



# PHYSICAL ACTIVITY IN Nottingham



Welcome to the second edition of the Physical Activity Newsletter for Nottingham. The future of the newsletter is to ensure that partners contribute to the newsletter for maximum exposure, awareness and impact and to have all the information in one handy newsletter.

There are several benefits to producing one partnership newsletter, it reduces cost for each service, it will be a valuable signposting tool and more importantly it allows interested community members to find out about the broad range of physical activity opportunities in the area.

## The 3 STEP Challenge

**3 SIMPLE STEPS, STEP UP! STEP OUT!**  
Improve your lifestyle... and get active!

**First Step** Get some motivation!  
**Second Step** Get Support!  
**Third Step** Get Active!

**just 30 minutes a day to feel great!**  
Get moving 5 times a week - it's never too late!  
For more information please contact Michelle on 0115 942 8798/8790

Nottingham City Council

### Are you ready to take on the 3 Step Challenge?

If you want to lose a few pounds, become fitter, or just get active! We will help you along the way, offer you support when you need it and steer you in the right direction to reach your goals! To help you we have put together three simple steps, which offer you motivational support, encouragement and opportunity to become more active. This service is only for people who live in Aspley, Strelley, Bilborough and Beechdale who are aged 50+. Please ring Michele Platts, Project Development Officer on 0115 942 8790 for more information.

### Case Study:

My name is Betty Allitt. I live in Dunkirk. I went to see the Advisor from Get Moving Nottingham because my friend told me about the service.

After first meeting with the Advisor, I started walking everyday. Walking has improved my life and it has shown me the improvements in my health. It reduced the amount of medication for my blood pressure that I used to take.

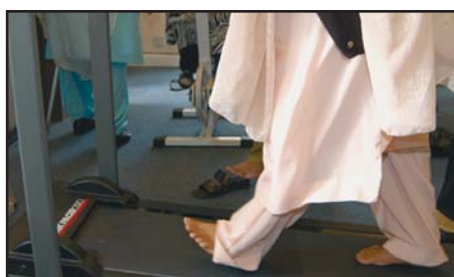
I walk everyday now around the university grounds enjoying the surroundings and the wild life. Also I meet all types of people – joggers, dog walkers and people out early for walks same as myself.

I am really pleased that I took up the offer from Get Moving Nottingham and became physically active.

I can not thank my advisor enough and wish all your future clients get the same benefits that I have got.

Thank you very much again.

## Community Workshops



The Get Moving Nottingham team has been going into the community and giving workshops on the benefits of Physical Activity. We have held workshops at the Indian Community Centre and within sheltered housing. The aim of the workshops has been to engage with older people and

increase their awareness of the benefits for becoming more active and also informing them of the services that the Get Moving Nottingham team have to offer.

We've had a great response with participants who have expressed their views on what prevents them from engaging services in their community and looking at ways to increase their own physical activity levels.

We still have several more community workshops taking place and hopefully we will be able to share the results from these events with you in the near future.



**Welcome to the second edition of the Best Foot Forward Newsletter.**

## Walk Updates

### CANAL WALK

#### Tuesday

2pm, Meet at the 'Exchange Diner', off Queens Drive, Castle Marine.

**Walk Leader** Mary

### CLIFTON WALK

#### Wednesday

Unfortunately due to low interest and shortage of walk leaders the Clifton Walk is currently not happening. We will keep you informed on any developments. Congratulations and good luck to Lindsay in her new job.

### WOLLATON WALK

#### Wednesday

12pm, Meet at 1st CarPark, Wollaton Road entrance.

**Walk Leaders** Mick & Stewart



### MARY POTTER WALK

#### Thursday

10.30am, Meet at Mary Potter Health Centre.

**Walk Leaders** Sue & Colin

### OLD BASFORD WALK

#### Friday

10.30am, Meet at the garage on Mill Street (Old Basford).

**Walk Leaders** Christine

### COLWICK PARK WALK

#### Friday

Colwick Park Walk. Unfortunately our Walk Leaders John & Barbara are retiring from Walk Leading. The Colwick Walk Park will no longer be available weekly.

