

January 2025

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 Network Event**

On Tuesday 19 November we welcomed providers from a range of organisations to a network event where we shared information about local and national funding available to not-for-profit sports clubs, physical activity providers and community groups who are able to support delivery of [Get Active – a Physical Activity Strategy for North Somerset](#) and the associated action plan.

Our next North Somerset Physical Activity Network Event will focus on children and young people, aimed at local physical activity providers (groups, clubs and organisations) and those working locally to support children and young people to be healthy and have the best start in life.

When: **Wednesday 26 February 2025, 4-6pm**

Where: Seagulls in the Community, The Optima Stadium, Winterstoke Road, Weston-super-Mare, North Somerset, BS24 9AA

The network event will include:

- Information about the latest Active Lives Survey data focussing on physical activity levels of children and young people in North Somerset
- Informal networking session, display spaces will be available with invites to local physical activity providers and professionals/practitioners supporting North Somerset children and young people. This will be an opportunity to hear about physical activity provision for children and young people and for those providing activity to link with professionals/practitioners who are supporting young people.
- Showcase example of a local affordable physical activity opportunity for children and young people that is having positive impact

Note: The primary focus of your group / organisation does not need to focus on physical activity or sport to attend this event, we welcome any organisations that can use physical activity as a tool to support positive outcomes for children and young people

To reserve your place please complete and submit the details within the following link [Physical Activity Network Event - a focus on children and young people | Better Health North Somerset](#)

### **Physical Activity Fund Now 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](#)

The total fund is £63,000, and we are inviting proposals for actions, programmes or interventions that will help to achieve aims of the strategy. Individual proposals may have a value of up to £2,000.

There will be three rounds of funding available with the £63,000 being equally split across the three rounds, therefore funding it not based on a first come, first served basis.

For further information about the fund and how to apply please visit: <https://www.betterhealthns.co.uk/support/pafund/>

### **Walking**

#### **Health Walk Leader Training**

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

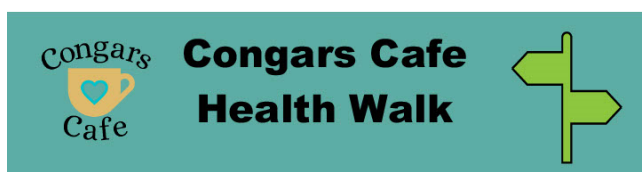
There are Health Walks in Churchill and Cheddar, Clevedon, Congresbury, Long Ashton, Nailsea, Portishead, Weston-super-Mare, Worle and Yatton. We also have evening walks in Clevedon and Weston-super-Mare during warmer weather. All the latest programmes are available on our [website](#).



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 on Monday 3 February, 10am to 1pm in Clevedon. For more information, visit our webpage: <https://www.betterhealthns.co.uk/information/walk-leader-training/>

## New Walk for Congresbury!



**Come and join us for a gentle monthly walk**

Meet outside Congars Café on Broad Street,  
Congresbury

**First Tuesday of the month at 10am**

**7 January**

**4 February**

**4 March**

**1 April**

**6 May**

**No need to book, just turn up!**

In September we welcomed a new Health Walk in Congresbury.

With the support of Sonya and Ian who run Congars Café and our new volunteer Eileen. The group will meet for a gentle 40 minute walk once a month on Tuesdays at 10am, meeting at the Café on Broad Street.

Everyone is welcome and there's no need to book.

## Local Activities in North Somerset


### **Couch to 5K**

The next Couch to 5K starts at 7pm on Monday 13 January 2025, meeting on Weston Seafront, at the corner of Marine Parade and Beach Road, at the Uphill end of the promenade. Everyone is welcome and will get lots of support to succeed. It is all about encouraging anybody who has the desire and enthusiasm to get more active through running. (If you miss the 13<sup>th</sup> January contact us to see if there is still space).

To book a place please contact

Kira: [kira.thorpe@hotmail.com](mailto:kira.thorpe@hotmail.com)

The NHS Couch to 5K app should be downloaded before the first session please: [www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/](http://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/)



**The NHS Couch to 5K programme is back!**  
Led by volunteers Kira and Helen, come and join the thousands of people who have become runners!


Everyone is welcome and you'll get lots of support to succeed.

Whatever your fitness level, even if you've never run for a bus before, you can do this!

