

### Welcome to the April #HertsYOPA18 newsletter

This month it's Older People's month, and we have a great selection of activity ideas for you to try including Pickleball, Square Dancing and Bowls. It's also the launch of the 'It's Never Too Late to be Active' campaign, which highlights exactly how simple it is to be active in later life, even if you're only just starting out!

March was a fantastic celebration of Young People, and saw hoards of students from our schools and colleges participating in their favourite sports at the School Games, and Inter FE Games. Rivalry isn't everything, but a bit of healthy competition really got the crowds going! We rounded off the month with Sport Relief where events around the county included the University of Hertfordshire's 3k run, raising over £435 and in Potters Bar, Zenith Trampoline Club raised £100 through a bounceathon at Furzeleisure Leisure Centre. YOPA was the centre of attention at the Galleria and The Howard Centre in Welwyn Hatfield as the community chipped in to cycle a combined 4500 miles – London to Mumbai – and raised £3,508.92! Amazing and incredibly well deserved for all that hard work!



### 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



@HertsYOPA18



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@hertsyopa18

### Further information

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

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

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

## #HertsYOPA18





## Movers and shakers

**We are asking influential people in Hertfordshire to give us a brief insight into their physical activity interests and motivations throughout this Year. This month Dr Richard Pile, St Albans GP & NHS Herts Valleys CCG Clinical Lead answers Piers Simey's 10 questions...**

### **What do you get out of being active?**

It helps me to relax, takes my mind off other things and means that I am fit enough to enjoy doing physical activities with my kids.

### **How do you build physical activity into your busy day?**

I go for a quick walk into town before surgery and at lunchtime if I can. My office is upstairs and I choose to go up and down the stairs in between patients, or to do bits of admin. If the weather is bad, I might do a seven minute workout at home before I come into work. I run every week.

### **What was the hardest exercise you've ever done?**

Last year I took part in a 3 day coast to coast mountain bike ride through the Lake District, Yorkshire Dales and Yorkshire Moors. I did extra training with my friend for about 3 months beforehand. It was absolutely brilliant, one of the best things I have ever done. It was also completely brutal. They made us ride up hills that are part of the Tour De Yorkshire.

**Was there ever a time when you weren't active, and what led you to change?** As I approached 30 I was worried about my inactivity and gaining a bit of weight. I wanted to feel fitter and give myself the best chance for a good quality of life so I joined a gym and trained for the half marathon.

**Are you a weekend warrior or daily do-er?** Both

**Are you a solitary or social exerciser?**

I am happy to exercise by myself but enjoy Sunday morning bike rides with my friends, which makes it more of a social event.

### **How do you keep active in the winter?**

I actually prefer running in cold weather as I find it easier. I also ride my mountain bike in winter. We go out in rain or snow. Now that it's a habit, I can't break it!

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

I hated running so much when I was a kid that I used to do deliberately badly in time trials so I wouldn't get picked for the school team!

### **How do you like to reward yourself after exercise?**

A hot shower and a cup of tea, listening to music and reading. Tying in a reward with an activity is recommended as a way of encouraging you to do it.

### **What advice would you give someone looking to be more active after a break?**

Remember that you only need to change from doing very little to doing something to get a big health benefit. Just 10 mins a day of moderate exercise will be a good start.

Pick an activity that interests you, that can realistically become part of your routine. You don't need to join a gym, wear lycra or run around a park dragging a large tyre being shouted at by someone in combat fatigues...unless you want to! Think of it as enjoying being active and having fun, rather than "exercise", which sounds a bit formal and boring.



**St Albans GP Dr Richard Pile  
bikes for pleasure & challenge!**

Just 10 minutes a day of moderate exercise will be a good start!

**#HertsYOPA18**





## Shining a spotlight on....the 'It's Never Too Late to be Active' campaign!

This month is Older People's month and to celebrate it Hertfordshire County Council, along with organisations across the county, is launching a new social marketing campaign on 23 April to help older adults become more active.

All residents registering with the Never Too Late campaign receive a free local activity pass for themselves and a friend. They can also sign up for ongoing personalised support to help them get more active and enter a prize draw for an iPad, Fitbit or £100 clothing voucher.

The recommended guidelines for physical activity is 150 minutes a week. Yet 41.7% of 55-64 year olds and 57.8% of 65+ year olds do less than 150 minutes and 24.9% of 55-64 year olds and 42% of 65+ year olds are completely inactive.

Being physically active for 30 minutes at least five days a week is known to provide important physical and mental health benefits for older adults. It keeps our body strong, our mind sharp and gives us more energy to keep doing the things we love. You can even break it down into 10 minute chunks to help you fit it into your day.

Please encourage residents to sign up to the campaign at:

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

Please promote the campaign widely. A communications toolkit to help publicise the campaign is available at:

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

“

I'm looking after myself and making new friends too.”

