

### Welcome to the March #HertsYOPA18 newsletter

This month it's Young People month, so check out this newsletter for information about some of the great things happening to celebrate our young people being active and please do share your own activities via our social media networks (below).

Thank you to everyone who got involved in Workforce Development and Volunteering month in February, there was lots going on. YOPA the Stag was out and about at many activities (apart from his one Sunday off, see opposite!). He kicked off Workforce Development and Coach Education Week with a visit to the University of Hertfordshire and then put in appearances at parkruns, Bikeability workshops and even a Couch to 5K course. This month you'll be able to spot him at the Herts School Games County Finals and the Inter FE Colleges Games (see page 3).

YOPA is becoming something of a celebrity, so if you would like him to visit your group or event to help raise awareness of all the fantastic opportunities for young people that we want to publicise this month, please contact Jane Parker (details below).



### 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



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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 brief insight into their physical activity interests and motivations throughout this Year. John Wood, chief executive for Hertfordshire County Council answers Piers Simey's 10 questions this month...**

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

I have always been active and do something most days. I feel it benefits me both mentally and physically, and helps me focus.

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

Getting relaxation and exercise through enjoying working out in my garden. Always thought this was an old person thing!

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

Because I want to, and so I try and make time. I walk my dog most mornings in the forest even in the dark in winter, I go to the gym even quite late at night, and I often book into tennis sessions in advance to maximise my chances of getting there.

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

Long while ago, but still remember as a teenager being in swimming club. Our coach didn't arrive one evening and so my class was split across other standards. I ended up in the top set for 1 night; it was so hard, I thought I was going to die! Hated every minute of it and never went back. Makes me realise how easy it is to put people off, because I was keen before this.

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

Not really, there have been times when I have done less and often I've needed a prompt to get motivated again, like taking tennis back up after 25 years away from it.

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

No particular rewards, although I like to feel that the exercise helps me lead the life I want to.

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

I'm a daily do-er – if anything. Weekends I like to be active in the garden and so less likely to go to the gym.

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

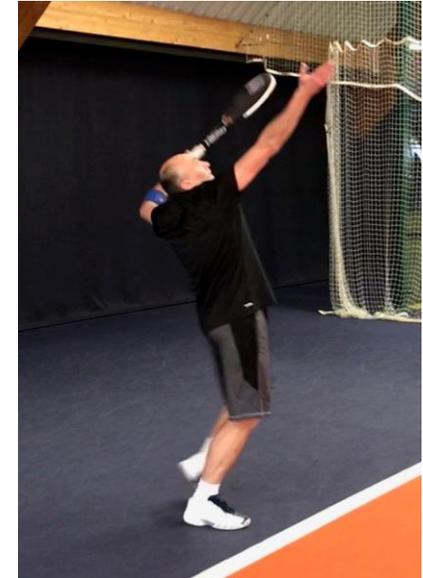
Solitary (probably even anti-social!) in the gym. Social at tennis (old men's doubles!)

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

I can't deny it's harder in the winter to get out of the house, but fundamentally I enjoy it and look forward to my exercise. Although, I have to admit, the weather and dark don't affect much of what I do, I still have the same routines ie. dog walk in the morning, gym 2/3 times, and tennis twice a week if I'm lucky.

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

Have a go at something, anything! If you don't enjoy it, move on, go along with someone and try and make sure it's pitched at your standard/ capability. Play yourself in gently, don't go buying all the kit/ equipment before you've given it a good go.



*HCC's Chief Exec John Wood re-discovers his love of tennis after 25 years!*

**Have a go at something, anything! If you don't enjoy it, move on!**

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## Shining a spotlight on.... Young People Month

March is Young People's Month and there are plenty of fun activities planned throughout the month to celebrate and promote young people being active.

### School Games and Inter FE Colleges Games

Preparation is well underway for the Level 3 School Games Finals and the Inter FE Colleges Games 2018, both supported by Herts Sports & Physical Activity Partnership (HSP).

