

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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Physical Activity Fund Currently Open!



To support delivery of 'Get Active – A physical activity strategy for North Somerset' and the associated action plan, funding has been made available to create the physical activity fund. The purpose of the fund is to enable local organisations to apply for funding, to support delivery of the strategies shared outcomes and specific actions.

You can see an animation which explains the Physical Activity Strategy in more detail here: [Watch the strategy animation](#)

Applicants can apply to deliver a physical activity intervention up to a value of up to £2000.

Priority will be given to applicants that focus on the following inactive demographic groups: Disability and/or long-term health conditions, ethnically diverse communities and socio-economic groups.

There have been three rounds of funding with a fourth running from Friday 1 August until Friday 31 October.

For further information about the fund and how to apply please visit:

<https://www.betterhealthns.co.uk/support/pafund/>

Every Move Matters: what moves you?

We are urging people living in North Somerset to celebrate how they move as part of the South West Every Move Matters campaign.

In North Somerset, 29.8 percent of the population do not reach the recommended levels of movement a week (150 minutes) and we know that a sedentary lifestyle increases the risk of long-term health conditions like heart disease and type 2 diabetes, negatively impacts mental health and weakens muscles and bones.

The South West campaign highlights how moving just a little each day can build a stronger, healthier future.



Starting with simple movements could be the first step towards reaching the recommended physical activity guidelines of 150 minutes a week (just 20 minutes a day) for adults, as set out by the Chief Medical Officer.

Movement looks different for everyone, from walking the dog to dancing in the kitchen. #EveryMoveMatters – there is no wrong way to move, only your way. Everyone is encouraged to find their own way to move more and to recognise the strength they are building along the

way.

- Every Move Matters – any movement is better than none, even short bouts of activity add up and contribute to overall health.
- Move More, Sit Less – break up long periods of sitting with light activity to reduce the risk of health issues like heart disease.
- Start Small, Build Up – begin with what you can manage and gradually increase over time.

Use the #EveryMoveMatters on social media and celebrate how you move!

Healthy Lifestyles Support in 2025

Our North Somerset Healthy Lifestyles Advisors provide FREE 1-1 or group healthy lifestyles support for up to 12 weeks. Topics of support include: get active, lose weight, eat well, liver health, postnatal health and stop smoking.



The Healthy Lifestyle Advisors are expanding their service and will be offering support at Clevedon Library on Fridays and support is due to start in Nailsea at Scotch Horn leisure centre on a Thursday from September.

For further information about the healthy lifestyles support available visit our [website page](#) and to self-refer, complete our [form](#).

Residents can also contact the Healthy Lifestyles team via telephone on 01934 427661 or email: healthylifestyles@n-somerset.gov.uk

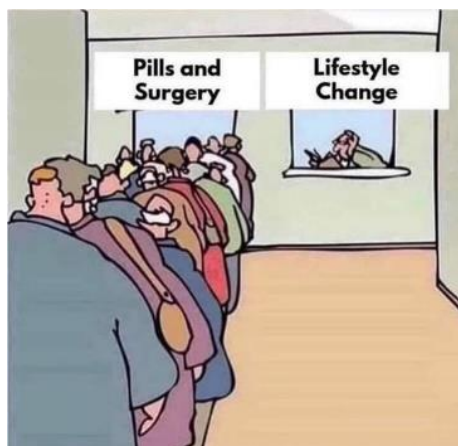
Workshops available / Instructor Opportunities

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.

PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

The next workshop take place in Weston-super-Mare, at the Town Hall on:



- **Weds 10 September 2025**, 10am to 12pm and will focus on **older adults**.
- **Tuesday 20 Jan**, 10am to 12pm

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

Mental Health Awareness for Sport and Physical Activity - Free

This FREE workshop will explore the links between mental health and physical activity. It is suitable for anybody who would like to find out more about the effects that physical activity can have on our mental wellbeing – both good and bad.

By the end of this workshop learners will:-

- Have a better understanding of mental health and be able to spot the symptoms of poor mental health, in both ourselves, and in others.
- Understand the different types of mental health problems.

