

HertsYOPA18: What a Year!

It's the season to be jolly! So we're getting into the Christmas spirit and celebrating all things #HertsYOPA18.

2018 has been a fantastic year and we're so pleased with how many people have engaged with the campaign and we're very thankful to all our partners who have helped make the year such a success.

Take a look at our video capturing the fantastic things we've been busy doing throughout the year.

[HertsYOPA18 Video](#)

We'd like to take this opportunity to wish you a very Merry Christmas and a Happy New Year from all at HertsYOPA18 including YOPA!



Subscribe

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

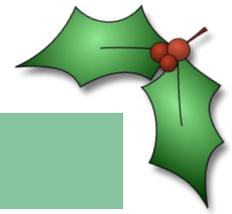
Contact Jane Parker at:

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www.hertfordshire.gov.uk/hertsyopa18

#HertsYOPA18





Month Highlights!

Here we look back at the monthly themes and a few highlights from each of them.

January
New Year,
New You
Month

#HertsYOPA18
Launched and gets
countywide
backing.



February
Workforce
Development and
Volunteering
Month

**700 coaches,
volunteers and
exercise leaders
attended courses. 40
courses delivered.**



March
Young People
Month

**2000 School
Games finalists
across both Spring
& Summer Games.**



April
Older Adults
Month

**Over 4000 older adults
signed up to
#NeverTooLate
Campaign.
TV Coverage (BBC
Look East, BBC
London, ITV Anglia
East).**



May
Walking
Month

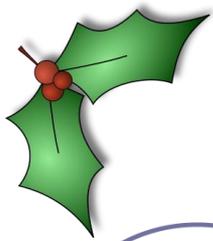
**55,238 attendances on
walks.
3380 walks.
3586 individuals have
taken part.
1,000 new walkers have
joined Herts Health
Walks.**



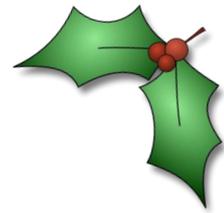
June
This Girl Can
in Herts and
Bike Month

**500+ sessions during
#TGCinHerts Week.
Over 3,000 females getting
active.
4 Cycle Hubs in Herts**





Month Highlights!



July
Parks Month

#ParksHerts twitter takeover.
3,670 unique visitors to ParksHerts website.
141% increase in page views.



August
Families Month

20,000 people getting active at family events.



September
Get Back Into Month

Over 100 clubs and organisations delivering Get Back Into sessions for beginners.



October
Workplace Wellbeing Month

YOPA had his Health MOT.
#YOPADaily10 encourage staff to do at least 10 mins of activity a day.
Desk to 5K launched.



November
Celebrate Sport Month

Herts Service to Sports Awards recognised over 52 Sports volunteers at a great awards evening including a special HertsYOPA18 award.



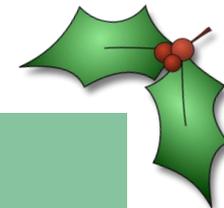
December
Dance Month

#HertsDances routine performed throughout the year.
Dance Advent Calendar celebrating all kinds of dance.





Shining a spotlight: Celebrate Dance Month



We've had a fantastic month dancing the days away. Not just at the Christmas parties but throughout the month during our #DanceAdvent Calendar. Hopefully YOPA's moves have encouraged you to get dancing too!

Were you dancing? We're asking!

This December, we had a mission. This mission was to get as many people dancing as possible, with the help of Dance groups across the county, we spread the word and urged everyone to spend a small portion of their day dancing.

Kicking off the month with a dance event in Asda, Ware. We spent the morning interacting with customers and encouraging them to join in with YOPA or filming themselves dancing at home!

Using our #DanceAdvent social media campaign we planned to interact with as many different people as we could, with moves like the floss and the macarena...who could possibly ignore?

We also shared information to over 10,000 members of the public, discussing the physical and mental benefits dancing has to offer, hoping to encourage people to take up dance as a therapeutic hobby!

We've received plenty of clips of people of all ages and abilities dancing which we are putting into a music video for our official #HertsDances track "Move Your Feet" which we will be releasing very soon.

Want to keep dancing but not sure where to start?

Visit www.CreativeHertfordshire.com where there are 99 different profiles run by dance practitioners, so see who is local to you.

YOPAs not the only dancing mascot in Herts!

Buster the fabulous Steposauras from the Active and Safer Travel Team at Hertfordshire County Council enjoyed a new way of being active today and took to the ice in true style. He practiced a dance route for Dance Month for HertsYOPA18. Buster can normally be seen encouraging the children of Hertfordshire to walk to school but wanted to try something new. If Buster can do it, so can you! Thank you to Planet Ice Hemel Hempstead for letting him take to the ice.

