

Get Active in North Somerset

www.betterhealthns.co.uk/get-active



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Sept 2026

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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Half Time Event: Get Active – a Physical Activity Strategy for North Somerset

Thursday 8 October 2026, 9.30am to 12.30pm

The Food Works, Whirlwind Road, Weston-super-Mare, BS24 8EF

Join us for our Half Time Event, two and a half years on from the launch of Get Active – a Physical Activity Strategy for North Somerset. The Half Time Event will bring together stakeholders from across health, local government, community organisations, VCSE groups, education, sport and physical activity two and half years after the launch of the five-year strategy.

To confirm your space at the Half Time Event sign up via our webpage:

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



Local Funding Opportunities

New Physical Activity Fund with a focus on women and girls

We are excited to announce that round eight of the Physical Activity Fund is now open for applications, with a key focus on supporting projects that support women and girls become more physically active.

Evidence from the Active Lives Survey shows that females are less likely to be physically active than males and are less likely to enjoy being active. We want to help change this in North Somerset by:



Women and Girls Physical Activity Fund



- empowering women and girls to feel more comfortable and less judged when taking part in physical activity
- breaking down barriers to participation by listening to what women and girls want and need to become more active
- helping women and girls feel safe and confident when taking their first steps towards being more active.

We particularly encourage applications from organisations supporting women and girls in North Somerset from the following groups:

- Disabled people and those living with long-term health conditions: Activity is less common among disabled people or those with a long-term health condition (48%) among those without (69%).
- Ethnically diverse communities: Activity levels vary based on ethnic background; those of Black and Asian ethnicity (excluding Chinese) are less likely to be active than other ethnic groups.
- Socio-economic groups: People in routine and semi-routine occupations, and those who are long-term unemployed or have never worked, are among the least likely to be physically active.

This round of funding is open until Friday 30 October. For further information about the fund and how to apply please visit:

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

(We will still welcome applications that are not exclusively for women and girls)

Impact Alliance Funding – up to £4k available for projects aimed at disabled young people

Seeking project/project ideas aimed at disabled young people (no age specification on this) that are tackling loneliness and social isolation. The Impact Alliance have small grants of up to £4K to give to such projects. Sustainability needs to be thought about and a year's feedback and communication around the project is required. This can go to an established organisation or simply an individual who wants to start something.

The Impact Alliances [manifesto is available on their website](#) to give an idea of the projects aims/values. The project specification is very broad at the moment, and they are open to ideas. Please contact Lorna.Browne@wecil.org.uk for more info.

Local Opportunities

Steps to Get Active – classes tailored for long term health conditions

Steps to Get Active is a 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 make gradual increases to physical activity levels.

Physical activity has been described as a 'miracle cure' due to the many health related benefits it has. For some long-term health conditions, taking part in physical activity can help relieve some of the symptoms and make certain conditions easier to live with.



Groups available in Clevedon at The Barn, £6 a week:

- Stay Steady – seated exercise, build strength and balance (Wednesdays, 2 to 3pm)
- High blood pressure, high cholesterol, Diabetes – pre and type 2 (Wednesdays, 3 to 4pm)

Steps to Get Active groups available at Hutton Moor Leisure Centre – classes FREE for the first 12 weeks:

- Better Breathing (Mondays, 2 to 3pm)
- Cancer rehab/prehab (Thursdays, 2 to 3pm)
- Cardiac Rehab – phase 4 (Mondays, 1 to 2pm)
- Diabetes – pre and type 2 (Fridays, 2 to 3pm)
- Fibromyalgia (Thursdays, 10.30 to 11.30am; Saturdays 11.15am to 12pm)
- Parkinson's (Fridays, 12 to 1pm)
- Stroke Rehabilitation (Fridays, 1 to 2pm)

Steps to Get Active groups available at Scotch Horn Leisure Centre, £5.60 a week:

- Seated exercise (Thursdays, 2 to 3pm)
- Diabetes – pre and type 2 (Tuesdays, 12pm)
- Seated yoga and wellness for those living with long term health conditions (Wednesday, 1.30pm)

Pre and post-natal classes available at Hutton Moor Leisure Centre, free for the first 12 weeks:

- Pre-natal aqua class (Thursdays, 2.30pm)
- Post-natal exercise class (Tuesdays, 12.30pm)

Please promote to any individuals who may be interested in attending. For more information and for details how to book, visit our website:

<https://www.betterhealthns.co.uk/support/steps-to-get-active/>

ParkPlay Start – simple, low-cost opportunity for local groups

ParkPlay Start is a simple, affordable way for local groups to bring play to their parks and green spaces. Designed as an introduction to ParkPlay, it provides the support, equipment, and resources needed to get people playing together, with guidance from the ParkPlay team throughout.

