

### Welcome to the May edition of the HertsYOPA18 newsletter

Throughout May we will be shining the spotlight on Walking. There are lots of organised walks taking place across the county. Join in on the 14<sup>th</sup> May to be part of the Herts Mass Health Walk. Read on to find out more...

### Older Adult Month Inspires Change

The It's Never Too Late to Be Active Campaign is up and running and we have hit 1000 sign-ups already. When you sign up to the campaign you will receive a free activity voucher and find out where you can get active in Herts.

We want to see as many older adults as possible signing up so would ask everyone to keep encouraging people to register at [www.hertfordshire.gov.uk/nevertoolate](http://www.hertfordshire.gov.uk/nevertoolate).

Remember a comms toolkit is available to help with publicity:

[www.hertfordshire.gov.uk/nevertoolatetoolkit](http://www.hertfordshire.gov.uk/nevertoolatetoolkit)



### 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.

[www.hertfordshire.gov.uk/hertsyopa18](http://www.hertfordshire.gov.uk/hertsyopa18)

### Further information

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

[hertsyopa18@herts.ac.uk](mailto:hertsyopa18@herts.ac.uk)

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



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# #HertsYOPA18





# Movers and shakers

**We are asking influential people in Hertfordshire to give us insight into their physical activity interests and motivations throughout this Year. In this issue, Dr Ana Pokrajac, Consultant in Diabetes from West Herts Hospitals NHS Trust answers Piers Simey's 10 active questions...**

**What do you get out of being active?** Activity makes me feel better and more able. I do not think I could maintain the pace throughout the day of being a mum of an 8 year old and a full time doctor without being active!

**How do you build physical activity into your busy day?** Never wait to get a right gear, just do it. Opportunistically. Take stairs instead of the elevator. Drive less, walk more. Be mindful of posture. 10 min of yoga at the start of a day. Do not watch and wait, but join in with your child playing in the park...

**What was the hardest exercise you've ever done?** I like trying new activities, acquiring new skills. I recently tried a class called "Fly" to build up upper body strength, and balance it out with my lower body. Attempting to defeat gravity whilst upside down. It was fun. Sense of humour helped otherwise it would have left me disheartened. I should have taken a picture!

**Was there ever a time when you weren't active, and what led you to change?** Teen years were difficult. My father was a pilot and we moved houses often. I was struggling to fit in. There were lots of activities, but not physical ones. I was thrilled when I finally made friends with a group who were hiking at weekends. That helped me make healthier friendships and more enjoyable socialising.

**Are you a solitary or social exerciser?** Daily yoga I do on my own. Morning walks, too. But I really like group sports and socialising around exercise.

**Are you a weekend warrior or daily do-er?** I have long walks at weekends as I enjoy the peace of the neighbourhood early in the morning. My app tells me I do about 7 miles on average each day of the weekend. Wish I could do that on working days! Instead, I do 10 minutes of sun salutations each day. Sometimes I do squats in the office whilst reaching for my bag, believe it or not.

**How do you keep active in the winter?** Just the same, but with thicker clothes and footwear. And more hot yoga.

**Do you do something now you could never have imagined you'd be doing when you were a kid?** It has to be a head stand. As a child I just couldn't pull it off!

**How do you like to reward yourself after exercise?** Your body rewards you with endorphins. Why would you need anything else?!

**What advice would you give someone looking to be more active after a break?** Choose something you enjoy doing, set up a realistic goal. Every little counts!



**Hospital Consultant Dr Ana Pokrajac** Always seeks a lift from taking the stairs!



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# Shining a spotlight on Walking Month

To tie in with Living Streets National Walking Month, we're celebrating walking in a big way across Hertfordshire this month. Walking is one of the easiest ways most of us can become a little bit more active – whether that's aiming to increase your daily steps gradually, walking to work or school, or exploring your local countryside. Here's a round-up of some great opportunities to get walking!

## Join Hertfordshire's biggest walking group

There are over 60 Hertfordshire Health Walks taking place across the county every week. Between 30 and 90 minutes and suited for all abilities, there is a walk for everyone to enjoy. Led by trained and insured leaders, the walks are a great way to make new friends, explore your local area and beyond and give your health a boost. Visit [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks) to find your nearest walk.

## Try 20

If you prefer to walk alone, #Try20! Set yourself a goal to walk for 20 minutes every day throughout May. This could be a brisk walk rather than taking the bus into town, doing all or part of your commute on foot or taking a lunchtime power-walk. Find out more about Living Streets #Try20 campaign and National Walking Month [here](#).