The Level 3 School Games Finals are the culmination of Intra School competitions (Level 1) and Inter School competitions (Level 2), which have already been taking place in primary and secondary schools across the county. Over 1000 young people will compete in the Primary Schools event at Wodson Park on 20 March 2018.

Our four further education colleges will go head to head at the Inter FE Colleges Games at the Hertfordshire Sports Village on 27 March.

For further details contact Jane Shewring on [j.shewring@herts.ac.uk](mailto:j.shewring@herts.ac.uk).



The University of Hertfordshire is supporting Young People month with a number of sporting activities:

### 21 March: 1pm Sport Relief Run around Ellenbrook Fields

Raise a little money for charity while exploring the beautiful surroundings of the University. This event is open to the general public.

### 28 March: Varsity

Beds and Herts Universities compete against each other in an annual local derby. Athletic Union teams take each other on in basketball, futsal and netball as well as other activities, while the staff and students can try out zorb football, rounders and ultimate frisbee!

### 29 March: The night after the day before is the Sports Awards

All Athletic Union clubs are invited to a formal dinner, presentation and after party to celebrate the years' achievements.

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## Sport Relief

From Monday 19 to Saturday 24 March, Welwyn and Hatfield Borough Council is running a #HertsYOPA18 Sport Relief campaign to challenge residents to swim and cycle the world - a total of 25,000 miles.

The council will be working with local secondary schools, shopping centres, gyms and sporting partners throughout the week to get them involved. There will be pop up bikes at the Howard Centre in Welwyn Garden City from Monday to Friday, giving members of the public a chance to contribute to the overall mile target.

On Saturday 24 March, there will be an event at the Galleria, Hatfield to reach the final target of 25,000 miles, as well as a range of fun sporting family activities for all ages.

## Crucial Crew

Crucial Crew brings together a range of organisations for one day to provide Year 9 students with access to a range of useful careers information and advice as well as lifestyle, sport, leisure and volunteering opportunities.

There will be a Crucial Crew event for Welwyn and Hatfield students on 13 March at the Fielder Conference Centre. Herts Sports Partnership will have a stall at this event to promote #HertsYOPA18 and run a taster session to engage students and encourage them to participate in physical activity.

## Make a Difference Every Day

Nine out of ten girls aged 13-15 years old don't do enough physical activity to benefit their health.

There are marked gender differences in school sport, with girls aged 11-15 less likely to play for a school team, to be a member of a sports club, to play sport against others in PE lessons, or to take part in a competition.

In response to this, Welwyn Hatfield Borough Council is keen to find innovative ways to help more girls become active, so it is sponsoring the 'Make a Difference Every Day', or MADE project.

MADE aims to encourage girls who are in Year 9 to try different physical activities such as Pilates, Clubasize, HoolaHoop and trampoline. They also receive talks around healthy eating.

A six week MADE pilot launches at Monks Walk School this month and it is hoped that MADE will roll out to other secondary schools in the summer term.



**WELWYN  
HATFIELD**

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## Big Weekend

**Saturday 24 and Sunday 25 March is Visit Herts Big Weekend and a variety of attractions across the county will open their doors to the public for free.\***

In this Year of Physical Activity, we want to shout about the twenty parkrun and junior parkrun events that will be happening that (and every) weekend!

Parkrun is a 5k run (you can jog or walk too!) that starts at 9am every Saturday. Junior parkruns are 2k and start at 9am on a Sunday.

The events are run entirely by volunteers, who welcome every participant with a cheery disposition and open arms! There's always a 'tail walker', so you'll never be the last to finish!

Visit [www.parkrun.org.uk](http://www.parkrun.org.uk) and hit 'Events' to see where your nearest one is.

\*ticket ballot applies.

## 120Km Rowathon

**Stevenage brothers and former employees of Herts Sports and Physical Activity Partnership (HSP) Joe and Luke Capon tragically lost their brother, Christian, to cancer in 2017 when he was aged just 37.**

In memory of Christian and to raise money for Cancer Research UK, Joe and Luke are cycling 700 miles from London to Geneva in just eight days later this year.

