



# PHYSICAL ACTIVITY IN Nottingham



Get Moving Nottingham would like to wish you a Happy New Year. 2007 is going to be a great year for physical activity already there is a buzz in the air due to the many up and coming opportunities being implemented from the injection of over 400,000 pounds being pumped into increasing the level of provision and opportunities for physical activity. What does this mean to you? Its means there will be more activities, support, programmes and fun to take advantage of! *'there has never been a better time to become more active'*

Please read on just to get a taste of what is going to be on offer!!!

**Shape Up Notts! aims to get Nottinghamshire people fitter, healthier and more involved in sport. At a time of year when everyone is full of good intentions, this campaign is designed to provide advice, information and incentives for people to maintain their fitness and activity programmes.**

Recent figures from Sport England's Active People survey reveals that only one in five people in Nottinghamshire are actually doing the recommended level of 30 minutes exercise, 3 times a week. Even more alarming than that is that half of the Nottinghamshire adult population are not doing 30 minutes exercise even once in a 28 day period.

The campaign, run by Sport Nottinghamshire and the Nottingham Evening Post will include regular advice and stories in the Evening Post, and uniquely, an interactive website.



Once people register with the Shape Up Notts website at [www.sportnottinghamshire.co.uk](http://www.sportnottinghamshire.co.uk), they will be able to:

- Quickly record their activity throughout the year.
- Set and review goals and targets for the year.
- Use exercise to complement a diet and track their weight loss.
- Join leagues, where you can compete against your friends, family and colleagues.
- Share hints, tips and motivational ideas with like minded people on our message forum.
- Keep up to date with sporting events and activities in Nottinghamshire.
- Enter into various competitions and find out about discounts as they are announced.

As an added incentive, everyone who registers with the [www.sportnottinghamshire.co.uk](http://www.sportnottinghamshire.co.uk) in January, and answers a simple question, will be entered into a prize draw to win a Raleigh Bike.

Nottingham RFC are also offering all those who have registered a family ticket for their game against Earth Titans at Meadow Lane on 4th February for only £10. More details can be found when you register with [www.sportnottinghamshire.co.uk](http://www.sportnottinghamshire.co.uk).

Shape Up Notts! has received support from many of the county's leading sports personalities. Golfing star, Lee Westwood said, *"I am delighted to offer my support to the Shape up Notts campaign and would like to encourage everyone to keep active and to find an activity that they enjoy."*





## Welcome to the third edition of the Best Foot Forward Newsletter.

### Walk Updates

#### Mary Potter Walk

##### Monday

A fairly level walk around the 'Forest' following established pathways with extensive views from lovely wooded area, leading to the beautiful Arboretum. Meet 10.30am every Monday at the Mary Potter Health Centre.

##### Volunteer Walk Leaders

Colin & June

#### Canal Walk

##### Tuesday

With views of the Castle, this is a flat and very pleasant walk along the Nottingham Canal. Following the edge of the old King's Deer Park, the Canal is an important link from the Trent to the Midland's waterways. Meet every Tuesday afternoon at 2pm. Meeting point at the 'Exchange Diner', off Queens Drive, Castle Marina.

##### Volunteer Walk Leader Mary

#### Melbourne Park, Mary Potter Aspley Walk

##### Wednesday

A new, pleasant and flat circular walk around Melbourne Park, Aspley. Meet 10.30am every Wednesday at the Aspley Centre, Melbourne Park, Melbourne Road Entrance.

##### Volunteer Walk Leaders

Brian and June

#### Wollaton Park Walk

##### Wednesday

A number of pleasant walking routes in Wollaton Park, with its 16th Century Hall, lake and deer herd. Meet every Wednesday at 12pm. Meeting point is at Wollaton Park, 1st car park, Wollaton Road entrance.

##### Volunteer Walk Leaders

Mick & Stewart.

##### Thursday

A fairly level walk around the 'Forest' following established pathways with extensive views from lovely wooded area, leading to the beautiful Arboretum. Meet 10.30am every Thursday at the Mary Potter Health Centre.

##### Volunteer Walk Leaders

Colin & Sue

#### Old Basford Walk

##### Friday

A level walk along the River Leen. The walk is flat with benches at intervals, and much interesting wildlife can be found along the way. Meet every Friday at 10.30am, at the Garage on Mill Street.

##### Walk Leader

Christine Adams



## ..... Best Foot Forward News

**The new 2007 Best Foot Forward** is now available. For copies please contact Christine Adams on 0115 942 0323 or Rachel Marriott on 0115 919 2588.