- Learn some top tips for supporting our mental wellness – including physical activity
- Understanding the interplay between physical activity and mental health- why being physically active matters.
- Learn how to support others
- Learn where to go for further help and support

The training date is currently being finalised, but if you are interested in attending or would like more information, email: active@vansmail.org.uk or call Sally Kingston, Physical Activity Coordinator on: 07985 153182.

Physical Activity Clinical Champions training

Sign up to FREE, online Physical Activity Clinical Champion Training, on the prevention and management of long-term conditions- focusing on how to talk to children and their guardians to get them active.



The next training dates will focus on 'How to Talk to Children and Young People to help them to be active' and will include:

- Background: Setting the scene - Current landscape for physical activity in children and young people
- Evidence-based benefits - the latest research on how physical activity can be beneficial for children and young people for holistic wider health
- Identifying barriers - learn about the challenges, inequalities, and risks of inactivity across childhood.
- Helpful resources - access valuable tools and resources to support your practice and help patients become more active

The training will take place on Thursday 14 August, 10am to 11:15am and Wednesday 17 September, 1pm to 2pm

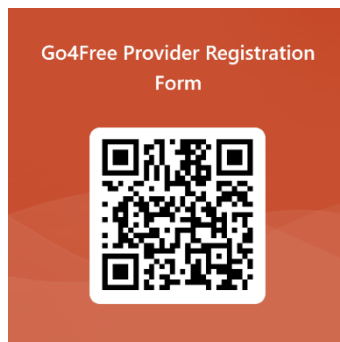
To sign up, visit: <https://movingmedicine.ac.uk/pacc-events/>

Looking to get more people to your classes or sessions?

Calling all fitness instructors, sports coach's or clubs based in North Somerset: 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



Any North Somerset resident who does less than 30 minutes of regular activity each week, can refer themselves to your class or session.

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.



Instructors: Join the Physical Activity Bursary Scheme!

Are you a fitness instructor, coach, or physical activity leader? The Physical Activity Bursary Scheme is now open – and we want to hear from you!

This scheme helps break down financial barriers that stop young people from getting active. By signing up, you could receive funding to support individuals who need a little extra help to join your sessions – whether that's covering fees, equipment, or transport.

We can connect individuals directly to your existing club or class, or we can work with you to offer something specific to individuals who are referred. It's quick and easy to get involved, and a great way to grow your sessions while making a real difference in your community.

Learn more and sign up here:

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

Let's work together to make physical activity more accessible for everyone.

Active Adults

Cycling Together for Better Health

Throughout the summer free led cycle rides will be on offer at various locations in and around Weston-super-Mare on Monday evenings from 6.30pm.

Cycling can be for everyone, with support being given for those who wish to return to cycling after not getting on two wheels for a long time.

If you live in North Somerset and you are either new to cycling, returning after a break, or looking to build confidence, the Cycle Together Bike Leaders can help you get back onto your bike.

Cycling as an adult (18+) for the first time or after a long absence can feel daunting, but you're not alone. Our friendly instructors will help you build confidence and skills at your own pace.

Please either follow Better Health Facebook Page to see where we meet every Monday evening or register here to be sent the latest updates.

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

<https://www.betterhealthns.co.uk/information/cycling-together/>



Health Walks during the summer months

There are up to 17 health walks a week across North Somerset, run by volunteers with a wide range of skills to ensure all walks are safe, accessible, manageable and enjoyable.

Our health walks scheme aims to:



Encourage people, particularly those who take no or very little exercise, to do regular short walks in their communities.

To provide support and the option to go at an appropriate pace with leaders at the front, back and throughout the group.

Our Focus:

- Those who have been inactive for a long period of time (less than 30 minutes per week).
- Those with a long-term health condition (LTHC) where walking can help.
- Those who can no longer walk like they once did thus preventing becoming totally inactive.

- Those who live in an area of high health need and who face barriers in becoming active.
- Support with those with chronic mental health by working alongside support staff.

