

**Better
Health**

**North
Somerset**

Partners' Bulletin

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July 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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Paris Olympics and Paralympics 2024

Follow the world's top athletes as they go for gold in Paris this summer!

Olympics



Team GB finished fourth at the Tokyo Games with an impressive 64 medals, 22 of which were gold, just one down from their medal total from hosting London 2012.

Although the opening ceremony to signal the official start of the Paris 2024 Olympics will be held on Friday 26 July, the sporting action begins on Wednesday 24 July. The Games will run until 11 August.

The only sport making its debut in Paris is Breaking. The competition will take place as solo battles and the breakers will improvise to the DJ's tracks, including moves such as windmills, the six step and freezes.

Paralympics

Team GB finished second at the Tokyo Paralympic Games with 124 medals, including 41 golds. The Paris Paralympics will run from 28 August to 8 September, with around 4,400 athletes competing in 22 sports.

The two newest sports to be given Paralympic status are badminton and taekwondo which made their debut at the Tokyo 2020 Games.



Follow us on social media for updates: [BetterHealthNS](#) on facebook and [BetterHealth NS](#) on twitter.

Updated information for referrals to the Healthy Lifestyles Service

The referral criteria for this FREE service have been expanded!

Please use this link to make a referral into the [Healthy Lifestyles Service for support to Eat Well, Get Active, Lose Weight or Look After Your Liver Health](#) (please delete the previous link if you have it saved in your web browser).



Full URL is here:

<https://dcrsinterface.azurewebsites.net/REFERRAL?R=C9068A1C>

We are pleased to accept referrals from professionals for adult residents of North Somerset who meet these criteria:

Lose Weight eligibility criteria

Individuals that would like support to Lose weight will meet one of the BMI requirements:

- BMI of 25 or more in adults of Caucasian (White European) origin
- BMI of 23 or more in adults of Black African, African-Caribbean and Asian origin
- BMI of 23 or more in adults living with a co-morbidity / long term health condition

Note: BMI can be calculated at [NHS BMI Calculator](#)

Get Active eligibility criteria

Individuals that would like support to Get Active must be:

- Inactive, participating in less than 30 minutes of physical activity per week

Eat Well eligibility criteria

Individuals that would like support to Eat Well:

- Will have a diet that does not meet the [Eat Well guide recommendations](#)

Liver Health eligibility criteria

Individuals that would like support with Liver Health:

- Have been diagnosed with Non-Alcoholic Fatty Liver Disease (NAFLD) "Fatty Liver" or a recent liver scan has suggested they may be at increased risk of poor liver health

Post Natal H.E.N. eligibility criteria

HEN Postnatal is a free healthy lifestyles course for people who have given birth in the last year. Residents are invited to come along if their baby is aged 0-12 months old and they can attend at least 9 sessions within 12 weeks, with a follow up session at 26 weeks.

Exclusion criteria for all topics	
Severe/moderate frailty as recorded on a frailty register	Has a significant unmanaged co-morbidity or long term health condition
Has a diagnosed eating disorder	Has had bariatric surgery in the last two years

Please use this link to [Refer for Smokefree Support](#)

Full URL is here: <https://northsomerset.referral.org.uk/selfrefer>

Residents can also [Self Refer](#) for healthy lifestyles support

Full URL is here: <https://dcrsinterface.azurewebsites.net/REFERRAL?R=24150C89>

The Healthy Lifestyles Service is also offering FREE 1-1 support every two weeks at the [For All Healthy Living Centre](#), 68 Lonsdale Road BS23 3SJ – starting on

Thursday 8 August from 1pm to 4pm. Just pop in for a chat and to find out if the team can support you, for further information visit our website <https://www.betterhealthns.co.uk/news/free-healthy-lifestyles-support-at-the-for-all-healthy-living-centre/>

Walking

Health Walk Leader Training

The Health Walks scheme welcomes over 300 regular walkers a week in and around North Somerset.

There are Health Walks in Churchill and Cheddar, Clevedon, Flax Bourton, Long Ashton, Nailsea, Portishead, Weston-super-Mare, Worle and Yatton. We also currently have evening walks in Clevedon and Weston-super-Mare. All the latest programmes are available on our [website](#).



For those who wish to become more active health walks can offer the opportunity and support to improve overall health and wellbeing at a pace that suits with most groups providing a shorter walk so that all abilities are supported.

If you would like to help others get healthier and enjoy being out in the fresh air, then becoming a volunteer health walk leader might be for you. Our next training day is in October, 10am to 1pm, Clevedon. For more information, visit our webpage: <https://www.betterhealthns.co.uk/information/walk-leader-training/>

New Big Worle Health Walk

Claire, who has recently trained as a health walk leader, alongside Jenna from Weston Town Council wants to welcome and encourage anybody who lives in Worle to join the new Health Walk.

