

November: Celebrate Sport Month!

We've dedicated a whole month to celebrating sport!

There are lots of ways to get active that we have shared with you across the HertsYOPA18 and this month we really shout about sport and why it's great to get involved in it!

For starters here's the definition of sport:

An activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.

We will be shouting about some of the fantastic achievements of our Hertfordshire teams and athletes! Sharing with you why sport has been so beneficial and how it has made a difference to real peoples lives! And everyday we will be showcasing a different sport for you to learn about and maybe even try out!

Make sure you follow us on #HertsYOPA18 and #HertsCelebrateSport

Further information

If you would like to get involved, please contact Jane Parker at:

hertsyopa18@herts.ac.uk

Subscribe

To ensure that you receive future editions of the Hertfordshire Year of Physical Activity 2018 Newsletter please subscribe [HERE](#). Please help us to cascade this newsletter across your networks by sharing widely.

Promote your local activities, tagging the accounts below and #HertsYOPA18



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Movers and Shakers – Annie Brewster

Q1 – What do you get out of being active?

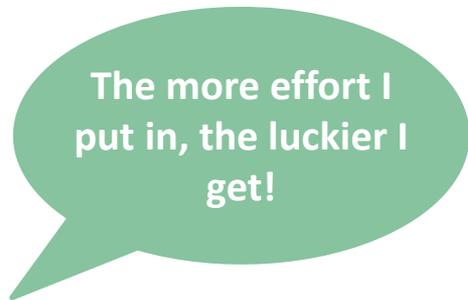
Everything! It defines me.....our bodies are designed to move and shake! My happiest times have been when I'm active and I've met most of my best friends via sport. In my St Albans Mayoral year I attended over 800 engagements, many sporting, covering over 40 sports. I had no idea we have so many fabulous activities and clubs locally.

Q2 – Do you do something now you could never have imagined you'd be doing when you were a kid?

Yes, golf! My father used to disappear to, what I thought was, boring golf on Sunday mornings. 20 years on, a golfing boyfriend was determined to get me playing. I absolutely adore the game and have managed to be a Hertfordshire County Bronze Division champion and reach the Mail on Sunday Club Classic quarter finals.

I love competing with both men and women and it is a truly life long game, with age no barrier.

The new GolfSixes format will allow busy people to get involved with this incredibly social sport.



Q3 - How do you build physical activity into your busy day?

I used to run in my lunch hour but one benefit of getting older is I get up earlier to fit my training in. I keep fixed evening and weekend gym sessions in my diary and hope not to cancel them.

Q4 – What was the hardest exercise you've ever done?

Once I thought I should attempt a 5 minute mile on a treadmill and stupidly set the machine on a constant pace, forgetting in a track race it would vary. I was belligerently determined not to fail and nearly exploded!

Q5 – Was there ever a time when you weren't active, and what led you to change?

I have experienced devastatingly cruel periods of injury and ill health. I went from number two National 1500m runner at 17 to no sport at all for several years following a car accident. I climbed back to a World bronze 5k race-walk medal at 35 then became near bed-bound due to Chronic Fatigue Syndrome. Whatever I face, my philosophy is to constantly challenge my limits. The more effort I put in, the luckier I get!



Q6 - How do you keep active in the winter?

There are no excuses! We have recently built three new leisure centres in our District with another about to commence construction in Harpenden. Modern heating/air conditioning means weather is not a factor and one can even wear the same sports kit summer or winter. I also love to wrap up in winter and take on our fabulous undulating Hertfordshire Countryside.

Q7 – Are you a weekend warrior or daily doser?!

Constant!

Q8 – Are you a solitary or social exerciser?

This depends on what I am doing. If I am training hard, running or walking, I cannot speak so I am happy to be alone. However, being a part of a team gives an extra dimension and always makes me feel very proud.

Q9 – How do you like to reward yourself after exercise?

Great food. We had no dietary education as junior athletes and survived on fizzy drinks and chocolate. My health would have been better had I learnt about a low Glycemic Index diet then. I have so much energy and clear mental clarity if I stick to the regime I have developed.

Q10 - What advice would you give someone looking to be more active after a break?

Swimming is a fast way to get fitness back, increasing lung capacity without stressing under worked weight-bearing muscles. Within weeks one can safely resume one's old favourite sports. We now have a plethora of 'back-to' sports initiatives waiting to invite people back, plus numerous new activities to try.

