



Encouraging and helping  
people to live healthier  
and more active lives

# Partners' Bulletin

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September 2019

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.

## Local Updates:

**Walking for Health** goes from strength to strength with currently 90 active leaders across eleven groups. If you have a client who needs that extra 'hand holding' it's worth calling the main contact listed below to chat further. They are happy to receive calls.



All walks are approximately an hour however leaders are more than happy to shorten walks for different abilities. New walkers are to arrive 10-15 minutes before time stated below to register.

**Big Worle** – Meet every Thursday at 2pm – One hour walks from The Big Worle Hub, Clovelly Road, Worle BS22 6LN. Approximately 20 walkers per walk / two to three leaders. Contact: Kira Thorpe 01275 88 2731.

**Clevedon** – Meet twice a month with an evening walk during the summer. A 30 minute walk is offered as well as an hour. Approximately 30 walkers per walk / six to eight leaders. Contact: Lynne Purcell 01275 852 663.

**Healthy Living Centre** – Meet every Tuesday at 10am. Walks go to a café locally. Walks can be up to 90 minutes (including café time). Approximately eight walkers per walk / one leader. Contact: Mike Jones on 07475 086635.

**Knightstone Housing** – Meet every Tuesday at 2pm. Specially for those who live in or immediately near the residential complex in Knightstone Road, Weston. Approximately 12 walkers per walk / two leaders. Contact: Kira Thorpe 01275 882731.

**Long Ashton** – Meet every Monday at 10.30am from The Community Café, Keedwell Hill. Approximately 30 walkers per walk / five leaders. Contact: Kira Thorpe 01275 88 2731.

**Nailsea** – Meet every Monday at 11am from two main venues in the town; Scotch Horn LC & The Grove Sports Club. Four walks provided of various durations. Approximately 90 walkers per walk / 8-10 leaders. Contact: Diane Bennett 01275 810 067.

**Portishead** - Meet every Monday at 11am at various locations across Portishead. Sometimes having 'away' walks (Bristol / Wales). Approximately 60 walkers per walk / 6-8 leaders. Contact: Mike Watts 01275 848 281.

**Weston** – Meet every Monday at 2pm at various locations in and around Weston. Approximately 55 walkers per walk / 6-8 leaders. Contact: John Western 01934 511 808.

**Winscombe** – Meet every other Tuesday at 11am from The Woodborough Inn in the village. Approximately 30 walkers per walk / four leaders. Contact: Tim Burrows 01934 842 554.

**Yatton** – Meet every other Thursday at 2pm. A smaller group that meets in various locations across North Somerset not just Yatton. Approximately 25 walkers per walk / five leaders. Contact: Marion Davies 01934 833 605.

**West Wick Children's Centre** – Meet every Tuesday at 1.30pm outside St Anne's School (West Wick) - For parents who live in the West Wick/Locking area – A mixture of walking and playing at the local parks. Approximately 10 walkers per walk / one leader. Contact: Clare Reames 01934 426679.

**North Somerset**  
**children's**  
centres

**Children's Centre**  
**activities in your area**

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**Let's Get Active!**  
**Buggy Walk Around West Wick**  
**Every Tuesday**  
**Fitness and fun for all the family**

**Meeting Point at St Anne's School**  
**1.30pm**



Join us for an hour of walking, fresh air, nature and fitness

Just bring yourselves, appropriate clothing and water

**No Charge**

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For more information contact Locking Castle and  
Locking Children's Centre on  
**01934 426679**

 **North Somerset**  
COUNCIL

Link to full Walking for Health programme:

[www.walkingforhealth.org.uk/walkfinder/north-somerset-walking-for-health](http://www.walkingforhealth.org.uk/walkfinder/north-somerset-walking-for-health)

Our next Health Walk Volunteer Leaders course is on **Friday the 4<sup>th</sup> October** in Clevedon from 9.30am-2.30pm. If you know of anybody who loves being outdoors and would support others to enjoy the fresh air too then please make contact. Working with an existing team of volunteers located across North Somerset the scheme focuses on those that need to exercise the most.

Contact Officer Kira Thorpe (01275 88 2731). [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)

## Active Towns

Nailsea is the first town for us to focus on how physical activity can help partners/colleagues/agencies within the town to achieve their objectives alongside ours.

