



## Welcome to the January edition of the HertsYOPA18 newsletter

**Hertfordshire's Year of Physical Activity, also known as HertsYOPA18, runs from 1 January to 31 December 2018.**

It is a year to focus on getting Hertfordshire moving and celebrate what the county has to offer to help our residents lead healthy lives!

Led by the Hertfordshire Sports and Physical Activity Partnership (HSP), Hertfordshire County Council (HCC) and Hertfordshire Association of Cultural Officers (HACO), and supported by the ten district councils along with many other organisations, everyone is encouraged to get involved.

### Why do we need a 'year of physical activity'?

**Leading an active lifestyle has many benefits to improving our physical and mental health.**

However, many adults and children are not meeting the national recommended levels for physical activity. One in five adults in Hertfordshire currently does less than thirty minutes of activity a week, which means they are missing out on a wide range of physical, mental and social benefits.

#### Did you know?

Regular physical activity is a natural medicine. It can reduce the risk of developing over 20 chronic conditions such as Type 2 diabetes, heart disease and some types of cancer. It can also help improve symptoms of depression and is a great way to meet new people, improve social connections, lift a low mood and improve sleep.

**We want to help Hertfordshire become the most active county by:**

- **Increasing** physical activity levels
- Shifting stubborn **inactivity** levels
- **Celebrating** what's already happening
- Encouraging **new** programmes and events

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## Movers and shakers

**We will be asking local influential people to give us an insight into their physical activity interests and motivations.** In this issue, Councillor Richard Roberts from Hertfordshire County Council takes the plunge...

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

I feel alive, I have more energy, more to contribute and give more of myself.

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

We have dogs, it is that simple. I enjoy gardening, especially the challenge of hard work, and occasionally I go to the gym. I run up stairs, always have.

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

I completed the Long Mynd hike when I was younger, this was over the Shropshire hills, 50 miles and 15,000 feet of ascent and descent, nearly killed me!

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

When my weight started creeping up 10 years ago I realised I needed to take stock and stopped (mostly) fizzy drinks and choccy bars, I started some runs and discovered that without too much effort I got back to a better weight and energy.

### Are you a weekend warrior or daily do-er?

I'm a daily warrior. When life is complex and demanding, you have to do something that puts a bit back every day.

### Are you a solitary or social exerciser?

I'm solitary exerciser, but always engage with whom ever is around. Exercise is more than the gym, activity has to be part of your day so I walk briskly along corridors or footpaths.

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

Winter is such a challenge but grasp it, get out and fight the wind and rain, let frost catch your breath and marvel at the clear sky when it is so cold. But I always try and stay warm inside by moving around and doing something physical just to get the circulation going.

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

The really brilliant thing is that I still do the things I did when I was a kid. I can still cycle, run, climb, walk and enjoy the world around me. I can go for a walk or run and chat with my daughters, awesome!

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

I don't think I do but there's nothing better than a beer in a nice pub after a good long walk!

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

Do simple things, walk more, start stretching and moving easier, then be brave, buy some trainers and go for a walk. The next time jog a bit, you are on your way to next year's ambition which is the local parkrun. Swimming is another easy way to build exercise confidence. Start with a little and a lot will follow.

**Have a great New Year!**



**Councillor Richard Roberts running the Bovingdon 10k**

**Start with a little and a lot will follow.  
Go on, you can do it!**

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## Shining a spotlight on....

Each month we will be focusing on a different theme. To launch the campaign, January's theme is 'New Year, New You'.

It is being led by leisure providers across the county who will be encouraging people to kick-start the New Year with some healthy active habits. Check out the other themes to see where else you might be able to get involved below.

### Monthly Themes

<b>January</b> New Year, New You Month	<b>February</b> Workforce Development and Volunteering Month	<b>March</b> Young People Month	<b>April</b> Older Adults Month
<b>May</b> Walking Month	<b>June</b> This Girl Can in Herts and Bike Month	<b>July</b> Parks Month	<b>August</b> Families Month
<b>September</b> Get Back Into Month	<b>October</b> Workplace Wellbeing Month	<b>November</b> Celebrate Sport Month	<b>December</b> Dance Month

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## Who can get involved?

### Anyone!

We want as many people and organisations as possible to get behind this campaign to help us reach Hertfordshire residents.

You could be:

- a parish or town council
- leisure provider
- lunch club leader
- sports club
- personal trainer
- group exercise leader
- University of Third Age group
- Rotary Club
- a group of mums
- a group of friends
- the leader of a group with no link to sport or physical activity who wants to encourage the group to go for a walk together or try new activities
- someone who provides sport and physical activity opportunities who can promote what you offer under the **HertsYOPA18** umbrella to encourage new people to join up

This is a fantastic opportunity and we'd love to hear from anyone interested in running an activity during one of the twelve themed months.

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## Local authorities get behind the campaign

Many organisations from different sectors are already planning for the year ahead. The ten district and borough councils have been busy sharing the campaign with their partners and other organisations to encourage involvement. Below is a great example of how Stevenage Borough Council has been promoting and making plans for the campaign.

### Stevenage, leading by example

The Sport and Wellbeing Team at Stevenage Borough Council are bringing key local partners around the table to start plans for the Year of Physical Activity.