“There has never been a better time to get physically active!”





Shining a spotlight: Celebrate Sport Month HERTFORDSHIRE STARS!

Hertfordshire has always been great at producing some superstars in the world of sport.

From the likes of International athletes Anthony Joshua, Lewis Hamilton, Laura Kenny and Ian Poulter to our young and upcoming stars like Mia McIntosh, Hannah Williams and the Hertfordshire Gaelic Athletic Association County U14 team.

They range from individual and teams, males and females, youth to vets and from a plethora of sports.

We would love to hear from our local sports clubs and organisations and celebrate what you as a club do and what your participants and members are achieving.



This can be anything from sharing your sport awards evening photos, celebrating teams successes, players of the match and showcasing new members.

We just want to celebrate sport and your clubs in every way possible so please do share your pictures and videos with us at:

#HertsCelebrateSport



Herts Service to Sport Awards October Summary

Workplace Wellbeing month aimed to help workplaces become more active, healthier places.

We encouraged everyone to try and be a bit more mindful about physical activity in the workplace.

On average British people sit for 8.9 hours each day, the majority of that happens while we are at work.

We recommended the six simple ways opposite to break up your sitting time.

Hertfordshire's year of Physical Activity team has been encouraging employers and employees to get moving and do their #YOPADaily10.

Just 10 minutes of brisk activity a day can improve your mood, concentration and help you feel better about yourself. We linked this in with Public Health England's free 'Active 10' app.

More information is available on the [One You website](#).

6 Tips for Staying Healthy During the Workday



- 1**
Walk over to talk in person to a coworker, rather than picking up the phone or emailing

- 2**
Go for a short walk during breaks

- 3**
If available, use a standing or treadmill desk for part of the day

- 4**
Have walking/standing meetings when possible

- 5**
Set reminders for yourself to get up & stretch on a regular basis

- 6**
Try taking a longer route when moving around the office




Health MOTs Hertsmere



Hertsmere Borough Council held Health MOTs for their staff to get involved in during the month and YOPA the stag had his Health MOT too. You'll all be pleased to know he is in fine health!

Health MOTs in the workplace are a great way to encourage health and wellbeing in your company.

If you'd like to book a Health MOT in your workplace please contact Aislinn Quigley: info@bootyfit.co.uk



Active Staff

The Active Staff project at the University of Hertfordshire is a fantastic programme, offering university staff a variety of sports and activities to get active for free during the working day and after work. YOPA has visited some of the sessions this month.



Desk to 5K

Desk to 5K is a free 7 week programme to help staff at the University of Hertfordshire get more active.

It helps employees get up from their desks and work towards running 5km by the end of the programme. It's especially aimed at those who are new to running or who haven't run for a while.

Desk to 5k starts with a mix of walking and running and over the seven weeks slowly progresses to everyone being able to run 5K!

The sessions are lead by a local run leader who supports and guides the group throughout the seven week programme.

Not failing to do his #YOPADaily10 here you'll see YOPA joining in on the action!

This is a great initiative that can easily be replicated in other organisations.



There are many great benefits to running such as clearing your head after a busy day in the office, improving sleeping habits and feeling happier through the release of endorphins. So definitely something to consider or suggest in your workplace!

Service to Sport Awards 2018

Tuesday 27 November



Falling within Celebrate Sport month is the annual Hertfordshire Service to Sport Awards.

This flagship event in the Herts Sports Partnership calendar is an opportunity to bring together the dedicated, enthusiastic and life-changing individuals, projects and clubs that make up the sport and physical activity landscape of our county.

The awards celebrate the great work and unwavering commitment volunteers bring to the sport and physical activity sector, their innovative ways of keeping our residents active, and the lifelong service many of them have made. Featuring at the event this year is a special award designed specifically as a result of the Year of Physical Activity! The HertsYOPA18 Award will be awarded to the group or individual who has embraced the message of the campaign, developed their existing opportunities, and made the most proactive effort to make people more active across the year.

The awards are taking place on the 27th November at the Weston Auditorium, University of Hertfordshire. If you'd like to know more about the awards, you can contact Matt Hughes-Short on m.hughes-short@herts.ac.uk

Sport for Social Change Conference 2018

Understanding how sport can be used as a vehicle for social change for young people and their communities.