**On Wednesday 29th November 2006**, a Volunteer Walk Leader course took place at Harvey Hadden Sports Complex. If you are interested in becoming a volunteer walk leader please contact Rachel Marriott for more information on 0115 919 2588.

**Walk of the month** – Let us know your walk of the month!

**Christmas Celebrations** – On Thursday 21st December most of Best Foot Forward Volunteer Walk Leaders and some of the Get Moving Nottingham Activity Friends got together for a Christmas buffet. We would like to take this opportunity to thank all of the volunteers for all their hard work and commitment in 2006!

Christmas photo

# Information Section

## Bulwell River Leen Walk

### Saturday

A flat and pleasant walk with benches at intervals along the River Leen with a good variety of wildlife to be seen. Refreshments and shopping are found in Bulwell's bustling Market Place. Meet at 1.50pm at the railway station car park at the footbridge.

**Volunteer Walk Leader**  
Brian and June.

*For more information about any of these walks please contact Christine Adams on 0115 942 0323.*

## News Flash

### New Walk Harvey Hadden Walk – Every Tuesday!

A reasonably flat walk around Bilborough Park, and surrounding area. Various routes using tarmac paths and grassed areas. Meet 10.30am at the entrance of Harvey Hadden Sports Complex, Wigman Road, Bilborough. For more information please contact Harvey Hadden Sports Complex on 0115 915 1515.

**Walk Leaders;**  
Lee, Polly, Lisa and Jennie.

## Useful Websites

- [www.getmovingnottingham.nhs.uk](http://www.getmovingnottingham.nhs.uk)
- [www.nottinghamhearthealth.nhs.uk](http://www.nottinghamhearthealth.nhs.uk)
- [www.whi.org.uk](http://www.whi.org.uk)

The Radford Healthy Living 50+ Project (RHL50+) funded by the National Lottery (Big Lottery Fund) is a health awareness project based at All Souls Church and Community Centre.

We aim to improve the quality of life of local residents over the age of 50 by promoting healthy eating, physical activity and simple ways to lead a healthier lifestyle.

We organise many activities including:

- 3 walks
- Salsa and old-time dancing sessions
- Seated exercises (including Bhangra)
- Swimming sessions for women
- Taster badminton, table tennis and bowls sessions
- Healthy lunches
- Talks/discussions on the benefits of healthy eating

We get support from our volunteers some of which have been trained as walk leaders. We will also be recruiting peer mentors who will be offering encouragement and motivation to older adults to partake in physical activities as well as encouraging a healthier lifestyle. The peer mentoring training is provided free.

If you would like to join in the physical activities, talks and discussions, or would like more information on becoming a peer mentor then please ring Chris, Jas or Adam on 0115 970 1722.



A Healthy Living Day will be taking place at Hill View Community Centre, Ransom Rd, St Anns, Nottingham, on. February 17th, 11.00am - 14.00pm.

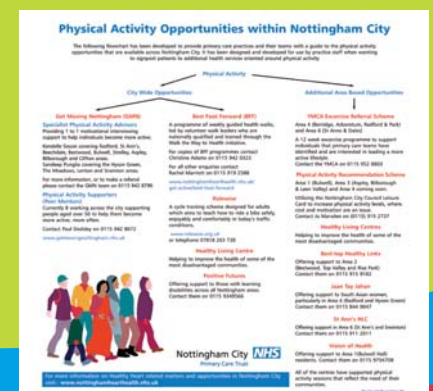
The event will give you a chance to have a free healthy lunch and try a range of activities including aerobics, tai chi, yoga, aromatherapy and more. There will also be the opportunity to gain advice from a range of organisation on how to lead a healthier lifestyle.

The day will be a great opportunity to learn more about healthy living and with the feedback of people attending the day will lead to a new weekly physical activity club. All adult age groups are welcome, so come along and start the new year in a healthy way.

If you would like any further information about the event call the Community Sports Development Officer, Paul Goodman on 0115 967 4333.

## New PA flowchart developed

A simple flowchart detailing physical activity opportunities city wide and in different areas across the city has recently been developed to help Primary Care Teams know exactly what is available across the City to help their patients become more active. For extra copies please visit the Resource Centre at Linden House?



# Active People Survey

The Active People Survey is the largest ever survey of sport and active recreation to be undertaken in Europe. a minimum of 1,000 interviews were completed in every Local Authority in England.