To see the full programme of walks go to: <https://www.betterhealthns.co.uk/get-active/walking/>

Post Natal Health Exercise and Nutrition (H.E.N)

HEN is a free 12-week health and wellbeing course, delivered by a Public Health Specialist and Pre and Postnatal trainer. The course offers non-judgemental support and specialist advice on a range of topics to support Mums after birth.

HEN is a rolling course so can be joined at any time. It is open to those living in North Somerset who have had a baby in the last 12 months and have had their postnatal check with their GP.



The course is run at South Weston Children's Centre on Wednesdays from 11.15am to 12.45pm.

Sign up information can be found here: <https://www.betterhealthns.co.uk/healthy-families/healthy-baby/postnatal-hen-health-exercise-nutrition/>



Fit Robins – Portishead

Fit Robins is a holistic health and wellbeing programme combining movement, healthy living discussions and mindset coaching. Run by the [Bristol City Robins Foundation](https://www.bristolcityrobinsfoundation.co.uk/), Fit Robins is open to over 18s with a BMI of 25 or more, who are not already attending a weight loss programme.

Fit Robins starts on Wednesday 23 July for 12 weeks at Portishead Youth Club, Harbour Road, Bristol, BS20 7DD. From 5pm to 7pm

Online sign up [here](https://www.bristolcityrobinsfoundation.co.uk/) Or if you have any questions, please contact Daisy England: daisy.england@bcfc.co.uk

Free Park Yoga in Weston-super-Mare this summer



Park Yoga is a charity that provides free community yoga sessions around the UK.

All ages and abilities are welcome to join in on Sunday mornings, 9.30am to 10.30am at Ellenborough Park West, Weston-s-Mare, BS23 1XH.

There's no need to book, just come along with a mat or towel, a drink and sun cream!

Visit: <https://parkyoga.co/weston/> to find out more, or email: hello@parkyoga.co

Active Under 18s

Playing Out - £150 worth of equipment available

'Play your Way' Play Streets are neighbour-led short road closures, creating a safe space for children to play freely together on their doorstep. To encourage North



Somerset residents to initiate play streets, we are offering free play streets equipment.

The first three successful applications to set up a Play Street will receive a customisable equipment bag worth up to £150, with items you choose from approved websites — things like skipping ropes, chanks, cones, and other outdoor play essentials

A Play Street allows children and young people to play outdoors, even if they are unable to access a park or playground in their neighbourhood. It involves closing a road to traffic for a couple of hours, once a week or once a month, so that neighbours can connect and children can play together in a safe traffic-free space.

Organised by residents, Play Streets are free as well as fun, and have been found to increase children's levels of physical activity. It is also a great way to get to know your neighbours!

Suitable streets include cul-de-sacs and no through streets. Support will be provided to consult with residents and apply for an official road closure

For more information, visit:

<https://www.betterhealthns.co.uk/information/play-your-way/> or email getactive@n-somerset.gov.uk



ParkPlay

ParkPlay encourages families to get active and play



together every Saturday morning.

Active and inclusive games are offered, and sessions are run by our qualified play leaders.

ParkPlay happens every Saturday, including throughout the summer holidays at:

- Castle Batch Recreational Ground, Worle, Weston-s-Mare, 9.30-11am
- Merlin Park, Portishead, 10-11.30am

Bringing communities together to have fun through games and activities in a fun way! Free, welcoming and inclusive.

To find out more or to become a Play leader, email: Getactive@n-somerset.gov.uk or call 01275 88 2731. Visit the national website: www.park-play.com

Parkrun expands in North Somerset

Another junior parkrun is up and running in Portishead with the aim to give a free opportunity for families to be active together every Sunday morning.

Funds were made available through the Physical Activity Strategy towards the setting up costs and now with a very enthusiastic group of volunteers, families can just turn up and walk and run the 2K route along the esplanade.



To register go here: [home | Portishead Esplanade junior parkrun | Portishead Esplanade junior parkrun](#)

OB's Flyerz Hockey - inclusive activity

Looking for an inclusive activity for disabled and neurodivergent children / young adults?