The Active and Safer Travel Team work with schools across Hertfordshire on many road safety and sustainable travel initiatives. To find out more please contact activeandsafertravel@hertfordshire.gov.uk

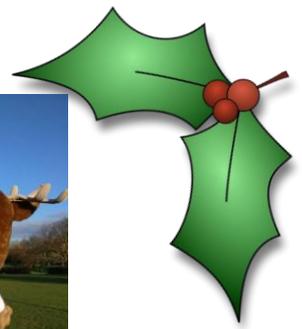
The contact address for Planet Ice is @PlanetIceHemelH



@HertsCreatives



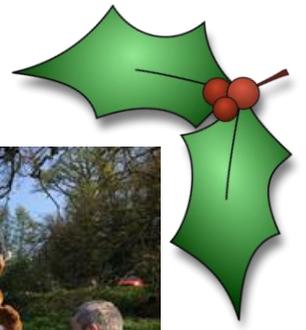
YOPAs challenge



At the start of the year YOPA was tasked with attending every parkrun and junior parkrun in Hertfordshire. Here he is on his travels. #YOPAsChallenge



YOPAs challenge



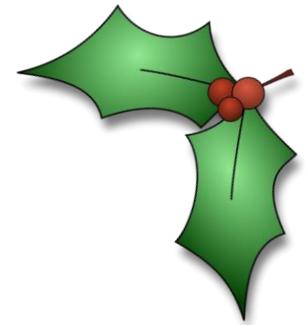
He has just 2 more to attend and he'll be getting festive over the Christmas period at those parkruns!



Have an Active Festive Period

Fancy a festive 5K or want to get those New Years resolutions started on New Years Day?

The parkrun Christmas compendium is here!
Check the Hertfordshire list below to see where you can get that 5K festive run in.



2018 Christmas Day Parkrun

Tring	9am
Rickmansworth	9am
Panshanger	9am
Castle Park	9am
Stevenage	9am
Cassiobury	9am

2019 NYD Parkrun

Tring	9am
Rickmansworth	9am
Panshanger	9am
Letchworth	9am
Gadebridge	9am
Castle Park	9am
Westmill	10.30am
Stevenage	10.30am
St Albans	10.30am
Ellenbrook	10.30am
Cassiobury	10.30am
Barclay	10.30am



For the full parkrun UK list [click here](#)

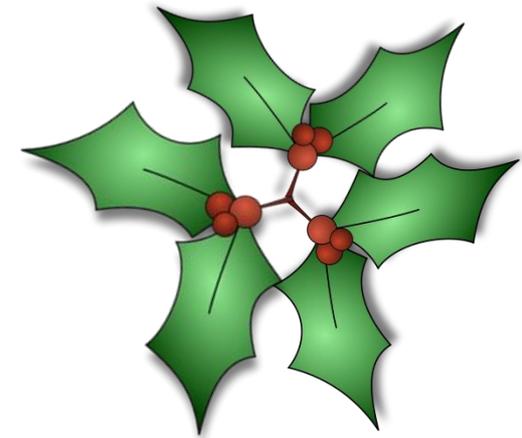
RED January

Support your mental health this January by doing something active every single day.

REGISTRATION NOW OPEN!

You can register for **FREE** with Mind in Mid Herts **HERE** or Herts Mind Network **HERE**

YOPAs getting involved are you? #redjanuary



Active every day...

...to beat the blues away.

Support your mental health this January by doing something active every single day.

If it's running 5k, or walking to work a new way, a morning swim or just taking the bike for a spin – join the thousands of people around the UK kick starting their 2019 in the most positive way.

Register for FREE at mindinmidherts.org.uk



JANUARY

Active every day, to beat the blues away.

1.	2.	3.	4.	5.	6.	7.
8.	9.	10.	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21.
22.	23.	24.	25.	26.	27.	28.
29.	30.	31.	#redjanuary mindinmidherts.org.uk 2019			





Coach Education Week

The Herts Sports Partnership's annual Coach Education Week takes place from 16th to 24th February 2019. View the Coach Education Week programme here:

Coach Education Week Programme

Browse through the digital programme and then click on any course you'd like to know more information about or book on.

UKCC Level 1 Pickleball Coaching Qualification

We've been shouting about it all year and now you can become an instructor.

With the growing interest in Pickleball in Hertfordshire another Pickleball Level 1 Coaching Course will be held early in 2019.

The course will take place during Herts Coach Education Week.

Date: Sunday 17th February 9.30am to 3.30pm

Location: Oaklands College, Welwyn Garden City Campus

Cost: £50

For full details of the course and to book a place [click here](#)

Herts Coach
Education Week



16-24 February 2019

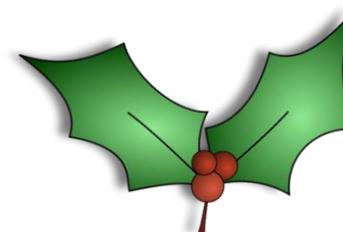


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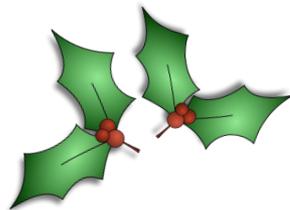
Thank You!!



We've had a brilliant year and got so many people more active. Thank you to everyone who has contributed towards a fantastic #HertsYOPA18



Don't worry we're not disappearing! The HertsYOPA Legacy will continue and we aim to bring some of those fantastic months back in 2019! Keep an eye out in the New Year for @HertsYOPALegacy



@HertsYOPALegacy