## The facts:

- Walking is the most popular recreational activity for people in England. Over 8 million adults aged 16 and over (20%) did a recreational walk for at least 30 minutes in the last 4 weeks. 5.6 million people (13.8%) swim at least once a month while 4.2 million people (10.5%) go to the gym.
- 20.8% of the adult population (723,898) take part regularly in sport and active recreation. This is lower than the national average (21%).
- Regular participation in sport and active recreation varies across different socio-demographic.

## Groups:

- Males - 23.1%; Females - 18.5%.
- People with a limiting longstanding illness or disability 4 - 9.1%; those without - 23.1%.
- Black and other ethnic minority groups - 19.3%; Adults of white origin - 20.9%.
- Lowest socio-economic groups 5 - 16.6%; highest socio-economic group - 25.4%.

More to the point the survey revealed how much Nottinghamshire people are inactive. A massive four fifths do not manage to achieve 3 bouts of 30 mins exercise per week. Just 20.61 manage to achieve this. A 1% increase has been set to get people more active more often.

	People achieving 30 mins exercise 3 times per week	1% increase target of people to become more active
Nottinghamshire	20.75	8,150
Rushcliffe	26.72	851
Broxtowe	23.01	873
City	20.61	2,141
Newark & Sherwood	19.78	850
Ashfield	19.64	889
Gedling	19.51	905
Bassetlaw	19.20	862
Mansfield	17.72	779

## Case Studies:

### YMCA

A 50 year old lady started with us in June and the difference exercising has made to her is unbelievable. When she first started she was very quiet and withdrawn and wouldn't speak to anyone, she had not done exercise for many years and realised that she was incredibly unfit. It was obvious to me that this lady needed quite a lot of support, she had huge barriers to exercise that needed to be overcome, but with a lot of time spent with her by myself and much perseverance on her part, she has overcome a lot of them. She is confident and willing to try any new exercises shown to her. She has made

friends too and says before that she wasn't really doing much in her life before she started the exercise programme after being referred by her doctor. Her high blood pressure and BMI have also reduced through exercising, and she is determined that exercise is going to be a regular part of her life now. After finishing the referral scheme, her family paid for her to join the gym as a birthday present for her as a way of showing support for her new lifestyle - Sandra Fowke's, YMCA Exercise Referral Consultant.



*"The patients feedback has been very positive. One patient in particular I know has transformed physically and mentally. No negative feedback at all. All the patients rate the place and the staff. It is a great service and the whole set up is well thought out friendly easy for GPs and patients to access and everyone is treated as an individual. Wish we had had this years ago. A very valuable service" - GP from St Luke's Surgery.*

*- "We have had excellent feedback from our patients regarding the YMCA Exercise Referral Scheme. We really feel the scheme is going from strength to strength due to the dedicated staff at the YMCA who we know go out of their way to accommodate our patients (with fitting in with their work pattern etc.) and in helping them to lose weight. We understand that the chair based exercising is also increasing in popularity and we are indeed publicizing this in our clinical rooms - like the exercise referral, it always takes a while to get the word around! Long may this scheme continue" - Practice Manager from Radford Medical Practice.*

# Hi Folks!

Here we are in 2007, what did 2006 have in store for us?

Various meetings at venues around the city, and some good promotional work.

I am sure 2007 will be even more rewarding for the Activity Supporters team, new recruits are expected which I am sure will attract more clients who want support in becoming a little more fitter which will help loose a few pounds especially at this time of year.

I am sure that any challenges we are given to do this year, we as a team are more than capable to meet it and coming out winners.

I recollect my first clients, I do not know who was more nervous, her, or me but after three visits to the gym, she was confident enough to carry on by herself. It did not end there; she sought training and is now one of the GMN Activity Supporters, (well done Jean).

Another client, a gentleman, was a happy and confident person after only two or three visits to the gym.

These are just a couple of successful clients who have benefited from just making a phone call and saying 'I want to become more active or I want to lose some weight', and speaking personally I get great satisfaction when the client does not need me and ventures forward on their own.

## Mission Successful

So a happy and successful new year to one and all!

Ron – Activity Support, Get Moving Nottingham

# PA Tendering Opportunities

Physical Activity has never been so at the forefront thanks to monies being available to delivery specific initiatives.

Over 400.000 has been tendered for by different organisations. One Nottingham and the Local Strategic Partnership who had a key role in awarding the monies are pleased to announce the successful projects /organisations who will be delivering the various exciting new programmes.

Age Concern will be delivering the Peer Mentor programme. This will mean there will be more mentors to help and support people become more active.

YMCA was awarded a host of projects including;

- **Exercise Referral** – delivering and developing better classes and access for people with specific medical conditions to exercise safely and effectively
- **Physical Activity Advisors** – More advisors will be recruited

and will provide one to one sessions to help motivate people to become more active.