When your group is ready, everything achieved through ParkPlay Start can contribute towards launching a full ParkPlay event.



For £950 + VAT, you'll receive:

- A ready-to-use equipment pack, including balls, bats, cones, frisbees, a cricket set, and more
- Unlimited access to the ParkPlay games library and session resources via the Team Hub app
- Registration with ParkPlay and a dedicated contact person
- A welcome call to help you get started
- Ongoing support and regular check-ins to help your group develop

For more information and to download the one-page guide, please visit our website:

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

New Over 55s Classes at Hangar Gym, Weston-s-Mare

OVER 55s CLASSES
hangar AT THE HANGAR

FRIENDLY KNOWLEDGEABLE COACHING.
EXERCISES AND WORKOUTS AT YOUR OWN PACE.
A GROUP OF LIKE-MINDED PEOPLE TO WORK WITH.
CLASS LIMIT OF 10. A CHILLED, FUN, NO-PRESSURE ATMOSPHERE

CLASSES AT 5PM ON MONDAY AND FRIDAYS
AT THE HANGAR GYM, RECTORS WAY, WESTON, BS23 3NP

WAYS TO FIND OUT MORE AND TO BOOK A FREE TASTER

EMAIL: [INFO@THEHANGARWSM.CO.UK](mailto:info@thehangarwsm.co.uk)
MESSAGE US ON FACEBOOK OR INSTAGRAM BY SEARCHING THEHANGARWSM
MESSAGE US ON 07889 139 598

The Hangar Gym in Weston-super-Mare are offering relaxed and fun exercise and workout classes for Over 55s.

The classes are run by friendly, knowledgeable coaches, and participants can take it at their own pace in a relaxed, supportive, and pressure-free environment.

When: Mondays and Fridays at 5pm

Where: The Hangar Gym, Rectors Way, Weston-super-Mare, BS23 3NP

Find out more and book a free taster: email: info@hangarwsm.co.uk / send a message to: 07889 139 598 or message them via facebook or Instagram by searching: TheHangarWSM

Fox Cycling – supporting children and families with learning to ride a bike

Learning to ride a bike is an important life skill, but confidence starts before pedalling!

[Fox Cycling](#) supports children, families and adults with confidence-first cycling guidance, Pedal Ready Assessments and one-to-one learn-to-ride support, helping learners take the next step calmly and confidently.

Fox Cycling offer a variety of sessions to support children and families with the first steps to learning to ride a bike, find out more:

[Fox Cycling – Weston-super-Mare, Bridgwater and Cheddar](#)

07484 327645

Facebook: [Fox Cycling – Weston-super-Mare, Bridgwater & Cheddar](#)

Instagram: [@foxcyclingWBC](#)



Banwell Beacons – football training for pan disability adults



Banwell Beacons offer pan-disability football training on Thursdays, 10.30am at Hutton Moor Leisure Centre.

The sessions are led by qualified FA coaches.

Find out more on their website:

<https://banwellfc.co.uk/news/banwell-beacons---welcome-to-the-family>

Or email Jo to sign up:

secretary@banwellfc.co.uk

Hornets Ladies and Girls Touch Rugby

In June this year a new touch rugby club started at Hornets RFC in Weston-super-Mare.

Open to everyone, it offers ladies and girls teams. All abilities are welcome, no experience is needed.

A great opportunity to keep fit, meet new people and have fun with touch rugby games.