Walks are once a fortnight, on Mondays and start at 10am from the Big Worle Hub, Clovelly Way, Worle BS22 6LN. It's a very sociable walk and fully accessible with the option to go for coffee. To see all dates go to:

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



Nature Walks for National Wellness Month

Celebrate #NationalWellnessMonth this August by participating in our Nature Walks! Enjoy the benefits of nature and boost your wellbeing in our Parks and Open Spaces.

Walk Details:

- Thursday 1 August at 10am at Uphill (BS2 4TJ)
- Tuesday 27 August at 5:30pm - Poets Walk (BS21 7TY)

Why Nature? Parks and open spaces are vital for our health and wellbeing. Research shows that natural patterns found in flowers, ferns, and trees can evoke a state of soft fascination, providing a gentle and effortless form of attention. Curved lines in hills, rivers, and pathways are processed more easily by the brain, offering a mental break from overstimulating environments.

Special Theme: Our walks will have a soft theme around butterflies in celebration of the Big Butterfly Count. Keep an eye out for these wonderful insects, and we'll note down each sighting to appreciate and connect with nature.

Please contact parksranger@n-somerset.gov.uk for more details.

Other opportunities: The Parks Ranger works with a number of other volunteer groups around North Somerset carrying out a range of tasks, if you would like to get involved with practical tasks to boost physical fitness or other wellbeing opportunities, please contact us to find out more information. We maybe also able to join in with an existing activity to provide a focus session on the natural environment around us as a one off.

Celebrating the first North Somerset Walk Fest 2024

This May, to celebrate National Walking Month, we launched North Somerset's very own Walk Fest!



Working in partnership with the established Bristol Walk Fest, and with funding from the Quartet Community Foundation, we were able to build on previous National Walking Month events to make the celebration of walking bigger and better than ever before!

North Somerset Walk Fest encouraged people to walk more often by showcasing and publicising all the brilliant walking opportunities and groups in North Somerset. We distributed 2000 programmes to local libraries and community venues; were supported by some amazing cafes across North Somerset who offered discounts and printed walking routes for customers; provided challenges and routes on our website and lots of encouragement through our social media pages!

A big thank you to all of the groups and providers who shared their events in the programme, to all of the walking cafes, Bristol Walk Fest, Age UK Somerset, Quartet

Community Foundation and Jennifer Graham for their support, to North Somerset Libraries and Weston Town Council for helping to distribute the programmes and to everyone who took part and helped make it a success!

The next North Somerset Walk Fest will run from Thursday 1 to Saturday 31 May 2025.

If you are planning an event, or run a regular walking related activity and would like to get involved, please email us at: getactive@n-somerset.gov.uk

Or, if you would like to be involved in Walk Fest in another way, perhaps by writing a blog or sharing a story about the role walking/walking-related activities play in your life, please do get in touch by emailing us at: getactive@n-somerset.gov.uk

Local Activities in North Somerset

ParkPlay! – Come along as a ParkPlayer or even become a Play Leader!
FREE Activity – Every Saturday Morning!



ParkPlay brings families and friends together of all ages and abilities to have fun through a variety of games and activities and it's FREE!

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 Recreational Ground, Wrole, 9.30am to 11am
- Cherry Avenue, Clevedon 10.30am to 12pm
- Blackdown Road Park, Portishead, BS20 6DN, coming soon

ParkPlay has a team of Play Leaders that run the sessions in a welcoming and friendly way so if you are interested in joining the Play Leader team, please get in touch. Full training and ongoing support is given. To find out more about the Play Leader role,

email: Getactive@n-somerset.gov.uk or call 01275 88 2731.

For more information about ParkPlay go to: www.park-play.com

Free Park Yoga

Park Yoga is available at Ellenborough Park West in Weston-super-Mare every Sunday from 9.30am to 11.30am until 15 September.

All ages and abilities are welcome. There's no need to book, just bring a mat or towel and a bottle of water.

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

<https://www.facebook.com/ParkYogaWeston>



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

Ashcombe Park Tennis Courts

The tennis courts at Ashcombe park were subject to a major refurbishment project 2021 and have since then become an amazing facility for the community to use.

NSC have recently appointed a community coach, Sam Kiladejo of MeDay Sports Tennis Coaching, who will run a range of sessions over the summer period for all ages and abilities, tailored to get people active and enjoying tennis.

