walking there are quite a few varied jobs so if you fancy getting involved please get in touch with us for a further chat.

The Healthy Workplace Awards

Are you passionate about ensuring your workplace looks after your own staff's health and wellbeing? If so, why not join the Healthy Workplace Awards Programme? It is a free, flexible programme to support and promote the health and wellbeing of staff within North Somerset workplaces. It provides a structured framework to celebrate work to support staff health and wellbeing with



opportunities to achieve 'Healthy Workplace' awards.

To become a member of this programme, please email the team at healthyworkplaces@north-somerset.gov.uk and complete a short registration form, which will grant you access to Members Support, including Healthy Workplaces resources, digital logos, networking opportunities, events and support from the Healthy Workplaces team.



New brochure

For full details of the programme, take a look at our new brochure: [The North Somerset Healthy Workplace Awards](#) and further details about workplace health and wellbeing on the website: [Healthy Workplaces | Better Health North Somerset \(betterhealthns.co.uk\)](#)

Join the Healthy Workplaces mailing list

To keep up to date with all the latest news, events, training and useful information related to employee health and wellbeing, [join our mailing list](#) to receive the bi-monthly newsletter.



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