Every Wednesday 7pm

Hornets RFC, Hutton Moor Road, Weston-super-Mare, BS22 8LY

<https://hornetsrfc.rfu.club/>

ladies@thenest.hornetsrfc.co.uk



North Somerset Sports Foundation and Gym Lab



[North Somerset Sports Foundation](#) is a registered charity delivering community-led sport, education and wellbeing programmes across North Somerset.

At the heart of their work is [The Gym Lab](#) in Clevedon; which was developed in response to the barriers they saw in traditional sport and fitness environments, where cost, confidence, and accessibility too often prevent participation. The Gym Lab is a welcoming, community gym where people of all ages and abilities can take part in physical activity in ways that work for them.



Programmes include:

- Community gym with inclusive membership options.
- Parkinson's exercise classes.
- Cancer rehabilitation classes.
- Adaptive fitness sessions.
- Senior health and wellbeing programmes.
- Walking football.
- Children's and young people's physical activity programmes.
- Inclusive football opportunities.
- Education and post-16 provision.
- Volunteering and work experience opportunities.
- Community facilities that support health and wellbeing initiatives.

Visit: <https://www.nssportsfoundation.org/> to find out more.

New FA Wildcats football sessions for girls aged 8 to 11



Weston-super-Mare AFC Women have recently launched FA Wildcats sessions, providing girls aged 8 to 11 with the perfect introduction to football in a fun, safe and welcoming environment.

Wildcats runs **every Monday and Friday from 5pm to 6pm**, offering young girls the opportunity to develop their football skills, make new friends and build confidence through exciting and engaging sessions led by FA-qualified coaches.

The sessions form part of Weston-super-Mare AFC Women's growing commitment to providing opportunities for girls of all ages and abilities, creating a clear pathway from introductory football through to the Girls Academy teams.

Places are limited and must be booked in advance: <https://book.EnglandFootball.com/Book/8327d210-a990-4ab6-9440-a0daa2adc70c?venue=westonsupermareafcwomen>

Bleadon Outdoor Gym Sessions

An opportunity for people to find out how to use the new outdoor gym equipment in Bleadon and what exercises best suit individual's needs.

- Every Thursday
- 9.30am to 10.30am - People can arrive and leave whenever suits them.
- Next to the Coronation Hall, 5 Coronation Road, Bleadon, Weston-s-Mare, BS24 0PG

Free, including refreshments.

For more information, contact 07882 474692

Healthy Lifestyles Support

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 and stop smoking.

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



The service also offers Mind, Body and Baby – a postnatal health and wellbeing group lifestyles group. For more information about this visit: <https://www.betterhealthns.co.uk/healthy-families/healthy-baby/mind-body-baby/>

Age UK Somerset Ageing Well Exercise Classes

Age UK Somerset offer a wide variety of exercise classes across North Somerset to help people stay active, healthy and independent. New classes are regularly added to the North Somerset timetable.





STARTING SOON – REGISTER YOUR INTEREST NOW!



Sit, Fit & Fun
Everyone welcome!

Gentle chair-based activity session
For fun and friendship

Fridays
(start date tbc)
10am – 11am

This class is held at:
Clevedon Christadelphian Church
Coleridge Vale Road North
Clevedon
BS21 6NL

Cost: £4

For more information or to sign up please
call Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk

visit our website: www.ageuksomerset.org.uk

Please check class is running prior to attending



Information correct on: 12/08/2026

Registered Charity No: 1015900

ageingwell@ageuksomerset.org.uk

A new Sit, Fit and Fun class is coming to Clevedon soon. It will take place at Clevedon Christadelphian Church on Fridays, 10am to 11am. The date is still to be confirmed but people can register their interest now by contacting Age UK Somerset: 01823 345 624 /



Mediterranean Moves

Tai Chi QiGong
seated or standing

Sit, Fit & Fun
Everyone welcome!

To increase and maintain general fitness

More local classes with spaces available include:

- Mediterranean Moves – Weston-super-Mare
- Music to Movement – Backwell and Worle
- Sit, Fit and Fun – Wrington
- Tai Chi – Kewstoke

Visit the [Age UK Somerset website](http://www.ageuksomerset.org.uk) to view the latest timetable.

Instructor / Leader Opportunities

ParkPlay – fancy helping out?