## Herts Mass Health Walk

Join the Mass Health Walk on 14<sup>th</sup> May. There are over 20 organised walks or you can get a few friends and colleagues together to organise your own. Send a selfie to #HertsMassHealthWalk18 For more info visit: [www.Hertfordshire.gov.uk/healthwalks](http://www.Hertfordshire.gov.uk/healthwalks)

## Explore Rights of Way

There are over 3,200km of Rights of Way in Hertfordshire, just waiting to be explored! You can download walking maps from [www.walk4life.info](http://www.walk4life.info) or [www.walkinginherts.co.uk](http://www.walkinginherts.co.uk) But, if you'd prefer to join a friendly group to help you get out into the countryside then the Hertfordshire Health Walks, local Ramblers groups, U3A, local footpath societies and the Friends of the Hertfordshire Way are a great place to start.



## Look for wildlife

There's so much more to walking in the countryside than breathing in the fresh air and burning a few calories. Why not broaden your knowledge of local wildlife, including birds, bats and bugs! It's International Dawn Chorus Day on the May 7th so if you are an early bird there are lots of events you can join and learn to recognise some of the distinctive bird songs. To find a multitude of fun activities visit [Herts and Middlesex Wildlife Trust](#) and [Walks & More](#).

## Learn local history

If you're new to the area or interested in learning more about your local area in days gone by, then there's plenty to whet your appetite. You can take yourself on a self-guided tour using green spaces maps available from the [Countryside Management Service website](#) or sign up for a history tour at your local museum.

**Walks & More**

**#HertsYOPA18**





# Shining a spotlight on Walking Month

## Competition time!

**We have £100 of HF Holidays vouchers to spend on a walking and activity break and a FitBit Flex 2 up for grabs.**

Just share your favourite walking route on YOPA Facebook page.

Simply visit [www.facebook.com/HertsYOPA18](http://www.facebook.com/HertsYOPA18) and share a photo of yourself out on your walk on the Walking Month Competition Post. Don't forget to let us know where you are to inspire others!



## Dates for your diary

May 5<sup>th</sup>-13<sup>th</sup> – [Stevenage Walking Festival](#)

May 14<sup>th</sup> – [Hertfordshire's Mass Health Walk](#)

May 14<sup>th</sup> – 20<sup>th</sup> – [Hatfield Walking Festival](#)

May 19<sup>th</sup> – Jun 3<sup>rd</sup> – [Chilterns Walking Festival](#)

May 21-25<sup>th</sup> – **Walk to School Week** - Help your kids keep active and healthy by walking the school run.

May 12<sup>th</sup> – [21K4CA, Christian Aid Sponsored Walk](#) (starting in Wodson Park)

May 12<sup>th</sup> – [DENS 10-mile sponsored walk](#) (Starting at Berkhamsted School)

**PLUS!**

[Visit Walks & More for lots of FREE and themed walking activities](#)

## Success for Health Walks in Warners End, Hemel Hempstead

Having trialled a Tuesday morning walking group from Parkwood Surgery, Warners End, in 2017, Healthcare Assistant and Health Walk Leader Karen Dancer reports that the initiative has been a success!

“We started off slowly, with four or five people, but have grown to a record seventeen walkers. The walks remain popular, come rain or shine; we have always managed to get out, and even had four walkers during the Beast from the East. We have at least ten regular walkers.

“The Tuesday First Steps walks start at 10am every week and are around 20-30 minutes long, and cover flat and even ground with plenty of stopping places. We have different routes that cater for the weather and the ability of the walkers. The walks are designed to encourage people to get out in their local area and encourage regular exercise, which in turn produces health and wellbeing benefits. And everyone walks at their own pace. The group also enjoys a tea or coffee afterwards in the local café.”

Interested in taking part in a Health Walk? All you have to do is turn up! Simply arrive 10-15 minutes before the start time to fill in a one-off registration form or register online at [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks).



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# Shining a spotlight on Walking Month



## Stevenage Walking Festival

This year Stevenage will be hosting its sixth Walking Festival, put together by members of the Stevenage Leisure 50 group, North Herts Ramblers, Stevenage Health Walks and support from Stevenage Borough Council.