**Every Monday from**  
**13 January 2025 at 7pm**  
**Meeting on Weston seafront**  
(at the corner of Marine Parade and Beach Road at the Uphill end of the promenade)

Please wear comfortable clothing

**To book your place, or for more information please contact Kira via email:**  
[Kira.thorpe@hotmail.com](mailto:kira.thorpe@hotmail.com) 07882 474692



Everyone is welcome, but we're also supporting #Let's Lift the Curfew promoting safe outdoors activity for women in the darker months

## **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 every Saturday, come rain or shine, and all year round!

- Castle Batch Recreational Ground, Worle, 9.30am-11
- Merlin Park, Portishead, BS20 8RW, 10am-11.30

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 provided. To find out more about the Play Leader role, email: [Getactive@n-somerset.gov.uk](mailto:Getactive@n-somerset.gov.uk) or call 01275 88 2731.

For more information about ParkPlay go to: [www.park-play.com](http://www.park-play.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 - 11.30am and Saturdays 11.15am - 12pm
- Parkinsons, Fridays 12 - 1pm
- Stroke Rehab, Fridays 1 - 2pm
- Cardiac Rehab, phase 4, Mondays 1 - 2pm
- Cancer prehab/rehab, Mondays 1 - 2pm
- Better Breathing, Mondays 2 - 3pm
- Dementia group – Fridays, 2.15 – 3pm



To book on, or for more information, contact Amanda: 07919 116 154;  
[info@neurogrouplexercise.com](mailto:info@neurogrouplexercise.com)

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

[www.weareundefeatable.co.uk/](http://www.weareundefeatable.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 you the tools you need to make small but sustainable changes that can be maintained long term, supporting you to live a healthy lifestyle.



The programme focuses on behaviour change, participants can opt in or out of weight measurements taken at some sessions and are supported to increase physical activity levels and eat well throughout the 12 weeks, with a follow up session at 26 weeks. To get the most out of the course it is expected that participants attend at least 9 sessions (to include week 6 and week 12). Those attending at least 9 of the 12 sessions will be eligible for two months free gym membership worth £88.

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 you will have the opportunity to take part in 45 minutes of physical activity which will vary each week.

Criteria:

- Adults that would like to get active, eat well or lose weight
- Aged 18 years old or more, with a BMI  $\geq 28$  (adjusted to BMI  $\geq 25$  in adults of Black African, African-Caribbean and Asian origin / or those living with comorbidities)
- Living within North Somerset
- Able to attend a minimum of 9 sessions

- Not currently attending another NSC funded 12-week weight management service (e.g. Slimming World, Healthy Lifestyles Advisors, Fit Robins)

The courses are delivered by Hutton Moor Leisure Centre and Scotch Horn Leisure Centre, Legacy Leisure.

To find out more or to book a place on the next course email: [kylie.taylor@legacyleisure.org.uk](mailto:kylie.taylor@legacyleisure.org.uk) or call 01934 425900 (ask for Kylie Taylor).

- Wednesdays, 6.30 – 8pm at Hutton Moor Leisure Centre (Weston) – starting 15 January 2025
- Thursdays, 6.30 – 8pm at Scotch Horn Leisure Centre (Nailsea) – starting 16 January 2025

<https://www.betterhealthns.co.uk/information/healthy-you/>

<https://www.betterhealthns.co.uk/wp-content/uploads/2024/11/Healthy-You-poster.pdf>

## 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.



Read below the recent feedback from residents benefitting from healthy lifestyles support at the end of last year:

“They listen and offer advice and support with no judgement. [Advisor] was amazing”

“I found it really helpful learning about the colours on food packaging just having someone to guide me with what to eat”

“Meeting and working with [Advisor], an absolute pleasure, honest, sensible, achievable goals, no judgement, just fantastic support and a great personality. I have implemented basic fundamentals to my daily routine that are now engrained into my day to day being. This has only become achievable because of the fabulous support of [Advisor]. I continue to work on weaker aspects of my lifestyle, and will achieve my lifestyle goals, all of which were made possible by working with the NSC lifestyle team, Thank you, especially a massive Thank you to [Advisor], you are a star.