Keynotes and workshops focussing on:

- Early intervention & prevention of youth offending
- Education and employment
- Mental health
- Poverty
- Evaluating impact

Date: Thurs 6th December 2018

Venue: Fielder Centre, Hatfield, AL10 9TP

Time: 9.30am - 4pm

Cost: FREE! For Herts Organisations
(£50 charge if registered attendees fail to attend)
£75pp +VAT for org's outside of Herts

Who should attend?

- Charities
- Leisure Operators
- Youth Sector Organisations
- Educational Establishments
- Statutory Service Organisations
- Sports & Physical Activity Deliverers
- Voluntary and Community Service Organisations
- Sports / Community Safety / Health Development Officers

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Coaching CLINICS

Creative Coaching

Do you want to understand how creative coaching can encourage learning and teamwork in your participants?

This clinic will challenge how you can engage and develop your participants in stimulating and creative tasks and games to encourage social and psychological skills to be integrated in to your coaching sessions

Date: Wednesday 21st November 7-9pm

Location: Hertfordshire Sports Village

Cost: £10

Delivered by Chris Samways
(Coaching Lead - Herts Sports Partnership)

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more people - more active - more often

Herts Sports Partnership's Active Herts project is highly commended

HSP's Active Herts project, has been highly commended in the Healthier Lifestyles category of the Royal Society for Public Health's (RSPH) Health and Wellbeing Awards.

The project supports communities who need help to become more active, particularly those living in low socio-economic communities.

Participants are supported to explore their barriers and motivations, while putting together a plan to integrate more physical activity in to their daily routine.



The annual awards celebrate 'a wide range of activities, policies and strategies that empower communities and individuals, improve the population's health and address the wider social determinants of health.'

The project was shortlisted from more than 700 submitted applications, testament to the fantastic partnership work that is at the centre of the project.

Jim McManus, Director of Public Health at Hertfordshire County Council expressed his admiration for the scheme. He said:

"The project may not have got the official award but as far as I'm concerned [the project staff] have all done absolutely fantastic work on this."

"To reach a shortlist of 21 from over 700 applications is an achievement of which everyone involved in this project should be truly proud."



The project has received more than 3500 referrals and has supported people to significantly increase their activity levels.

Some participants have even gone from being inactive to supporting the setup of Broxbourne's first Walking Football team, where they now compete with other teams from across the county and North London.

For more information about the Active Herts programme, please contact Adan Freeman, Project Officer: a.freeman2@herts.ac.uk

Or visit www.activeherts.org.uk



Fit, Fed and Read shortlisted for HEART award



Fit, Fed & Read

Hertfordshire

The Fit, Fed & Read initiative has been shortlisted for the Hertfordshire Excellence, Achievement, Recognition and Thanks (HEART) Awards.

The awards highlight the contributions to community safety made by Hertfordshire Fire and Rescue Service, Hertfordshire Resilience, Trading Standards and the County Community Safety Unit, as well as partner agencies.

The awards ceremony will take place on the 16th November. There are eleven award categories, Fit, Fed & Read has been shortlisted for the Innovation Award, and Most Successful Partnership Initiative category.

Fit, Fed & Read is the Herts Sports Partnership variation of the StreetGames UK national 'Fit & Fed' initiative. It seeks to offer high quality holiday physical activity

sessions - including support with literacy - in Hertfordshire's most disadvantaged neighbourhoods, with a nutritious meal every day, free of charge. There is a growing body of research on the triple inequalities of holiday hunger, isolation, and inactivity that can be experienced by young people during school holidays, particularly those from low socio-economic (LSE) backgrounds.

- Three million children in the UK are at risk of being hungry during the school holidays
- School children's fitness decreases and obesity levels increase during the school holidays. These effects can be up to 18 times worse for children from the most deprived areas when compared to those from the least
- With modern emphasis on materialistic goods/experiences, social interaction opportunities for

LSE children during the holidays becoming more scarce

- School holidays have a detrimental effect on educational attainment for children from LSE areas

To deliver Fit Fed & Read HSP partner with a variety of Hertfordshire organisations including Hertfordshire Fire & Rescue Service, Hertfordshire Catering Ltd, Hertfordshire Library Service, University of Hertfordshire, StreetGames UK, Families First and world renowned author Ken Follett.

In the 2018 summer holidays the Hertfordshire Fit Fed & Read programme welcomed 150 children into six different project around the county with over 1150 nutritious hot meals being served as well as physical activity, healthy eating and fun literacy sessions.

For further information, please contact Will Slemmings, w.slemmings@herts.ac.uk