

# Get Active in North Somerset

[www.betterhealthns.co.uk/get-active](http://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.

The current round of funding is open until Friday 27 February 2026.

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 2026

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.

There is currently no waiting list. For further information about the healthy lifestyles support available visit our [website page](#) and to refer a resident, complete our [form](#).

Residents can also self-refer using this [form](#), or contact the Healthy Lifestyles team via telephone on 01934 427661 or email: [healthylifestyles@n-somerset.gov.uk](mailto:healthylifestyles@n-somerset.gov.uk)

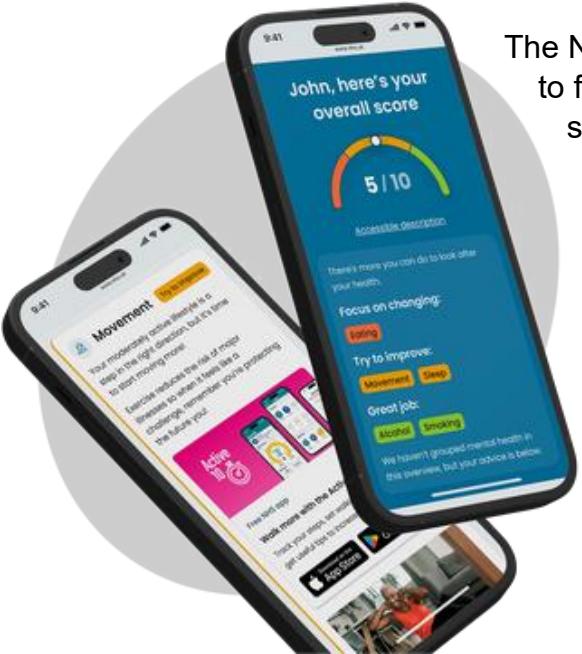
### **Go4Free scheme now closed**

The Go4Free scheme was a 2-year project that offered inactive residents in North Somerset the chance to try a new physical activity for free.

249 North Somerset residents signed up to the scheme, with the majority choosing to continue with their activity once their free and discounted sessions had finished.

New referrals are no longer being accepted, but those who have already signed up still have until March 2026 to use all of their free and half price sessions. Please do not signpost residents to the scheme and remove any promotional materials that you have shared in your buildings or online.

### **NHS Healthy Choices Quiz**



The NHS have launched a new quiz to encourage people to find out how healthy their lifestyle is and to offer signposting and support to make changes.

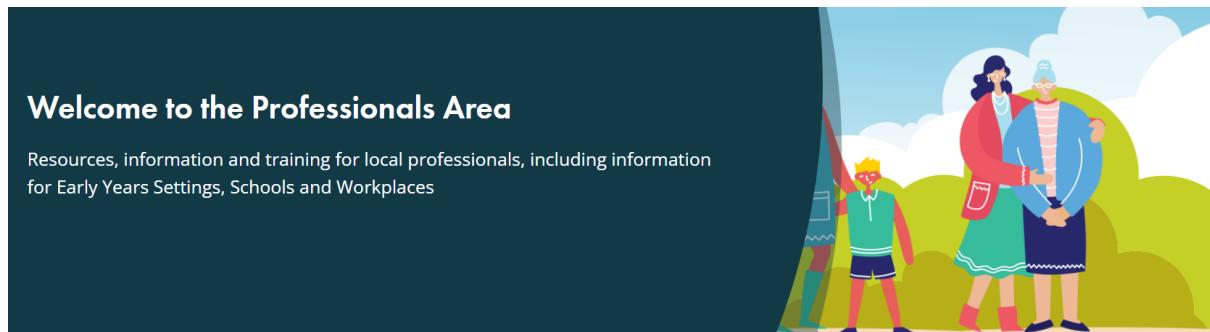
The quiz asks about eating, alcohol, movement, smoking and vaping, mental health and sleep. The answers generate a score out of 10 and recommends apps and advice for any sections that had a low score.

The quiz is open to adults aged 18 and over and can be accessed online: <https://www.nhs.uk/better-health/healthy-choices-quiz/>

### **Better Health resources for Professionals**

Did you know we have a Professionals area on our [Better Health North Somerset](#) website? You can find resources, tools and training on Physical Activity and many

more topics. Check it out here: <https://www.betterhealthns.co.uk/professionals/> or just click the 'Professionals Area' button on the homepage



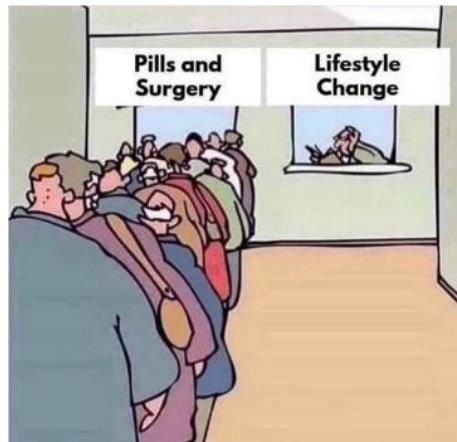
## Workshops available / Instructor Opportunities

### **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:



- **Tuesday 20 Jan, 10am to 12pm**
- **Wednesday 29 Apr, 10am to 12pm**

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

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

For more information, email: [GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk). Let's work together to make physical activity more accessible for everyone.

## Equality, Diversity and Inclusion (EDI) webinars

[Sport England](#) have announced three new webinar topics exploring equality, diversity and inclusion issues.

The webinars are open to anyone working in sport and physical activity.