The aim is to:

- Bring Nailsea together to get healthier and inspire others to get involved.
- Identify issues in the town where physical activity can have a positive impact.
- To compliment/enhance existing provision as well as identifying gaps
- Ensure the wider benefits of physical activity are recognised
- To bring strategic partners/contacts across the town together to push the agenda forward.



Working closely with WESPORT (our regional Active Partnership) we are at the initial stages of looking at real practical solutions to increase physical activity levels in the town. Currently we are working on:

- One mile walking routes from the two surgeries in the town.
- Closing a number of streets for children to play out and for neighbours to come together.
- A mapping exercise to see what physical opportunities exist
- Using national campaigns to raise awareness i.e. One You/This Girl Can/LTHC
- Couch 25K
- Satellite clubs (14-19 years)
- Walking Netball/football
- Junior parkrun
- Seated exercise classes for the older population

Contact Officers: Kira Thorpe (01275 88 2731) & Catherine Devonshire (01275 88 2732).  
[sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)

## Raising Awareness Training

An important part our work is to provide other professionals with an understanding of physical activity and how it can help their service users/patients and in turn support us in

our work. Our raising awareness training can be attended by a wide range of professionals across North Somerset and includes topics around the importance of doing a little exercise, how service users can be supported in becoming more active and finding out what physical activities there are locally. We will be confirming the date of the next workshop soon so please contact us now if you are interested in attending in the future.

Contact Officer: Rebecca Stathers (01275 88 2733). [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)

### **‘Play Your Way’ in North Somerset**



In North Somerset we have been running a ‘pilot’ playing out programme in Pill. Two streets have been closed since September 2018 to enable children’s free play during specified dates and times and under the supervision of their parents.

#### **Principles of the project:**

It is about children taking over the pavements and road for a short period of time to play safely, ride their bikes and scooters, to have fun, socialise and improve their health and wellbeing. It also potentially enables all other residents in that street to engage together. Its aim is to achieve an easy and manageable project for small communities to plan and manage for themselves.

Over the coming months we hope to see other communities coming forward to apply for their local street to be closed for children’s play. If you are working with families this maybe something they would like to know more about if so let us know so we can get in touch.

Contact Officer: Kira Thorpe (01275 88 2731). [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)

### **30 Minutes Your Way**



In July ‘Your 30 minutes Your Way’ was launched with our team closely working with the Marketing & communications Team. It is all about encouraging individuals to pledge to become active and be active up to thirty minutes a day their way. Prizes are up for grabs including; gym membership, a Fitbit and t-shirts. When engaging with your clients this campaign can help you encourage and support them to start to get more active.

#### **The messages to give:**

- Get active however you want
- Whenever you want.
- Break it into bouts of 10 minutes
- Whatever suits you.

Contact Officer: Catherine Devonshire 01275 88 2732. [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)

## Active Directory



Due to budget restraints and a movement over to digital platforms to source information there will no longer be hard copies available of the Active Directory.

I know some of you will find this disappointing as it was a very useful and tangible resource that could be given to clients, but it was questionable as to how much of the information within the Active Directory was utilised. Catherine is currently working on a signposting leaflet that can be given to clients. We also have a generic leaflet about health walks in North

Somerset.

Contact Officer: Catherine Devonshire (01275 88 2732). [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)

## A little Bit of National News:

**Sport England** has teamed up with the Royal College of GPs (RCGP) to launch the Active Practice Charter that inspires and celebrates GP practices that are taking steps to increase activity in their patients and staff. The charter will support around 8,000 GP practices in the UK and aims to help them raise awareness of the simple changes that can be made to improve the physical and mental wellbeing of patients and staff.



GPs can visit the Active Practice Charter site to find out more and work as a practice to develop plans to become an accredited practice. For North Somerset we hope this will support us with engagement with health care professionals within GP practices.

## Coming soon .....

The UK's leading health and social care charities and Sport England, supported by Public Health England, have developed a new campaign, '**We Are Undefeatable**'

- Aim is to inspire and support people with health conditions to get active.
- Launching in September 2019 (embargoed until then), it's based on the lived experiences of people with health conditions
- Similar style to 'This Girl Can' i.e. User stories perspective.
- TV, radio and internet advertising

We hope to make best use of this campaign in the future to promote what we can do locally.

