

### September is 'Get Back Into' month!

The month aims to encourage people who have stopped taking part in, coaching or volunteering in sports to get back into something they once loved.

There are activity sessions running all across Hertfordshire to help people reacquaint themselves with sports and physical activity.

Sports clubs are always on the look out for new players, coaches, and especially volunteers. This campaign not only offers people a route back to the sport they once loved, but also gives clubs the chance to boost their numbers.

The sessions on offer will be suitable for all ages and abilities, and many are free of charge!

Check out this newsletter for ideas of what's on, but a complete list of the Get Back Into sessions can be found at

<https://sportinherts.org.uk/getting-active/gbi/>

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



#### 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



@HertsYOPA18



@hertsyopa18

#### Further information

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

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

# #HertsYOPA18





A well deserved massage at the Goodness in the Park event in East Herts after a very busy summer!

## Family Fun for All!

It's been an action packed August for families, with nearly 20,000 people getting active across the county!

YOPA the Stag had a busy August too.



He got involved with the Hertford and Broxbourne Play Days, Stevenage Sports in the Park and East Herts Goodness in the Park (above).

He ticked off a couple more parkruns over in Tring (above) and Aldenham (right).

From zip wiring at Welwyn and Hatfield's Big Summer event to experiencing his first bit of sand at the Watford Big Beach event, he hasn't stopped!



He even got himself in a spot of trouble with the police at the Hertsmere Fun in the Parks event!





## Shining a spotlight on 'Get Back Into' Month

### Get Back Into Walking, Running or Cycling

If getting back to that school sport is still feeling a bit ambitious why not try getting back into your local health walk, parkrun or cycling hub?

Hertfordshire Health Walks are free, enjoyable, led walks that aim to encourage people of all ages and abilities to get outdoors, get more active and reap the benefits. To find your local Health Walk visit: [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)

Have you tried your local parkrun yet? You can run or walk these free 5k routes around your local park every Saturday morning. They even have junior parkruns on Sundays for the children in your life. Find your local parkrun at: [www.parkrun.org.uk](http://www.parkrun.org.uk)

Or get back on that bike and enjoy the beautiful Hertfordshire countryside. We're very lucky in Hertfordshire to have lots of Cycle Hubs where you can stop off for a cuppa, get your bike checked out and find some great groups to cycle with. Find your local Cycle Hub at: [www.hertfordshire.gov.uk/cycling](http://www.hertfordshire.gov.uk/cycling)

## #TeamHerts Volunteering Fair

Win a family photo session worth £194!

#TeamHerts Volunteering is holding a volunteer fair in Ware on Wednesday 19 September to help people 'get back into' volunteering.

Volunteer organisations, including the Herts Sports Partnership, will be there to promote their roles. People will be able to drop-in anytime between 10–11.30am to visit stalls and talk directly to organisations about volunteering opportunities.

**FREE** tickets can be booked via Eventbrite at <https://www.eventbrite.co.uk/e/teamherts-volunteer-fair-east-herts-tickets-44323697372>

The first 21 people to book on will receive a voucher worth £194 to attend a David P. MacDonald Photography family session.



## Hertsmere

YOPA attended Fun in the Parks in Meadow Park in Borehamwood on 22 August.



He met the Borehamwood Police Safer Neighbourhood team and posed for photos with the crowd. He was also joined by Lion from the Venue Leisure Centre and took part in the activities, including gladiator inflatables, play equipment and riding accessible bikes from the Disability Sport Foundation.



## Welwyn and Hatfield

Big Summer returned to Welwyn Hatfield for the second year running, with over 350 events taking place throughout Welwyn Hatfield from 1-19 August.

The Big Summer Calendar has already had around 10,000 views and the fun continues into September with Friday Night Kicks taking place at Gosling Sports Park until 21 September.





# Watford



The Parade in Watford was transformed into a Big Beach for two weeks this summer, providing an energetic and vibrant day out with fun activities and games for all ages.

The Big Beach was a free opportunity for families to just turn up and enjoy the beach life! There were Punch and Judy shows, arts and crafts, a surf board stimulator, fitness classes, competitions and lots more.



Young people in Watford were given the chance to get active for free this summer at two local leisure centres.

Everyone Active's Watford Central and Watford Woodside leisure centres invited under 19s to keep active during



the school break with free access to their gyms and swimming pools from Monday 30 July to Thursday 30 August.

The scheme, which was delivered in partnership with Watford Borough Council, allowed young people to use the centres' gyms on Mondays and Wednesdays between 2 to 4pm following an initial induction.

Swim 4 Everyone sessions were free to attend at Watford Central every Tuesday and Thursday throughout the holiday, and every Monday and Wednesday at Watford **Woodside**.

Watford's free Big Sports event by the pond returned to The Parade for a fifth year running on 1 September 2018.

A host of sporting and fitness activities were available to try out, including a zip line, cave adventures, rope-a-phobia and a palm tree challenge, alongside the usual tennis, golf, rugby and karate activities and health and wellbeing advice.