ParkPlay is a fun, welcoming way to bring people together through free, weekly games and activities in the park. It's all about families, friends and neighbours moving and playing together, with something for all ages to enjoy. Sessions are relaxed, inclusive and designed to help everyone feel part of their local community.

Find out how to get involved and opportunities to help, by contacting us at: getactive@n-somerset.gov.uk

ParkPlay happens every Saturday at:

Castle Batch Recreational Ground, Worle,
Weston-s-Mare
9.30 to 11am

Visit the national website: www.park-play.com



Training

Physical Activity Raising Awareness Workshop

If you work directly with the community, join our Physical Activity Awareness Workshop to help you better support those who could benefit from becoming more active.

Currently, around 1 in 3 men and 1 in 2 women do not meet the recommended levels of activity for good health. By attending this workshop, you can play a key role in improving the health and wellbeing of the people you support.

This workshop aims to increase your knowledge, skills, and confidence so you can more effectively promote physical activity through your everyday advice and referrals.

One in four individuals would be active if recommended by a health professional.

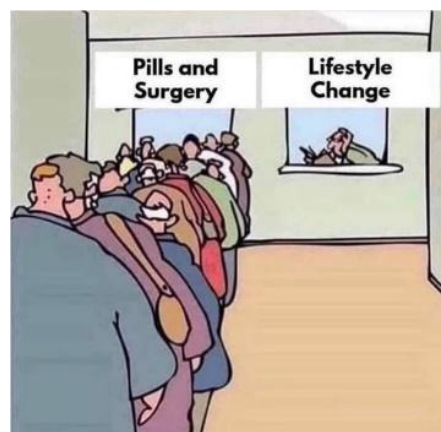
Topics covered include physical activity benefits, recommendations, risks of inactivity, why we are inactive and local provision to get active.

The next workshops will take place:

- Wednesday 16 September, 10am to 12pm, Town Hall, Weston-super-Mare
- Thursday 10 December, 10am to 12pm, Town Hall, Weston-super-Mare

To register your interest for the next workshop, or for more information, email: getactive@n-somerset.gov.uk or call 01275 882 730; or visit our website:

<https://www.betterhealthns.co.uk/news/physical-activity-raising-awareness-workshop>



Free Health Walk Volunteer Training

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 Banwell, Churchill and Cheddar, Clevedon, Long Ashton, Nailsea, Portishead, Weston-super-Mare, Winscombe, Worle and Yatton.

If you would like to volunteer to help the health walk programme, we are running [Health Walk Volunteer training](#) on:

- **Thursday 17 September, 10am to 1pm**
- **Tuesday 15 December, 10am to 1pm**

Both sessions take place at the **Town Hall in Weston-super-Mare**.

Volunteer to lead or assist with walks, help develop new walking routes or provide admin support at walks.



Free Dementia Awareness Training

A one hour session for those who wish to understand dementia a little more, and ways they can help others who have the condition or are starting to have symptoms.

To inspire everyone to make a difference for people affected by the condition in their communities.



Tuesday 29 September, 10 to 11am

Online - Teams

To book, please email: getactive@n-somerset.gov.uk

Physical Activity Clinical Champions Training

Physical Activity Clinical Champions (PACC) is an initiative that offers free clinical to clinical training to professionals working in healthcare. This supports them to improve patient care and outcomes.

PACC have a specifically developed series of condition specific sessions focused on the benefits of physical activity in specific disease and long-term condition pathways.

PACC have the following online training sessions:

- Cardiology, Thursday 3 September, 12 to 1pm
- Obesity and overweight, Monday 14 September, 12.30 to 1.30pm
- MSK/ Rheumatology, Wednesday 30 September, 12.30 to 1.30pm
- Mental Health, Tuesday 13 October, 12.30 to 1pm
- Diabetes, Tuesday 20 October, 12.30 to 1.30pm
- Obesity and overweight, Wednesday 4 November, 12.30 to 1.30pm
- Behaviour change, Thursday 19 November, 12.30 to 1.45pm
- Hospital Associated Deconditioning, Tuesday 1 December, 12.30 to 1.30pm

For more information, and to register, visit: <https://movingmedicine.ac.uk/pacc/pacc-sessions/>

Free Sport Welfare online event - Unlocking the power of physical activity for mental health with MIND

We're in the middle of a mental health crisis, with 1.6 million people currently stuck on waiting lists for NHS mental health services. We know that sport, physical activity, and movement can play a powerful role in helping people with mental health problems, alongside talking therapies, medication and other forms of support. But it needs to be safe and effective, for the participants and those delivering activities.