“Really friendly and very supportive and no judgement is made. I’ve been made to feel really comfortable and been given lots of information and lots of motivation through this journey. Amazing service and I would strongly recommend to anyone in

need of help with changes to your lifestyle. It works. It's gets you through the other side of the difficulty in making those changes with great support"

For further information about the healthy lifestyles support available visit our website page: <https://www.betterhealthns.co.uk/tools/healthy-lifestyles-advisors-ga/> 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](mailto:healthylifestyles@n-somerset.gov.uk)



The healthy lifestyles advisors also run a postnatal healthy lifestyles group (HEN) for further information about this visit:

<https://www.betterhealthns.co.uk/information/hen-postnatal/>

## Age UK Somerset Classes

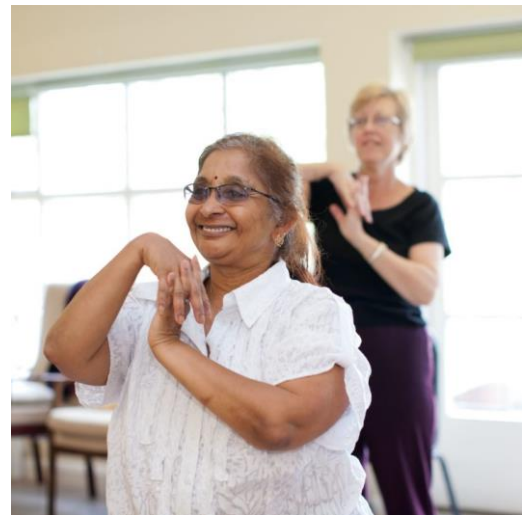
Age UK Somerset have exercise, activity and falls prevention classes for over 50s taking place across North Somerset.

As well as being great for general fitness and wellbeing they are very sociable and a lot of fun!

From general fitness, strength and balance and chair-based classes to swimming, fishing, Yoga, Tai Chi and more, there is something to suit everyone.

To see the full timetable visit:

<https://www.ageuk.org.uk/.../exercise-session-timetables/>



## The Dugout – youth club

The Dugout at Weston-super-Mare AFC is a fun, safe and inclusive youth club for 11-16 year olds, launching on 20 January 2025. The Dugout will take place every Monday and sessions are free. A range of fun activities will be on offer including mindfulness, multi-sports and board games.



For more information visit their facebook page: [Seagulls in the community](#), or contact: [sugout@seagullsitc.org](mailto:sugout@seagullsitc.org).



### Instructors, Leaders and Professionals

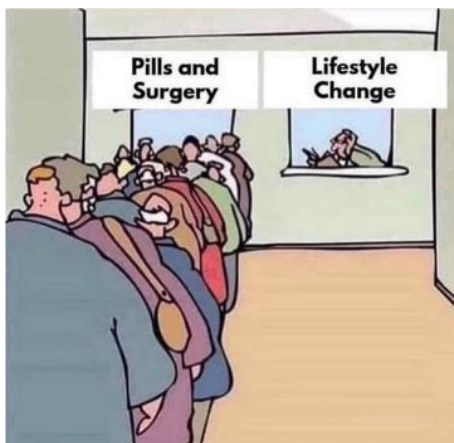
#### **Physical Activity Raising Awareness Workshop**

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**

**Tues 21 Jan, 10am-12pm**

**Castlewood, Clevedon, BS21 6AB**



The next workshop take place in Clevedon on: Tuesday 21 January 2025, 10am to 12pm. And more dates will be planned.

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](mailto: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

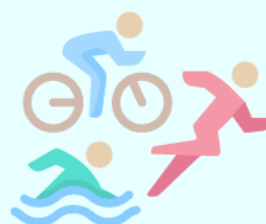
The people we are specifically supporting under this scheme are:

- 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](https://bit.ly/3Lm15PM) or scan the QR code:



For further information, please email [active@vansmail.org.uk](mailto:active@vansmail.org.uk) or call Sally Kingston, Physical Activity Coordinator on 07985 153182.



### Boccia Coaches Wanted

Voluntary Action North Somerset (VANS) are looking to set up weekly community Boccia sessions (probably in the Weston Super Mare area). Are you a local Boccia coach and looking for more work or are you interesting in completing training to deliver Boccia? Find out more about Boccia, which is a Paralympic sport, by visiting the [Boccia UK website](#).

For more information about coaching opportunities, get in touch with Sally Kingston at VANS for more information via email [sally.kingston@vansmail.org.uk](mailto:sally.kingston@vansmail.org.uk) or call 07985 153182.

## Get Active at Home

### Exercise videos for people who are waiting for surgery

The NHS has partnered with fitness coach Joe Wicks to release exercise videos for people who are waiting for surgery, to help them recover quicker.