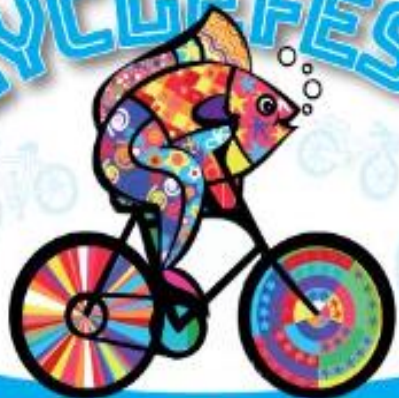
GET FIT, MEET NEW PEOPLE, TRY A NEW SPORT  
**GIVE RUGBY A GO!**  
WITH OUR FREE INNER WARRIOR CAMP  
(OPEN TO WOMAN AGED 17+)

**FULLERIANS RFC**

CONINGSBY DRIVE, OFF PARKSIDE DRIVE, WATFORD, HERTS, WD17 3BD

WEDNESDAY 12TH SEPTEMBER  
7:30pm - 9pm

# ST ALBANS CYCLEFEST



**SUNDAY 16<sup>TH</sup> SEPT 2018**

St Albans Campus  
Hatfield Road  
St Albans



Free entry. Parking £1  
Sat Nav postcode:  
AL4 0XS

Register to ride at St Albans Cyclefest  
at **Eventbrite**

**BIKE OBSTACLE  
COURSE**  
**BOUNCY CASTLE**

**YOUTH SPORTIF  
FASTEST LAP  
FREE FAMILY  
RIDE**

**STATIC BIKE  
CHALLENGE**  
**TRACK STAND  
COMPETITION**



The Red Rubber Ball  
Foundation

**SMOOTHIE-BIKE**

**#stalbanscyclefest**



Raising funds for the Red Rubber Ball Foundation  
[www.redrubberball.org.uk](http://www.redrubberball.org.uk)

## STEVENAGE HOCKEY CLUB

# Free Taster Sessions for kids during September

**FUN, FAST AND SAFE  
HOCKEY SESSIONS  
FOR BOYS AND GIRLS  
AGED 7-13**

**NO EXPERIENCE OF  
HOCKEY NEEDED**

**SIGN UP & REGISTER FOR  
YOUR PLACE NOW!**



**WHEN: SUN 16<sup>TH</sup>, 23<sup>RD</sup> & 30<sup>TH</sup> SEPT 10.30-11.30**

**WHERE: NOBEL SCHOOL ASTRO - SG2 0HS**

**MORE INFO & SIGNUP:**  
[stevenagejuniorhockey@gmail.com](mailto:stevenagejuniorhockey@gmail.com)







**Tuesday 11th September**

**Get Back Into**

**herts sports partnership**

**Cheshunt Rugby Club**  
Andrews Lane  
EN7 6TB  
Ladies 18:30-20:00



*My frame*

## Show the Kids how it's done

I think we look pretty good when we play. My girls don't, but what do they know? This is a woman thing.

**Find your way Back To Netball**  
[www.englandnetball.co.uk/Back-to-Netball](http://www.englandnetball.co.uk/Back-to-Netball)

*Luz* *Kayleigh dx*

**Back To Netball in Hertford!**

**Where:** Sele School, Welwyn Rd, Hertford SG14 2DG (outdoors)

**When:** Mondays 7-8pm

**Cost:** £4

For more information, please contact Florrie Jones:  
[Florence.Jones@englandnetball.co.uk](mailto:Florence.Jones@englandnetball.co.uk) / 07525 703153

Visit [www.sportinherts.org.uk/getting-active/gbi](http://www.sportinherts.org.uk/getting-active/gbi) for a full guide to the sports and activities on offer during Get Back Into month, including tennis, running and even barn dancing!



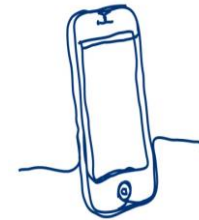
### Sign Up for free:

Let us know when you are cycling so that we can promote it and send you materials



### Cycle:

Dedicate your next cycle to suicide prevention whether its at the gym, on local roads or at home



### Send:

Send us pictures of your cycle and miles on twitter or email us

Log the amount of miles that you have cycled apps such as **Strava and Map My Ride** and send us the screen shot:

**Twitter: @SpotSignSuicide**

**#HPFTSpotTheSigns #HertsWSPD18**

**Email: [Hpft.spotthesigns@nhs.net](mailto:Hpft.spotthesigns@nhs.net)**



## Train to be a Para Dance instructor

**Do you like the idea of training to become a Para Dance UK instructor?**

As an instructor, you can change lives by leading dance workshops for people with a wide range of disabilities.

You'd have access to a wealth of knowledge from Para Dance UK and other instructors around the UK through a website where you can view and share choreography and dance scripts.

The Inclusive Dance Training Course is suitable for anyone with



an interest in the subject with any level of experience, so is an ideal introduction course.

It provides you with knowledge of basic physiology, disability and impairments and mobility and sensory aids, along with instruction techniques and choreography.

The Debutant Dance Sport course is suitable for dance teachers who are looking to extend their knowledge. It builds on existing knowledge and is focused on Para Dance Sport, providing knowledge of wheelchairs and mobility equipment, partnering, choreography and the rules and regulations surrounding Para Dance Sport.

**To find out more call the Para Dance UK Team 0300 111 30 45 or visit**

**<https://paradance.org.uk/>**



**#HertsYOPA18**