Throughout the course of the festival there are a variety of different walks for all abilities, exploring the fabulous countryside surrounding Stevenage. The walks vary from 30-minute Health Walks to Long Walks which are between 9 and 12 miles. On top of this, there is the popular challenge walk which is 21 miles long exploring nine different villages surrounding Stevenage.

Every year the Stevenage Walking Festival aims to raise money for a local charity, this year is no different. The chosen charity is Home-Start Herts who train volunteers to help support local families facing tough times. These volunteers give practical and emotional support and require on-going training and supervision to provide this.

The walks are all **FREE** to anyone wishing to take part. However, we encourage participants to make a kind donation towards the charity Home-Start Herts. The festival will be starting on **Saturday 5<sup>th</sup> May** through to the **13<sup>th</sup> May**. A brochure and more information [available on the website](#).

## Walk at lunchtime

Could your workplace be doing more to support people to take an active lunchbreak?

Visit [www.workplacechallenge.org.uk/herts](http://www.workplacechallenge.org.uk/herts) to sign up as a workplace team and get stepping for rewards and prizes!

Plus, the Hertfordshire Health Walks team have developed a Workplace Walks Toolkit guide you through the steps for setting up a sustainable workplace walking initiative. Email [healthwalks.cms@hertfordshire.gov.uk](mailto:healthwalks.cms@hertfordshire.gov.uk) to request a toolkit.



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# Shining a spotlight on Walking Month

## Why I love Walking Netball

Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. The game is for all abilities, as walking means there's no advantage to being quick on the court!

Deb Hoeg (third from right), age 61, has been attending the Walking Netball session in Baldock, North Hertfordshire for two years. The team meets every Wednesday 11:30am-12:30pm. Before returning to the sport, Deb had not played netball for 45 years. When asked what she liked most about Walking Netball she said: "It's the whole package, but my favourite thing is having a laugh! Walking Netball allows me to meet new people, enjoy the fresh air, find new friendships, and enjoy some gentle exercise.

"It has helped with my mobility and made my joints more supple. Plus, I've found that since playing it's much easier to maintain my weight. The same skills apply with Walking Netball so this keeps my mind alert, which is important as you age. I was pleased I could get back into the sport after such a long time out!"

If you miss the team aspect of playing sports, something you don't find when doing other fitness classes, join a Walking Netball team near you. We currently have about 10 different Walking Netball groups running in Hertfordshire, with new sessions being introduced throughout the year. Visit [www.hertsnetball.co.uk](http://www.hertsnetball.co.uk) or contact [lucy.ponting@englandnetball.co.uk](mailto:lucy.ponting@englandnetball.co.uk).



## Walking sports

If you played football, netball and even squash in your youth, there's no reason to retire your skills. New walking versions of your favourite sports can get you back in the game! For clubs and leagues in your local area contact Charlie Mann at Herts Sports partnership on [c.mann3@herts.ac.uk](mailto:c.mann3@herts.ac.uk)

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# Shining a spotlight on Walking Month

## See local landmarks through fresh eyes

**Explore landscapes, locations and larger-than-life personalities during the Chilterns Walking Festival spring event.**

For 16 days from Saturday 19 May – Sunday 03 June, an exciting programme of over 80 guided walks and special activities includes opportunities to discover new areas for walking, to learn new skills and to indulge in a home-made cream tea or locally brewed craft beer.



### Local Herts highlights include:

#### Wild Bee Walk

Join bee enthusiasts Joshua Wells and Stephen Howard for a walk in search of bees and other pollinators at Aldbury Nowers Nature Reserve near Tring.

#### Guided walk at Dancersend

Explore the beautiful site which inspired Walter and Charles Rothschild to dedicate much of their lives to butterflies and wildlife.

#### Cemetery Circular: Stepping Stones

Discover a peaceful green haven and tales of its personalities through storytelling and interpretation in historic Berkhamsted.

#### Tring Heritage Trail

Uncover the heritage and history of Tring with your expert guide, especially the town's 200-year connection with the Rothschild family.

#### Grand Union Family Stroll / Canal, kit, kids and cake

A family friendly stroll along the Grand Union Canal looking out for herons (and muddy puddles to splash in!)

#### An accessible ramble around Ashridge

Starts from Ashridge visitor centre near Berkhamsted, through lovely woodlands to wonderful Aldbury village.

Families with children looking for easy to access, free and fun things to do over the school half-term have plenty of exciting options to choose from, designed to encourage children into healthy outdoor walking from an early age.