OB's Flyerz Hockey could be the perfect option! With super friendly coaches, this relaxed and welcoming atmosphere is a great place to learn a new sport and have fun. Siblings and parents are welcome to join in too. Get in touch with:

obsflyerzhockey@gmail.com or call Lizzie on 07511 700 220. Sessions restarting on Tuesday 2 September.



FLYERZ HOCKEY

Fun, inclusive hockey sessions for disabled and neurodivergent children and adults.

**FORTNIGHTLY
TUESDAYS, 6-7PM**

- ✓ No experience necessary
- ✓ Equipment provided
- ✓ Friendly and welcoming coaches
- ✓ Free of charge!



OB's Pitch, Beggar Bush Lane, BS8 3TH
what3words: chefs.traps.hoping

GET IN TOUCH

We'd love to have a chat to see how we can support you at your first session. Please get in touch with Lizzie:

E: obsflyerzhockey@gmail.com T: 07511700220

North Somerset Holiday Activities and Food Programme (HAF)



The HAF programme offers free activities for children and young people who receive benefits related free school meals.

Available from Monday 28 July to Friday 22 August there are a wide range of activities on offer and booking is now open.

Find out more about the holiday, activities and food programme here: [Holiday Activities Food Programme](#)

Call/text: Tracy Humphris 07385 017565 or Paige Gunstone 07385 978806, or email: HAF@n-somerset.gov.uk

Activate – new animated series to get children moving this summer!

Children across the country are being inspired to move more this summer following the launch of a new series from fitness coach, Joe Wicks MBE, backed by the government as part of a new partnership to reach schools and families across the country.

The innovative animated Activate series features five-minute episodes which combine animation with upbeat music, encouraging children to enjoy short bursts of movement that easily fit



into their day and can be transformational for their physical and mental health. The government will be backing the programme to fund a further ten episodes.

You can read the full press release [here](#) and the link to the videos can be found on The Body Coach facebook page:

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

Being Active with a Long Term Health Condition

Steps to Get Active – for individuals 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 conditions.

The following classes take place at Hutton Moor leisure centre:

Parkinsons, Stroke rehab, Cardiac rehab, Cancer prehab/rehab, Better Breathing and fibromyalgia.



Classes for Type 2 diabetes and post-natal swimming will be starting in September.

We will also be expanding to Nailsea (where a dementia class currently takes place), Clevedon and Portishead.

For more information, visit: <https://www.betterhealthns.co.uk/support/steps-to-get-active/>

Exercise based cancer rehab

An innovative exercise programme for people who have been affected by cancer.

- Fully qualified instructors
- Graduated personal plans
- Motivating environment
- Peer support

Wednesday 9am

Parish Wharf Leisure Centre

£7 per class
Contact Alistair on
07825 033 741 or
pdfitnessbristol@gmail.com

The poster features a blue background with white and yellow text. On the left, there is a cartoon illustration of a man with a beard and a woman with green hair, both in athletic wear. The man is holding a microphone, and the woman is sitting on a large white speech bubble that contains the class details.

Exercise Based Cancer Rehabilitation Classes - Portishead

These classes offer a gentle but effective workout in a safe and welcoming environment for those living with or recovering from cancer. They are designed to help people regain strength, flexibility and confidence at their own pace. Run by fully qualified instructors and self-referrals are welcome.

Parish Wharf Leisure Centre, Harbour Road, Portishead, BS20 7DD

Wednesdays, 9am, £7 per class. Contact: Alistair on 07825 033 741 / pdfitnessbristol@gmail.com

Nailsea Stroke Club Sports Club – Nailsea

This group offer activities varying from cricket to boxing to ring toss, and more.

All activities are accessible to all, for those who are fully mobile to those in wheelchairs. The aim is for people to work within their limits but to also have fun. The session starts with a gentle warm-up before the main activities and finishes with a gentle cool-down and stretch.

The club is open to stroke survivors of all ages and carers / partners / support workers are welcome to attend.

Scotch Horn Leisure Centre, Brockway Road,
Nailsea, BS48 1BZ

Mondays, 1pm, £3 per member and £1 for any accompanying adults

Contact: Sarah and Will Luxton: 07780 355 190 / theluxtons1976@gmail.com



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