### BULWELL RIVER LEEN WALK

#### Saturday

As well as all the health benefits, we certainly found it a lot of fun, and felt we had done some very invigorating walking.

Thanks very much to Rachel Marriott for organising, and Catherine Hughes who brought along her bag of poles and showed us how not to fall over them.

Have a look at the website, [www.nordicwalking.co.uk](http://www.nordicwalking.co.uk) if you would like to know more about walking with a difference.

**Sue Sokal,**  
**Walk Leader,**  
**Mary Potter Walk**

2pm, Meet at the Bulwell Railway Station Car Park at the footbridge.  
**Walk Leader** Brian

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

## NEWS FLASH Two New walks!

- Aspley, Melbourne Park, Meet 10.30am every Wednesday starting on 27th September 2006. Meet at the Aspley Centre, Melbourne Road entrance.

**Walk Leader** Brian.

**Walk Length:** 1.5 miles

**Duration:** 40 minutes Approx

**Grade:** Easy

- An additional Mary Potter Walk, Meet 10.30am every Monday at the Mary Potter Health Centre. Starting Monday 2nd October 2006.

**Walk Leaders** Colin & June.

**Please come along and try out the new walks!**

## Nordic Walking

### Thursday 24th August 2006, The Forest

On a bright sunny morning, several Mary Potter walk regulars, could be seen doing something very strange on the Forest Recreation Ground.

This was walking, but not as you know it. We were having a taster session of Nordic Walking, which involves the use of a pair of flexible poles, which seem to make walking easier, whilst apparently burning 20% more calories, improving posture, and giving a good workout to the upper & lower body, legs and arms - what a bonus!



For more information about Nordic Walking and classes offered in Nottingham please contact INWA instructor and personal trainer Catherine Hughes on 07940 57 57 58 or [Catherine.Hughes@qactive.co.uk](mailto:Catherine.Hughes@qactive.co.uk)

### 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)



## Best Foot Forward News

On Monday 10th July 06 a Celebration Event was organised for the Best Foot Forward Volunteer Walk Leaders. Rachel Marriott, Health Promotion Specialist felt it was very important to say a 'BIG THANK YOU' to all of the volunteers who give up their time to help others. Without the Volunteer Walk Leaders the programme of walks would not happen. Each Volunteer received a certificate of thanks before the team tucked in to a very healthy lunch.

John and Barbara Hampson are original Trent Tickers Volunteer Walk Leaders. Both have been volunteers since the beginning of the walk programme in Nottingham City. Unfortunately both are retiring from volunteer walk leading and the team wanted to say a special thank you to them both for their commitment and support over the years. All the best for the future.

For information about becoming a Volunteer Walk Leader or to submit an article for the newsletter please contact Rachel Marriott, Health Promotion Specialist on 0115 919 2588.



## A RHYME TO REMIND YOU OF WHY YOU SHOULD WALK WITH BEST FOOT FORWARD

Walking can be easy, it's a natural thing to do  
 But with all the cars and buses, it is done by only a few  
 When life becomes a burden, and we start to think about our health  
 We do not always consider, that walking can be a wealth  
 Walking helps in many ways, and it can boost our energy  
 By joining a group with others, at the end you can chat over a cup of tea  
 Ten thousand steps a day they say, 30 minutes on 5 days a week  
 Walking can help you do this, and to find the Active Lifestyle that you seek  
 Blood pressure, stress and weight are problems we all face  
 By simple, gentle walking you can improve these at your own pace  
 There are no age restrictions to walking, and almost anyone can take part  
 Think of all the benefits, and how you can help your heart  
 Our aim is to help you to get fitter, lead a healthier lifestyle and get fresh air  
 But we can only do this, if people like you are there  
 It's no good sitting around moaning, and wondering about what you can do  
 There are loads of people who volunteer, to help others just like you  
 Best Foot Forward walks are weekly, and are designed with you in mind  
 Within 40-60 minutes of walking, a new friendship you may find  
 You don't need special equipment, and all of our walks are free  
 So come along and join us, and see how easy it can be  
**ONLY YOU CAN MAKE A DIFFERENCE TO YOUR LIFESTYLE  
 BUT BEST FOOT FORWARD IS THERE TO HELP**