Details of all guided walks, events and activities can be found on the website [www.visitchilterns.co.uk/walkingfest](http://www.visitchilterns.co.uk/walkingfest).

Most are completely free of charge; a few require a small fee which is clearly shown. All walks must be booked in advance to assist walk leaders with expected numbers.

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## Running Down Dementia

Anna and David are a husband and wife team, who both sadly lost their mother to dementia. They want to make a difference and here's how they plan to do that:

"On 28 May - in the memory of our respective mothers and all that they gave to us - David and I will be running the Vitality London 10K. We are by no means any athletes! Quite the contrary; we are hopeless couch potatoes – but with a mission. With our mothers in our hearts, a spring in our elderly steps, and a shared belief in the amazing work that Alzheimer's Research UK are undertaking so tirelessly, we have decided to face this challenge with a determination to match.

"There are 850,000 people in the UK living with dementia today. By 2040 that number is expected to rise to over 1.5 million. That is why every chance, penny and effort dedicated to research is so important, so that we, our children, and their children in turn, stand a better chance in finding a treatment or even a cure to combat this most dreadful disease.

"Our goal is to raise £650 - which equals the cost for researchers to extract and analyse the DNA from 250 blood samples, helping identify new genes that alter the risk of dementia, and provide vital clues for treatment. Every penny counts - and every kind gesture of giving helps to forge a more generous and healthier world for the future.

"In the hope of your support – however large or small – [please find our fundraising page here.](#)"

'Large streams from little fountains flow,  
Tall oaks from little acorns grow.'  
(D. Everett, 1797)

## Developing Your Volunteering Programme - #TeamHerts Annual Conference

[#TeamHerts Volunteering](#) are holding their second conference for organisations in Hertfordshire. The theme this year is 'Developing Your Volunteering Programme.'

What can organisations in Hertfordshire do to keep up with GDPR and the role social media is now playing in volunteering recruitment? #TeamHerts Volunteering aims to provide answers in this [one-day event](#) on 22<sup>nd</sup> May, at the Focolare Centre for Unity in Welwyn, where these challenges will be explored.

Topics covered at the conference will include the landscape of volunteering, how organisations use volunteers, working with businesses, and much more. There will be keynote speakers from [NCVO](#), [parkrun UK](#), and [Home-Start Herts](#).

As well as inspirational keynote speakers, there will be three workshops available to participate in on the day, focusing on social media, GDPR and Equality and Diversity.

The conference is intended for professionals from charitable organisations, and anyone else who is interested in the conference theme. There is a £12 charge for all delegates who wish to attend. The event will start at 10:00 and finish at 15:30, and lunch will be provided.

For more information or to book your place visit the [Eventbrite page](#).

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## Champions required!

### Do you have what it takes to help community sport and physical activity?

**The Herts Sports Partnership is seeking to recruit 200 volunteer champions to build on the success of the Hertfordshire Year of Physical Activity (HertsYOPA18) campaign.**

As the campaign strives to make Hertfordshire the most active county, the Champions project is being implemented as a legacy scheme designed to help everyday people get involved in sport and physical activity volunteering. Furthermore, it offers both new and current volunteers the opportunity for upskilling, with a series of free training workshops being offered across the county. These workshops will help equip individuals with the skills necessary to volunteer in the sport and physical activity sector, with additional benefits including access to further training, kit, and immediate opportunities within the community.

Supported countywide by organisations such as parkrun, Hertfordshire Health Walks, Councils for Voluntary Service, and district and borough councils, the programme is being developed in response to the continued need for volunteers to help support clubs and events on a local level.

“People love sport and physical activity”, says Matt Hughes-Short, Project Officer at the Partnership and leading on the programme.

“But without volunteers, who form the backbone of the sport and physical activity sector, some community clubs and groups could cease to exist. However, most important to the Partnership is the desire for a diverse group of volunteers with the hunt being aimed at people of all shapes and sizes. We want volunteering opportunities to be meaningful and varied, but we also want more people to get involved who might not traditionally get involved in sport and physical activity.

“Consequently, we look past things like size, background, disability and fitness level – if people love sport and activity then we would love for them to get involved.”

The three hour workshops will be running throughout May and June with a variety of times and venues available across the county.

To book onto a workshop or find out more visit the [Herts Sports Partnership website here](#), if you have any further questions get in touch with Matt on 01707 281204 or email [m.hughes-short@herts.ac.uk](mailto:m.hughes-short@herts.ac.uk).



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