Safe and effective practice guidance and support package gives sport and physical activity professionals the confidence to safely and effectively support the mental health of their participants, and those involved in delivery.

By the end of this interactive workshop, attendees will:

- Understand the importance of safe and effective practice in physical activity delivery for both participants and deliverers.
- Understand how to effectively spot, support and signpost in relation to mental health in physical activity settings.
- Be aware of the tools, resources and support networks available to help them, including Wellness Action Plans (WAPs), escalation processes and professional boundaries.



This event is a part of the No Hate, Just Sport Webinar Series. Thursday 10 September, 6pm to 8pm, online. To book, click [here](#).

Local and National News and Campaigns

This Girl Can – Move for 10 Challenge

This Girl Can have launched a brand-new challenge, [Move for 10](#).



At the heart of this initiative is a simple but powerful idea: starting with just 10 minutes can be the gateway to being active more often.

The aim is to help support more women to move in short bursts, so they can enjoy the feel-good benefits of being active but in a way that doesn't feel unachievable or intimidating.

The mechanics are easy – just 10 minutes of movement, 10 times in a month!

- 10 minutes of movement.
- 10 times over a month.
- Any activity.
- Any pace.
- Start whenever you are ready.

And, starting today, anyone who wants to take part in Move for 10 will be able to register on the [This Girl Can website](#), and return to log their activities and track their progress across any device whenever it's convenient for them.

This Girl Can's website also provides ideas and inspiration on different ways to complete the 10 minutes of movement, and Move for 10 will remain an 'always-on' challenge, so participants can sign up during any month, at any time.

Women can join at any point, pause when they need to and return whenever the time feels right or when they need a little boost.

By breaking down barriers to exercise, Move for 10 makes getting active feel more accessible, achievable and possible, in flexible sessions that work for the participants.

Sign up to the challenge now: [Move for 10 | This girl can](#)

National Fitness Day 20/20 Challenge

Every September, National Fitness Day inspires millions of people across the UK to move more. For organisations, it's a unique opportunity to harness that national momentum and transform a single day of activity into a shared movement experience that engages employees across your entire workforce.

The 20/20 Challenge extends National Fitness Day into a 20-day workplace movement programme, giving every employee the opportunity to take part, regardless of location, job role or fitness level. Through a simple digital experience, colleagues can track activity, support one another and contribute towards a collective goal.



Rather than running a one-day campaign, organisations can use National Fitness Day as a catalyst to build engagement, strengthen culture and encourage healthier habits that last long after the day itself has passed. Find out more and register at: National Fitness Day | Total Active Hub

Active Lives Report



More than 30 million adults in England are now meeting the recommended levels of physical activity, including millions taking part in sport, as participation continues to steadily rise.

The latest Active Lives Adult Survey Report, covering the period between November 2024 and November 2025, shows that 64.6% of adults (30.9 million people) met the [Chief Medical Officers' guidelines](#) (updated July 2026) of doing 150 minutes, or more, of moderate intensity physical activity a week.

That's an increase of 859,000 adults compared to the previous 12 months.

However, while overall activity levels continue to improve, the data highlights that significant inequalities persist, with some groups and communities still far less likely to be active than others. View the full report here:

<https://www.sportengland.org/research-and-data/data/active-lives>

Move Consulting Physical Activity Animation

[Move Consulting](#) have created an animation to explain physical activity in a clear, inclusive and accessible way. It's available for organisations and partners to use across their own communications, learning and workforce development activity. This could include:

- qualifications and training programmes;
- eLearning courses and digital learning platforms;
- organisational and programme websites;
- presentations and workforce briefings;
- social media content; and
- public-facing physical activity and health communications.



You can find out more on their website: [Introducing the Physical Activity Spectrum animation](#) and the animation can be viewed here: [Vimeo](#)



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