Written by Volunteer Walk Leader,  
 Brian Sweetland

## Mental Health Awareness Week

Between the 8th & 20th October 2006 it was 'Nottingham Mental Health Awareness Weeks'. Mental Health problems can affect us all. The aim of the week was to reduce stigma and promote greater understanding of mental health issues. Throughout the week a number of different events took place, one of which was a Best Foot Forward walk on Saturday 14th October 2006, led by Brian Sweetland and June Morgan in Bulwell.

# The GP Referral Scheme

## The GP referral scheme has exploded at Nottinghamshire YMCA!

The Health & Fitness Club have been improving the health of residents of St Ann's and Sneinton for the past 3 years, thanks to funding from the Big Lottery. "The success of the current scheme has allowed us to secure funding from New Deal for Communities (NDC) to expand our work to Radford, Hyson Green and New Basford" said Andy, GP Referral Co-ordinator for Nottinghamshire YMCA.

This scheme is being delivered by Sandra Fowkes, who previously worked in the Health Club and newly appointed Carol Burrell. To be accepted on to the scheme, people must be referred by their own GP, and have a medical condition that would benefit from exercise. Once accepted onto the scheme, Sandra and Carol, work along side the client to devise a 12 week personal programme, which will include

exercise at either the YMCA Health and Fitness Club or at one of our community based classes, all for a cost of £1 per session. The aim of the scheme is to increase people's activity and improve their quality of life through exercise.

Cynithia Brooks has just completed the 12 weeks commented, "It's a good scheme. Being referred has helped me get more active and has helped me with my daily activities, and it is at an affordable price."

Emeline Barrett aged 80 years young said of the scheme; "I feel much better in myself, I am glad I joined, it has been a big success, and the staff are lovely"

For more information on the scheme please contact Andy on 0115 952 8803 or by email at [andy.raynor@nottinghamymca.org.uk](mailto:andy.raynor@nottinghamymca.org.uk) or website: [www.nottinghamymca.org.uk](http://www.nottinghamymca.org.uk)

## Bulwell Living Well Day

Kendelle Sisson the Specialist Physical Activity Advisor for Get Moving Nottingham, Jacqui Radford the Community Heart Nurse Co-ordinator and George Greszczuk, Bulwell Facility Manager organised a 'Living Well Day' at the Bulwell Healthy Living Centre on Lawton Drive.

*"The falls prevention workshop and the chair-based exercise classes were really great, and the massage was just what I needed!"*

The aim of the day was to promote healthy living for adults in a fun and interactive way. To achieve this we were fortunate to have some of the fantastic services who work in the area to agree to attend.



*"We didn't realise that we could get this kind of help, it will make a big difference to our lives"*



The fantastic Living Well day offered free Massages, Nutrition and Heart Health Advice, Fire Prevention Information, a chair-based exercise class and a falls prevention workshop. Other advice on offer was from Direct Payments, Age Concern, Healthy Housing and many more. A free healthy lunch was also provided!

Over 100 people attended the event and we had some fantastic feedback, from both the professionals and the people who attended.

*"This has been one of the best events I have visited this year, Well Done!"*



## Thinking of getting Active?... Get Supported at the same time!

**Come along to Harvey Hadden Leisure Centre on Tuesday the 31st October.**

The Get Moving Nottingham Activity Supporters will be available from 1pm – 3pm to discuss their roles, how they support other individuals in becoming more active and what fun promotional events they have enjoyed doing!

There is also the 50+ Aerobics session taking place at 1.30 for those of you who would like to put a bit of energy back into will be on hand to give more information regarding the training which will be provided free by Nottingham City PCT. **Don't miss out!!**

# Activity Supporters

The Get Moving Nottingham 'Activity Supporters' have been out and about this summer getting involved in events from community programmes to the Nottingham PCT's AGM. They are still working very hard doing one to one support with individuals who need support and encouragement in becoming more active.