Jas

**IT'S NEVER TOO LATE  
TO BE ACTIVE**

So let's give it a go

**Discover free taster activities  
in your area and win prizes**

Visit:  
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Drop into your local library  
Or call HertsHelp on 0300 123 4044



See page 7 to read more about  
The 'Never Too Late' campaign

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## Pickleball takes off in Herts!

Pickleball is the fastest growing racquet sport in the world and it is coming on in leaps and bounds since the Herts Sports Partnership ran a Pickleball Level 1 Coaching course in February.

**East Herts:** The Braughing & District Pickleball Club has started an extra session at Wodson Park in Ware on Fridays from 12-2pm as numbers attending its Tuesday session were too high for the courts available.

**North Herts:** Pickleball North Herts is now constituted as a club and has a Sunday 2-4pm session at Hitchin Boys School in addition to Friday morning at North Herts Leisure Centre in Letchworth. A taster session on 18 March for new players at Letchworth Sport & Tennis Club had 23 attendees and a new indoor and outdoor venue is now being considered.

**Hertsmere:** Taster sessions at Furzefield Leisure Centre in Potters Bar are taking place on Mondays 16 and 23 April from 9.30-11.30am. There is free entry and a free drink and places can be booked at [www.apex360.co.uk/bookings](http://www.apex360.co.uk/bookings)

**Welwyn Hatfield:** From 19 April Pickleball is being included in the 45+ Multi Activity sessions from 9.30am to 12pm at the Hertfordshire Sports Village (HSV) in Hatfield – first session is Free. A Pickleball session is also starting on 19 April at 12.30pm within the University of Hertfordshire Active Staff programme, also at HSV.

**Broxbourne:** A free taster session will be taking place shortly, date and day to be confirmed.

Six Herts Pickleball players from East and North Herts are attending the first ever UK Pickleball Festival that is being held at the National Badminton Centre on 7 and 8 April. Hopefully this will help us with planning for Hertfordshire's own Pickleball Festival in November or December.

The Herts Sports Partnership is supporting the development of Pickleball in Hertfordshire as part of its commitment to Herts YOPA. If you want help with regards to Pickleball then contact Peter Simmons at [pjgsimmons@gmail.com](mailto:pjgsimmons@gmail.com) or 07957 141826.



**[Watch top class Pickleball in action here!](#)**

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## Square Dancing

### Exercise for the body and mind

Although identified as dance, square dance is low impact with dancers 'walking' through the moves in time with the beat of the music. It's a healthy way to keep fit, have fun and make new friends. It's also a mental challenge - reacting to the Caller keeps you mentally alert.

Square is made up of four couples, promoting teamwork, however once the dance begins, the square formation is lost, as the eight dancers move around each other to create different formations in circles, parallel lines and columns finishing back in their original position. As with most activities, lessons are required to learn the basics.

The next 'New class for Beginners' starts on Monday 16 April. The first lesson is free, thereafter £40 for a 12 week course, payable on the night.

- No previous dance experience is necessary
- Singles and Couples welcome
- No Special Dress code is required

For further details see [www.waggonerssquaredanceclub.com](http://www.waggonerssquaredanceclub.com) or contact Penny & Bob Warner on 01920 465276 and [pawarner@btinternet.com](mailto:pawarner@btinternet.com)

Waggoners Square Dance Club meet each Monday evening from 8-10pm at St Josephs in the Park school hall, Hertingfordbury



## East Herts residents aged over 50 have never been so fit

*'Forever Active East Herts has changed my life. I have much more energy than before. From doing no exercise whatsoever I now not only do pickle ball, but also badminton, tai chi and golf'*

*'Whenever I've told someone in a different part of the country about (FAEH), they have been amazed and jealous. Please keep it going, extend it don't stop it!'*

These are just a few of the comments made by 2,000 residents aged 50 plus who have participated in physical activity classes across East Herts. And, with walking football, dance and table tennis festivals in the pipeline this number is expected to increase to more than 3,000 by the time the project ends in October.

They're taking part in the Forever Active East Herts programme funded by East Herts Council, Sport England and partners including local GPs and Wodson Park in Ware. Village halls, schools, church halls, and community centres are buzzing with 'sold out' classes such as table tennis in Sawbridgeworth Memorial Hall and Tai Chi at Hertford Heath Village Hall.

A survey found that 95% of responders participate because they want to improve their health, and now some residents are attending four or more sessions per week. The great thing is that the first class is free and then it's pay-as-you-go from as little as £3, which means people can give it a go without having to make a big commitment.

For details of classes, please visit [www.eastherts.gov.uk/foreveractive](http://www.eastherts.gov.uk/foreveractive) or contact the Forever Active East Herts team on 01992 531695.

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## Spring In Your Step' is coming to Letchworth this April

Active Letchworth is launching a series of social groups where suitable exercise and activity options will be introduced. New classes may be set up specifically for these groups, or work will be done to not only signpost the local residents but support their transition into the already established clubs and groups within the town. Working with key partners, the welcoming and relaxed environment of this programme is hoping to encourage adults to become more socially and physically active, as well as having a positive impact on their health, wellbeing and confidence.