Sam will be working with a number of partner agencies to offer a range of funded and non funded programs, including working with schools and local organisations. He will also be offering sessions through the Go4Free scheme -

<https://www.betterhealthns.co.uk/news/go4free/>

On 3 August Sam and his team will be running an open day on the tennis courts, come on down and join in.

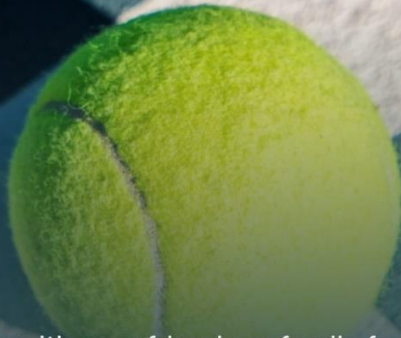
For more information please see Sam's webpage which can be accessed via the Ashcombe Tennis Court Page - <https://clubspark.lta.org.uk/AshcombePark/Coaching>

MeDay Sports Tennis Coaching

ASHCOMBE PARK OPEN DAY

Have Some Fun On Court

JOIN US FOR STRAWBERRIES AND CREAM



Come along with your friends or family for some
free coaching and fun games!
(no equipment required)

3rd Aug

🕒 11-2.30PM



Ashcombe Park
Upper Bristol Road
Weston-super-mare, Avon
BS22 8BT



Running order:

11-12pm: Child & parent (4-8 yrs)

12-1pm: Cardio tennis

1.30-2.30pm: Walking tennis



For more details about lessons, please email Sam:
medaysam@gmail.com

Steps to Get Active – for individuals with Long Term Health Conditions

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:

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

The following groups take place at Hutton Moor leisure centre and are free for the first 12 weeks.

- Fibromyalgia, Thursdays 10.30 to 11.30am and Saturdays 11.15am to 12pm
- Parkinsons, Fridays 12 to 1pm
- Stroke Rehab, Fridays 1 to 2pm
- Cardiac Rehab – phase 4, Mondays 2 to 3pm
- Better Breathing, Mondays 2 to 3pm
- Dementia group – coming soon
- Cancer rehab – coming soon

To book on, or for more info, contact Amanda: 07919 116 154;
info@neurogroupexercise.com

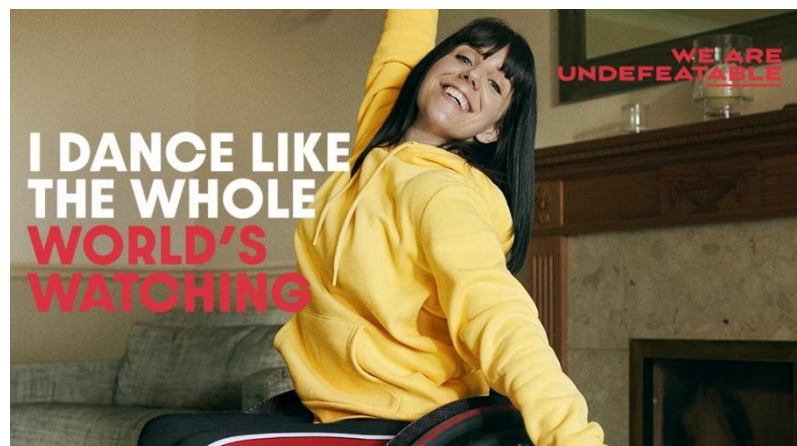
Parkinsons

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

Portishead – Redcliffe Bay Hall, BS20 8LH3, Mondays 11.45am to 12.45pm, starting Monday 2 September. Free 10-week course, with the opportunity to continue for a small price.

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

We Are Undefeatable, a national Sport England Campaign which encourages individuals with Long Term Health Conditions to become more active, have just launched a new website and campaign hub. There is lots of information and online workouts available: www.weareundefeatable.co.uk/



Dynamos Cricket – 8 to 11 years – free

Over the summer, Somerset Cricket Foundation are offering a free dynamo cricket camp for 8 to 11 year olds. Dynamos is ideal for young people who are seeking a fun first experience of cricket. The day session is free when the voucher code is entered, and each player receives a free t-shirt.

The session will take place at Weston-super-Mare cricket club, Friday 16 August, 10am to 2pm. Booking deadline 2 August.

The session is aimed at children from families who might be experiencing financial hardship and may struggle to afford holiday activities.

For more information and the booking link and code, please contact Steve Gass:

Steve.gass@somersetcricketfoundation.org



CALLING ALL 8-11 YEAR OLDS!
Dynamos cricket is an exciting way for kids to play, learn cricket skills and make new friends.

JOIN US:
FRIDAY 16TH AUGUST
10AM - 2PM
WESTON SUPER MARE CRICKET CLUB

FREE SESSION!
USE CODE: **VFZRH**

FOR MORE INFO:
STEVE.GASS@SOMERSETCRICKETFUNDATION.ORG

SCAN TO BOOK BEFORE 2ND AUGUST!