We are now pleased to announce that we have a new training date. If you can give a little time to help others become more active then this is for you.



The training will take place on Tuesday 7th November at Aspley Training Centre. If you would like more information please contact Michele Platts, Project Development Officer on 0115 942 8790 or Paul Dodsley, Health Promotion Specialist (Physical Activity) on 0115 942 8672.



The One Nottingham City Health Partnership are advertising for groups and organisations to tender for contracts to deliver physical activity projects in key areas in the City.

These projects are funded through Neighbourhood Renewal Funding (NRF) and will contribute to tackling health inequalities in the City. Go to [www.onenottingham.org.uk](http://www.onenottingham.org.uk) and click on Tender opportunities.

Projects are outlined below:

## EXERCISE REFERRAL PROGRAMME

This project will deliver a community based exercise referral scheme to assist priority groups increase their physical activity levels

The exercise referral schemes will provide a service for referred individuals, offering an assessment of need, development of a tailored physical activity programme, monitoring of progress and a follow-up.

## PHYSICAL ACTIVITY ADVISORS

This project will provide specialist motivational support to individuals in priority groups to increase their physical activity levels. This project will provide up to four Physical Activity Advisors to support individuals to engage in physical activity. Intervention should be based around a client centred approach for changing behaviour using Motivational Interviewing type approaches.

## PHYSICAL ACTIVITY CAMPAIGN

This project will deliver a campaign to increase awareness of physical activity benefits, recommendations and opportunities within the target groups.

## PHYSICAL ACTIVITY GROUP SESSIONS

This project will deliver group based exercise sessions to assist priority groups increase their physical activity levels. The project will employ suitably qualified exercise instructors to provide a range of group based exercise sessions in the target areas

## PHYSICAL ACTIVITY VOLUNTEERING PROJECT

This project will provide training and resources to motivated active local people who wish to help others lead more active lives, by introducing them to local activity groups or leading local activities.

Further information can be found at [www.onenottingham.org.uk](http://www.onenottingham.org.uk) Closing date for applications will be the 10th November 2006.

Keep your eye on the website for further tendering opportunities as the release dates are staggered.

## AGM

Nottingham City PCT's annual AGM took place on the 11th of September in the Broadmarsh Centre. The event showcased the programmes and work that are helping to reduce health inequalities. The Health Promotion Team which included Get Moving Nottingham had some great response. Other stands also included New Leaf, Five-a-Day, Healthy Eating, Heart Health and many more.....

The people that visited the Get Moving Nottingham (GMN) stand were greeted by one of our Activity Supporters who were giving advice. Leaflets, poster,



displays and the GMN DVD gave people plenty of information. Specialist advice was also on hand from other members of the team including Shaznaz Aziz (Health Promotion Specialist-South Asian Communities) Sandeep Punglia & Kendelle Sisson (Specialist Physical Activity Advisor), Phil Stimpson (Heart Health Facilitator), Michele



Platts (Project Development Officer) and Helen Bradley (Health Promotion Coordinator). Harry the Heart was the Special Guest who helped to hand out leaflets and show off his big heart.....



## Support Your Community – Get Involved!!

The Activity Supporters will be attending Harvey Hadden Leisure Centre on Tuesday 31st October between 1pm – 3pm to promote their work. They will be talking about the benefits of being active, their promotional work and how you can get involved in working as an Activity Supporter in your community.

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

## Thank you



We would like to say a big thank you to Michele Platts (Project Development Officer) who started work in January 2003 on the National Local Exercise Action Pilot which looked at increasing physical activity for people aged 50 and over.

Michele has worked endlessly on developing the interventions and engaging with the

communities of Nottingham to promote physical activity. Michele helped develop the Physical Activity Directory and Get Moving Nottingham website.

Recently Michele has been visiting community centres and sheltered housing delivering workshops on physical activity awareness. Whilst developing the 3 easy steps, and promoting the activity supporters programme in Aspley, Bilborough, Beechdale and Strelley.

*Michele has been a valued contributor to the success of Get Moving Nottingham and will be dearly missed; we wish her success in her new endeavours!*