Spring In Your Step sessions are perfect for anyone who...

- is retired or approaching retirement age
- is inactive or does very little exercise
- could be moving more than they currently are

For more information contact Helen Newman from Active Letchworth on 01462 476048 or [active@lethworth.com](mailto:active@lethworth.com)

## Open day - Come and Try Bowls!

Fancy giving Bowls a go? Willian Bowls Club are hosting a free open day where you can give it a try! All equipment and tuition will be provided free of charge. If you're not yet convinced, they'll be offering tea and cake too!

### When?

Sunday 22 April 22, 11am to 4pm

### Where?

Willian Bowls Club, Lower Green,  
Norton Common,  
Icknield Way, Letchworth

[www.willianbowlsclub.org](http://www.willianbowlsclub.org)



## #HertsYOPA18 Inspires

On 19 June 2017 Martin Ball, Street Cleansing Supervisor, had a heart attack which nearly took his life. He was kept in Lister Hospital for ten days before being transferred to the Royal Brompton Hospital in Chelsea where he had a triple heart bypass. In the weeks that followed Martin faced some complications and a further emergency operation to remove fluid from his heart.

Seven months on, Martin has had a slow but good recovery and wants to give back to the hospital that saved his life. Despite not being a natural runner and in light of Hertfordshire's Year of Physical Activity, Martin has decided to do a 10k run on 16 June to raise some money for the unit where he stayed.

On the day, a fun family event will be held at The Red Cow in Windmill Lane, Cheshunt, Waltham Cross, EN8 9AF from where Martin will set off.

The Martin Ball Fun Run event will be filled with music, face painting, food, drinks and other entertaining activities for all the family to enjoy.

The date will mark nearly a year since Martin had his heart attack so your presence and support will be massively appreciated.

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## Why is the It's Never Too Late to be Active campaign different?

Never Too Late uses insight and behaviour-change techniques to help older people become more active:

### Family bonds

The campaign will launch through primary schools, who will invite their older community to a 'Daily Mile for all ages' event.

### Incentives

Those registered for the campaign receive a free local activity pass for themselves and a friend. They will also have the chance to win an iPad, Fitbit or £100 voucher and help a local school win prizes.

### Personalised support

Those who have signed up will receive regular motivational texts or emails and have access to personalised support from HertsHelp to help address concerns and nudge behaviour.

### Action planning

Action planning is a proven behaviour change technique so a campaign activity planner is available on the website to help people identify their activity aims and plan how to achieve them.

### Case studies

Relatable case studies can inspire others to change their behaviour so the campaign materials are based on real Hertfordshire people who are telling their own stories to motivate others.

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

Call 0300 123 4044



**“I feel happier and more positive in myself.”**

Barbara

**IT'S NEVER TOO LATE TO BE ACTIVE**

So let's give it a go

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# Please promote the 'It's Never Too Late to be Active' campaign widely

- Present the campaign at team meetings, events, health-related network meetings etc (Presentation available in the communications toolkit)
- Tell your colleagues about the campaign and ask them to promote it to their wider networks.
- Ask staff to sign up to the campaign and share it with their clients, family and friends
- Use the comms toolkit to promote the campaign to residents through your own channels:
  - Feature the campaign on your website and staff intranet
  - Include an article in community newsletters
  - Put up posters at local community venues
  - Post and share social media messages **#NeverTooLateHerts**
- Use face-to-face contact with older people in the community to encourage sign up
- Encourage your local schools to host a Daily Mile for all ages launch event
- Contact the comms team for resources & advice  
[joanne.necchi@hertfordshire.gov.uk](mailto:joanne.necchi@hertfordshire.gov.uk)



Communications toolkit available at

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

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## Husband and wife Chris and Jim Marrington tell us why they enjoy being active later in life



**When Hoddesdon resident Chris Marrington developed severe back pain in her 30s, she knew things had to change.**

“I’ve never been sporty, so the idea of being active was daunting,” she explained. “However a friend recommended yoga, so I joined a class and started doing it at home too.

“The difference was incredible! I soon felt my back getting stronger and I was becoming fitter and more flexible.

“Over time, I started doing other activities, like aqua-aerobics, Pilates and stretch ‘n’ relax classes, often with a friend.

“More recently, I’ve joined a swim class and learnt to swim front crawl; it feels like such a big achievement!

**James Marrington has been very active all his life, but when he suffered a stroke shortly after retirement it set him back.**

He said: “Exercise has always been important to me so this was a huge adjustment.

“But I didn’t let it hold me back. I started by walking short distances and gradually built up from there.

“I’ve since had two knee replacements and a pacemaker fitted but it hasn’t restricted me, I do something active most days.

“So I’d say anyone can do it, don’t give up! You’ll not do any harm but you will make new friends, get the endorphins going and feel fitter!”



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