

# Alive Active Newsletter

## Welcome to our first newsletter!

Many of you have met me virtually or in person already and will know that this newsletter was on its way! For those I have not met I am the new Community Development Manager at Alive West Norfolk and my role is to work with the whole community to support people to get active. There is no greater time than now to get people to increase the amount they move and I hope that we will be able to work together to ensure that all residents in the borough have access to activities that can support their health and wellbeing. I hope to send this out quarterly to keep you updated on national and local initiatives and to also give you a flavour of what we are doing here at Alive West Norfolk

Frances Rayner

Community Development Manager



## Alive Active Mile 23 September 2020

Join in the fun on **National Fitness Day** by completing your mile, your way!



Find out more:

community@alivewestnorfolk.co.uk 01553 818018  
 f t i #Fitness2Me #FitnessDay #AliveActiveMile

23.09.2020  
**NATIONAL  
 FITNESS  
 DAY**

With all events this year cancelled I was keen to do something to support the community in celebrating their health. National Fitness Day is a national event and an opportunity for us to encourage the whole of West Norfolk to get involved. The Alive Active Mile has been created to give everyone the opportunity to do something by completing 'Your mile, your way!' That is the beauty of this event, everyone can choose how they want to do their mile and can do it alone or as part of their group/team/family. Walking is probably the simplest method for a lot of people and a mile can be completed by walking to school or work or walking the dog and can be done in sections throughout the day or as a team relay. For those who want to do more than a mile then please do as much as you can! There is still time to get involved. Please share on your social pages and website and if you are want to get something happening in your community and need help then email me at [community@alivewestnorfolk.co.uk](mailto:community@alivewestnorfolk.co.uk).

## KICKSTART YOUR HEALTH

### NHS BETTER HEALTH

**National Fitness Day** is a great time for people to take their first step to improving their health. Everyone's health matters and this new NHS campaign is providing resources to help people to eat more healthily, lose weight and to get more physically active.

The NHS has lots of support materials that can be found at: <https://www.nhs.uk/better-health/>.

The recommended minutes of physical activity that adults should take each week is 150. This can be any form of activity as long as the heart rate is raised - you are slightly out of breath. 5 x 30minute activities a week doesn't sound too bad, does it!

Whatever the individual motivation we all know that it's important that communities have resources available for exercise and an environment that encourages healthy habits. This will lead to better health and support communities to be sustainable. I am here to support your community where help is needed, and gaps need to be filled. Please don't hesitate to get in touch.

## WEST NORFOLK WALKING FOR HEALTH

### FREE WALKS

Getting active is never easy but the Walking for Health group can help! They offer free, short walks which will not only benefit health but provide the opportunity to explore what's on the doorstep and make new friends.

For over 14 years in West Norfolk thousands of people have discovered the benefits of regular groups walks - sharing a laugh, maintaining a healthy weight and reducing some of the common health risk factors. I recently joined them for a walk in Reffley Woods and I have to say I loved every minute of it! We walked and talked for about an hour and then there was time for some socially distanced chat before everyone went on their way.

I asked those that I walked with why did they join the group?

'I am on my own, so it's been a great way of meeting new people, there is always someone to talk to.'

'I had a heart attack and was given details of the group when I was rehabilitating. Joining has been life changing!'

To find out more visit:

<https://www.west-norfolk-walking-for-health.org/>



## Walk October, Go Sober

Our Alive activity for October is to support the Go Sober campaign created by Macmillan Cancer Support. Whilst the campaign focuses on reducing or completely ditching the alcohol, we are adding a twist of our own and that is to get out and walk.

Join the official campaign online or just set your own challenge to replace a bottle of beer or wine with a walk. <https://www.gosober.org.uk/>

Lockdown has seen many people drinking that little bit more than normal and whilst for some it's not been an issue for others it has had a negative impact on their family lives. We want to help raise awareness of services and opportunities in West Norfolk throughout October with regards to alcohol and of course getting active. We will be sharing this on our Alive Active Community Facebook page.

All walking is beneficial, but for the greatest benefits to heart, lungs and blood pressure, brisk is best. You should be breathing a little faster, feeling a little warmer and can feel your heart beating a little faster, but you still feel comfortable and are able to talk.

<https://www.ramblers.org.uk/advice/facts-and-stats-about-walking/health-benefits-of-walking.aspx>

Getting out walking is a simple, free activity which can be a great distraction from drinking that next alcoholic drink. Sensible shoes are all that is required, and you can start from you own back door without the need to drive miles to find somewhere suitable. Throughout October we hope that we can help our community to gain some of the sober benefits whilst getting a little fitter.



**Alive Active Communities** - As a new team at Alive West Norfolk we are currently reviewing our strategy for the next 12 months. One of the most important ways of doing this is to talk to you and your community. If you haven't been in touch following my email in July, it's not too late. I would really love to hear from you and find out what your community needs. Please respond to the email directly or you can email me at the following address: [community@alivewestnorfolk.co.uk](mailto:community@alivewestnorfolk.co.uk). I am more than happy to come along and see you for a socially distanced meeting or we can do a virtual meet/phone call.

In August we got our new social media page up and running - Alive Active Community. Please like and share so that we can build our followers and be able to share exciting opportunities with you.

<https://www.facebook.com/AliveActiveCommunity>