SOMERSET CRICKET FOUNDATION

Health care Professionals to take over Marine Parade Parkrun



On Saturday 28 September staff from Sirona, 168 Medical Centre, Worle Medical Centre, Tudor Lodge, Milton Road and The Cedars Surgery in Worle are coming together to support parkrun in Weston-super-Mare.

Parkrun enables anybody to go along and participate in completing five km, whilst running, walking or both. Volunteering is also an integral part of parkrun.

The staff will be taking on all the volunteer roles that are required and hopes to increase the profile of parkrun for their staff and patients.

If your workplace wishes to get involved with parkrun please get in touch.

More Run Directors are needed for Marine Parade Parkrun. A very exciting and satisfying volunteering role, with full support from a team of experienced run directors. Please contact: marineparade@parkrun.org.uk if you would like to get involved.

(Photo NSC staff 'taking over' Marine Parade parkrun in May).



Age UK Somerset Classes

Age UK Somerset are getting ready for Olympic levels of fun!

'Excited about the Olympics? Looking forward to seeing the different types of sports? Getting your claps and cheers ready?'

'Age UK Somerset exercise classes are bags of fun, lots of different levels of fitness, always cheering each other on and providing the opportunity to be part of a gang!'



Information about their range of classes can be found by using the following link:

[Timetable of exercise classes | Age UK Somerset](#)

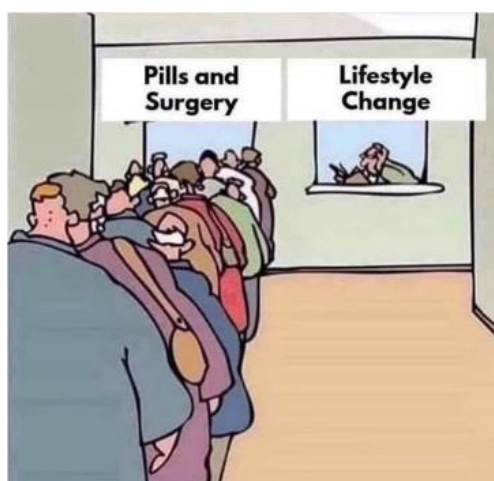
Age UK Somerset have classes for ALL levels, nobody is left out and everyone learns and works together; from 'Sit, Fit and Fun' (pictured) through to 'Strictly Seniors', people can choose a class that makes them feel like gold!

Instructors, Leaders and Professionals

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**
Mon 9 Sept, 10am-12pm
Castlewood, Clevedon, BS21 6AB



The next workshop take place in Clevedon on:

Monday 9 September 2024, 10am to 12pm

We will also be offering a workshop with an early years (0-5 years) focus. Email us to express your interest in attending and we will contact you once the date is finalised.

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

Go4Free – sign up your sessions!

Go4free Go4free Go4free

Are you a fitness instructor, a sports coach or a club based in North Somerset looking to get more people to your classes or sessions?

Voluntary Action North Somerset (VANS) has partnered with North Somerset Council to help people get active, with funding available through a scheme called 'Go 4 Free'.

This scheme provides people access to ten physical activity sessions or classes, (5 up to the value of £6 and a further 5 up to the value of £3).

By registering your class/session you can benefit from:

- Access to funding for every time an individual attends your class/session
- Access to free training and promotional opportunities
- Increase your network of contacts and opportunities
- Option to apply for funding towards adaptive equipment

The people we are specifically supporting under this scheme are:

- Living with disability (physical or mental) and/or long-term health condition
- From an ethnic minority
- Living in a Socio-economic deprived area
- Identify as LGBTQ+

Register your class or session by using the link: bit.ly/3Lm15PM or scan the QR code:



For further information, please email active@vansmail.org.uk or call Sally Kingston, Physical Activity Coordinator on 07985 153182



Lets Move It

Radio 2 are going to be doing their bit to encourage more of us to become active through music and dance over the coming weeks. With a huge summer of sport ahead of us the BBC radio station wants us to pledge our fitness goals. Lots of radio presenters will have their own pace setter tracks via BBC Sounds including Jo Wiley, Vernon Kay and Trevor Nelson that will motivate us to keep moving.

In addition, Dermot O'Leary's Saturday morning show has partnered up with parkrun and will be sending a Radio 2 presenter to a parkrun in a secret location. You never know they might turn up at one of our local parkruns!

www.parkrun.org.uk

For more information go to:

[BBC Radio 2 - Let's Move It - About Let's Move It](#)



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