The two 10-minute online routines aim to help increase activity levels in people who are waiting for an operation, and are particularly suitable for older people.



They were produced in partnership with the Centre for Perioperative Care, Guy's and St Thomas' NHS Foundation Trust, and the British Geriatrics Society.

There are 7,000 surgical operations every day in the UK, and up to 1 in 7 people get complications after surgery. This can include issues relating to their wound, heart problems, lung infections and confusion. They can also lose independence if they are in hospital for longer than needed. People who have heart and lung problems, have two or more long-term conditions, and those who are living with frailty are particularly at risk of complications.

However, increased activity and improved lifestyle choices ahead of surgery helps reduce these complications. This means patients recover quicker after surgery and get home sooner. It benefits patients, their families and hospitals, which are particularly busy in the winter months.

The fitness sessions have been designed for people with different activity levels. There are 10 exercises in each routine, one of which is chaired-based and the other is low impact. They include sidekicks, chair kicks, reverse lunges and squats.

To view the videos visit: <https://www.betterhealthns.co.uk/tools/exercise-videos-for-people-who-are-waiting-for-surgery/>

## Healthy Movers at Home



It's important for children to move right from when they are born, to support good health and development. If children sit for too long it can lead to significant problems that continue with their health, development and wellbeing throughout childhood into adulthood.

The Youth Sport Trust have created Healthy Movers, which improves children's physical

development, supports their social and emotional wellbeing and creates healthy, happy children.

[Healthy Movers at Home](#) brings you lots of ways to get active from the comfort of home. The activities can be done with simple toys and equipment and there are child friendly videos to watch so you can have fun doing them together!

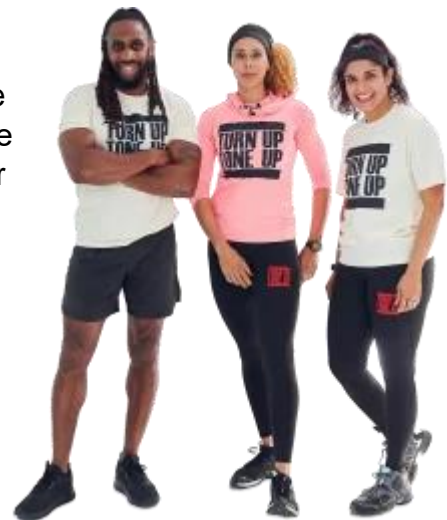
You can find all of the activities at: [Healthy Movers at Home](#)

### **Couch to Fitness**

Couch to Fitness helps people to get active from the comfort of their own home, with free and flexible online exercise plans for beginners. It's designed so everyone can take it at their own pace, with 3 video sessions per week and rest days in between.

There are also specialised prenatal and postnatal sessions available.

Visit: <http://www.couchtofitness.com> to find out more



### **Other Public Health News**

#### **Cardiovascular health and opportunities for North Somerset workplaces**

Join us online as part of the Healthy Workplaces webinar series where Dr Mavin Kashyap, GP will talk to us about cardiovascular disease, what it is, how to prevent it, how to promote heart health in your workplace and how workplaces can support employees who have cardiovascular disease.

There will also be information about our current Workplace Health Check Programme which is available free to North Somerset workplaces (limited availability).

More details about this and other Healthy workplaces events: [North Somerset Healthy Workplaces | Eventbrite](#)

### **Public Health Message: Measles**

Measles is currently circulating in our area. It is very infectious and can cause serious complications. The MMR vaccine gives long-term protection against measles, mumps and rubella. It is never too late to get your MMR and you need two doses to protect yourself. Speak to your GP Practice to check if you were vaccinated as a child and make an appointment if needed <https://www.nhs.uk/MMR>



## Mind over Mountains

As a charity, they provide mental wellbeing and mental fitness support to all those who are in need. For those navigating mental health challenges including depression, anxiety, grief, trauma, overwhelm, stress, etc. Mind Over Mountains offers funded bursary places. For more information, visit: [Available all – Mind Over Mountains](#)



[to](#)

## Kitsquad – Giving Old Gear a New Purpose



Giving old gear a new purpose

Kitsquads goal is to assist low-income people with getting out into the great outdoors, having adventures. Kitsquad is the only UK-based scheme that provides donated adventure gear to low-income individuals. For more information, visit: [Welcome To Kitsquad - Donated Adventure Gear](#)



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