Some great discussions have taken place, including how to link into the monthly themes, how to mould what they already do into these themes and how to develop some new initiatives and events in line with the campaign's aims and objectives.

A Stevenage HertsYOPA18 planning group has been established, which will meet regularly to develop ideas and plans for the year. They will be promoting the campaign to lots of different groups and organisations in Stevenage as well as getting the campaign a slot in the quarterly magazine that goes out to all residents.

This is a great example of an organisation taking on the campaign and promoting it locally to support Hertfordshire to become the most active county. We know many local authorities and partner organisations have started to really get behind the campaign, which is fantastic news, and we'd love you to share your plans with us so that we can use them to inspire others.

If you'd like to find out more information on how your organisation can get involved, please contact: Jane Parker, project co-ordinator, at: [hertsYOPA18@herts.ac.uk](mailto:hertsYOPA18@herts.ac.uk)



## Can I get funding?

A **'HertsYOPA18 Funding'** factsheet is available to help you apply for grants to support **HertsYOPA18 activities.**

### Further information

If you would like to get involved, please contact Jane Parker at: [hertsyopa18@herts.ac.uk](mailto:hertsyopa18@herts.ac.uk)

You can also check out the **'What is the HertsYOPA18'** factsheet

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# Ten parkruns to herald Hertfordshire's Year of Physical Activity 2018

**Hardy souls from across the county will welcome in the Hertfordshire Year of Physical Activity when they take part in one of the county's 10 park runs scheduled for New Year's Day.**

And the HertsYOPA18 stag, the campaign mascot, will be making a guest appearance at a couple of the venues.

Parkruns take place at 9am on a Saturday morning, but additional events are permitted on Christmas Day and New Year's Day at the discretion of local organising teams.

The growth of parkrun in Hertfordshire over the past two years has been phenomenal, with over 3,000 runners and volunteers involved on a weekly basis.

The popular programme will see local events welcome a mixture of serious runners, fun runners and well-intentioned New Year *resolutionists* to some of Hertfordshire's best loved and most picturesque parks and open spaces on 1 January 2018. Everyone is welcome regardless of level or experience!

**HSP Director, John O'Callaghan, said:**

"What better way to start 2018 than by getting some fresh air and exercise whilst enjoying the beautiful outdoors that Hertfordshire has to offer?"

"This time last year, we welcomed parkrun novices who 16 months later will be running the London Marathon!"

"But parkrun is for everybody – irrespective of whether you wish to walk, jog or run. If you are going to make one New Year's resolution for 2018 let it be a commitment to joining the Hertfordshire parkrun family. I promise that it is a decision that you will not regret!"

**New Year's Day parkruns across Hertfordshire will be held at the venues listed below.**

**Times of parkruns on New Year's Day vary and you should check for these at:**

[www.parkrun.org.uk](http://www.parkrun.org.uk)

<b>Cassiobury Park:</b>	Watford
<b>Panshanger Park:</b>	Hertford
<b>Ellenbrook Fields</b>	Hatfield
<b>Fairlands Valley Park</b>	Stevenage
<b>Barclay Park</b>	Hoddesdon
<b>Gadebridge Park</b>	Hemel Hempstead
<b>Tring Aquadrome</b>	Rickmansworth
<b>Verulamium Park</b>	St Albans
<b>Castle Park</b>	Bishops Stortford

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# Workplace Challenge: make every minute count!

The Workplace Challenge is a free eight-week challenge that encourages staff to build activity into and around their working days to help break up long periods of sitting at a desk.

The challenge begins on **Monday 8 January 2018**.

Led by **Hertfordshire Sports Partnership**, organisations from across the county will be taking part by encouraging staff to do at least 10 minutes of activity per day. The challenge is for everyone, those who are already active and those who need a little extra help to get there.

Once signed up, employees can log their activity in a number of ways - on the workplace challenge website, via the workplace challenge app or by syncing a Fitbit to the website. Activities logged earn points, with prizes to be won, and participants will receive motivational messages throughout the challenge.

Please encourage colleagues and employees to sign up at:

[www.workplacechallenge.org.uk/2018challenge](http://www.workplacechallenge.org.uk/2018challenge). For further

information, please contact Fiona Deans, [f.deans@herts.ac.uk](mailto:f.deans@herts.ac.uk)

Research by the **British Heart Foundation** shows that staff taking part in the challenge report improvements in **mood, concentration and sleep** and 30% reduction in risk of **depression** and 0.6 days per employee reduced sickness absenteeism

**Organisations reported boosted company morale, improved relationships, increased networking and communication, and achievement of core business aims.**

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# Help us promote #HertsYOPA18



(L-R) Mervyn Morgan, HSP Vice Chair, YOPA the Stag, Richard Roberts, Hertfordshire County Council Cabinet Member for Public Health, Grahame Bowles, HSP Chair

## 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)

Please promote what's happening in your local areas, tagging the accounts below and using #HertsYOPA18 to help us all share messages.



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A team of volunteers will be getting out and about to community events to promote the campaign along with our very own HertsYOPA18 mascot, YOPA the stag.

And of course there's this monthly newsletter to provide campaign updates.

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