- **Group Exercise Classes** – More classes will be set up in areas where the need is the greatest to ensure better access and opportunities for people to become more active closer to where they live.

Bright Ideas will be running the campaign side of things which will build on the success of Get Moving Nottingham.

The new programmes will be being launched before spring.

New positions will be created via the projects please call Get Moving Nottingham for details. We will keep you posted on the developments of these great new projects.

## LEAP National Report

The Local Exercise Action Pilots (LEAP) have now come to an end. The purpose of the LEAP programmes where to test out different ways to get people more active more often. Nottingham and its Get Moving Nottingham programme was the main site for the East Midlands region which proved to be a great success.

Caroline Flint, Minister of State for Public Health was one of the key note speakers at the LEAP conference held in London. Conclusions of the effectiveness of different types of physical activity interventions included:

Intervention Type	Effective as Evidence by physical activity data	Effective as evidenced by qualitative evidence	Cost effective as evidenced
Exercise Referral	✓	✓	✓
Motivational Interviewing	✓	✓	✓
Classes & Groups	✓	✓	✓
Peer Mentoring		✓	✓
Campaigns and Directories		✓	✓
Outdoors and Transport		✓	✓
Training Leaders & Co-coordinators		✓	✓

## Help at Hand for your Organisation

Gaining income through running a service under contract is often a brand new area for groups. Many voluntary and community organisations are starting to find grant funding is less and less available. At the same time, agencies are starting to realise the value our services and activities give to the public and are being encouraged to consider us when looking at service delivery, and be more flexible in their processes to allow us a level playing field.

The voluntary and community sector (VCS) has been delivering top quality, professional and well-managed client-led projects and activities for years, and it's about time we were recognised for it! But this culture shift is hard for many groups to understand and work within. In order to be able to take advantage of this opportunity to gain some long-term funding, and be on an equal footing with other sectors, some voluntary and community organisations (VCO's) need support to develop new skills, knowledge and expertise to secure and manage contracts with public sector bodies like the PCT.

The Change Management Service (CMS) at Nottingham CVS aims to increase understanding about the commissioning and procurement agenda, bringing sectors together to identify and overcome problems and issues around public service delivery and improve relationships, as well as building capacity within the VCS to bid for – and win – contracts to deliver public services.

Contact us to see how we can support your organisation:

### The CMS Team:

Kaye Brennan	0115 934 8458	kayeb@nottinghamcvs.co.uk
Grenville Levy	0115 934 8477	grenville@nottinghamcvs.co.uk
David Robinson	0115 934 8400	davidr@nottinghamcvs.co.uk

### Commissioning Manager:

Jon Stevens	0115 934 8457	jons@nottinghamcvs.co.uk
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**\*\* Get your copy of 'A Beginner's Guide to Procurement' from us today! \*\***

## Websites

For all the up to date information, searches on activities happening near you and other programmes designed to help you become more active please refer to these web sites. If you do not have internet access your local library will be able to help you.

Just type in these addresses:

[www.getmovingnottingham.nhs.uk](http://www.getmovingnottingham.nhs.uk)  
[www.sportnottinghamshire.co.uk](http://www.sportnottinghamshire.co.uk)  
[www.5aday.nhs.uk](http://www.5aday.nhs.uk)  
[www.gosmokefree.co.uk](http://www.gosmokefree.co.uk)  
[www.intosport.org.uk](http://www.intosport.org.uk)

## Cardiac Rehab

**Did you know you double your chances of having Coronary Heart disease if you are inactive!**

Coronary Heart Disease is the biggest killer in Nottingham so it is important to look after your heart by eating a balanced diet and by being more active.

Heartbeats is a programme that provides fun and safe exercise sessions for people with certain heart problems. Classes are delivered by professional, experienced, qualified instructors. Circuit classes are delivered these types of classes give the best results. You can work at your own pace have fun and make new friends.

Classes are offered at the following centres:

**Harvey Hadden Leisure Centre,**  
 Bilborough. Monday's 1.30pm

**Clifton Leisure Centre,**  
 Clifton. Friday's 1.30pm

Please note all clients must have a suitable referral. Referrals are from Doctors or your GP Practice. For more information please contact a Community Heart Nurse on 0115 948 0488.

## Classes

**Beechdale Swimming Centre**  
**Over 50s Friday Swim**  
 3.00 - 4.00

*More classes in the next issue....*

**YOU CAN CONTACT  
 THE GET MOVING NOTTINGHAM  
 TEAM ON 0115 942 8790**