Each free session will equip attendees with the knowledge and tools to embed EDI best practices into their everyday work.

Click on a topic below to visit Eventbrite, where you can find out more and book your place:



[Anti-Racism in Practice](#) – 5 February

[Women and Girls – Pregnancy and Maternity](#) – 3 March

[Understanding Neurodiversity](#) – 22 April

## Active Adults

### Weston AFC Walking Football and Weston Ability Football Club



**WALKING FOOTBALL**

Want to improve your fitness and mental wellbeing? Walking Football can provide the following benefits:

- Cardiovascular health
- Social Interaction
- Mental Well-Being
- Low Impact Exercise

We run four sessions each week for men and women:

**MONDAY EVENING**

**TUESDAY MORNING**

**FRIDAY MORNING**

If you are interested in playing or want more information, email [walking@wsmafc.co.uk](mailto:walking@wsmafc.co.uk)

Walking Football is a great way to get back into the sport you used to love at a gentler pace, or to give it a go for the first time!

Weston AFC run Walking Football sessions for all abilities on:

Mondays 8pm to 9pm (Mixed, men and women)

Tuesdays 10am to 11am (Mixed, men and women)

Fridays 10am to 11am (Men only)

At the Optima Stadium, Winterstoke Road, Weston-s-Mare, BS24 9AA

To find out more, contact Ian Granger at:

[walking@wsmafc.co.uk](mailto:walking@wsmafc.co.uk) or visit:

<https://www.westonsmareaafc.co.uk/walking-football/>

Weston Ability Football Club is a football club for children and adults, male or female with any disability, learning difficulties, or SEND (Special Educational Needs and Disabilities).

The club train every Sunday at Weston-super-Mare AFC, on the 3G pitch located behind Weston Football Club.

The sessions are open to the following age groups:

- Under 12s (U12) Sundays 9am 10am
- Under 16s (U16) Sundays 9am 10am
- over 16 and Adults Sundays 6pm 7pm

All coaches are FA qualified, DBS checked, and importantly, are parents of children with additional needs themselves—so they truly understand and can relate to both players and families.

To find out more, contact: [Enquires@westonabilityfc.co.uk](mailto:Enquires@westonabilityfc.co.uk) or visit: [www.westonabilityfc.co.uk](http://www.westonabilityfc.co.uk)

## Healthy You

Healthy You offers 12 weeks of group support to improve healthy habits with a focus on healthy eating and exercise, this is a free service for adults with a body mass index (BMI) equal to 28 or more.

The programme is designed to give people the tools they need to make small but sustainable changes that can be maintained long term, supporting them to live a healthy lifestyle.



Each session is interactive, lasts 90 minutes and covers different topics each week e.g. portion sizes, healthy food swaps, setting goals, taking part in physical activity, local support and signposting. At each session people will have the opportunity to take part in 45 minutes of physical activity which will vary each week.

The group is available at:

[Scotch Horn Leisure Centre](#) in Nailsea on Thursdays from 6.30pm to 8pm

[Hutton Moor Leisure Centre](#) in Weston-s-Mare on Wednesdays from 6.30pm to 8pm

Residents can find out more and self-refer here:

<https://www.betterhealthnhs.co.uk/information/healthy-you/> or contact Kylie Taylor: [kylie.taylor@legacyleisure.org.uk](mailto:kylie.taylor@legacyleisure.org.uk) / 01934 425 900

## Free Inclusive Cycling

Strawberry Line Cycle Project are continuing their free Inclusive Cycling sessions, every Wednesday at Yatton Railway Station (BS49 4AJ).

The sessions are open to people living with disabilities, neurodiversity, additional needs and/or long-term health conditions. The sessions are a great way for people to get some regular exercise while improving their physical and mental health and cycle skills.

Adaptive and regular bikes are available to explore and enjoy the beautiful traffic free Strawberry Line Cycle path. The drop in runs from 10am to 4pm every Wednesday. To find out more, contact: [strawberrylineprojects@gmail.com](mailto:strawberrylineprojects@gmail.com) or visit:

<https://www.strawberrycycles.com/>

**Inclusive Cycling Skills Sessions**

We host FREE drop-in Cycle sessions on Wednesday's between 10am-4.00pm for people with disabilities, additional needs or enduring health conditions.

We have a range of bikes, trikes, handcycles, co-riders and other adaptive bikes, so offer a variety of ways to get you pedalling.

[strawberrylineprojects@gmail.com](mailto:strawberrylineprojects@gmail.com)

## Health Walks

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/>

## Mind, Body and Baby (previously known as H.E.N)

Mind, Body and Baby 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.

It 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/>

## **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, chalks, 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](mailto: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](mailto:Getactive@n-somerset.gov.uk) or call 01275 88 2731. Visit the national website: [www.park-play.com](http://www.park-play.com)

## 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 condition.

New classes will be taking place in Clevedon at The Barn, starting in February, start date to be confirmed. The new classes will be:



- Seated exercise, Wednesdays, 1-2pm
- Diabetes class, Wednesdays 2-3pm
- Fibromyalgia, Fridays 1-2pm

To register interest, please email [GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk), and confirmation details can be sent once finalised.

The following classes take place:

At Hutton Moor Leisure Centre, W-s-M:

- Better Breathing
- Cardiac rehab and prehab

- Diabetes,
- Fibromyalgia,
- Parkinsons,
- Post-natal exercise class and pre-natal aqua class
- Stroke rehab

At Scotch Horn in Nailsea:

- Dementia, £5.60 a week
- Diabetes
- Fibromyalgia

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



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