Members of the HSP Team, students, and staff from the university recently completed a 120km indoor Rowathon to support Joe and Luke, raising £300 towards their fundraising target.

Partnership Director at HSP, John O'Callaghan said: "Both Joe and Luke are much loved and valued colleagues, and the recent Rowathon was the least that we could do to support their fundraising activity. I would like to thank my colleagues and the very generous staff and students at the University that came together to complete the Rowathon, and in doing so, raised some much needed funds for Cancer Research UK.

"A special thank you goes to Professor Quintin McKellar who got the event off to a fantastic start at 6.30am. For me, this event showed the University community at its very best.

"In this, the Hertfordshire Year of Physical Activity, we wish Joe and Luke well on their marathon bike ride, and knowing their determination and the resilience they have shown in the face of recent adversity, I have every confidence that they will pass the test with flying colours."



*Professor Quintin McKellar, Vice Chancellor, University of Hertfordshire (far right), Joe Capon (second from right) and members of the Herts Sports Partnership Team*

**"Cancer is such an indiscriminating disease and we have seen first-hand the devastation that it can wreak on families like our own. The support of the HSP Team, and the wider University of Hertfordshire community, is very much appreciated.**

**"We are doing our little bit to raise awareness of the work of Cancer Research UK and to help generate sufficient funding so that collectively, we can beat this disease."**

**Joe Capon**

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## Walking Squash

As part of our Year of Physical Activity 2018 a group of Hertfordshire residents have started one of the UK's first walking squash leagues.

The group was developed by a group of people who love playing squash, but due to injury or age are not as mobile as they used to be. The walking squash league, based at the University of Hertfordshire's Sports Village, has proved hugely popular. The rules are simple:

- a red spot training ball is used for additional bounce
- players are restricted to one corner of the court
- anything in front of the T is deemed out of play
- a handicap system is in place

In welcoming the initiative HSP director John O'Callaghan said:

*"Squash is such a fantastic game, not only in terms of skills development and as an outlet for the competitive spirit, but it also delivers an excellent workout.*

*"For those of us either getting on in years, or restricted through injury, walking squash is the perfect release valve. With the popularity of other walking sports - including football, rugby, netball and basketball - very much on the up, we thought 'Why not squash?'*

*"The inaugural league has been thoroughly enjoyable and immensely competitive. There are currently five of us in the league with a combined age of over 260 and a list of injuries that would frighten most A&E departments!*

*"When I had my ankle fused – ironically as a result of a squash injury – I thought my playing days were well and truly over. This adapted version of the game, has given me a new lease of life on the squash court and I would urge any players out there who might have stopped playing for whatever reason, to give it a go."*

Further details of the Walking Squash League at the Hertfordshire Sports Village please contact Josie McLean: [j.mclean@herts.ac.uk](mailto:j.mclean@herts.ac.uk) 01707 281186

## Drive to recruit 200 HertsYOPA18 Champions

The Herts Sports and Physical Activity Partnership is working with social enterprise *Apex in the Community* and local authority Sport Development Officers to recruit 200 volunteer HertsYOPA18 Champions.

Recruits will attend an accredited training workshop, being offered in conjunction with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and #TeamHerts Volunteering, to find out about the role and expectations of a volunteer; safeguarding; behaviour change; and wider volunteer opportunities.

Programme graduates will be presented with a HertsYOPA18 branded polo shirt and linked up with their local Sports Development Officer, who will help them into volunteering roles.

All Champions will be encouraged to link with their local parkrun event, raise awareness of Hertfordshire Year of Physical Activity 2018 initiative in their communities and encourage local groups to broaden their local offers.

Champions will also be supported to continue their involvement as volunteers in community sport and physical activity programmes beyond December 2018.

At least three workshops will be held in each of the 10 district council areas over the coming few months. Dates are being finalised.

Anyone interested in registering should contact Stewart Hunt [stewart.hunt@apex360.co.uk](mailto:stewart.hunt@apex360.co.uk)

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# Reflections on.... Workforce Development and Volunteering month

## Workforce Development and Coach Education Week

**When the Herts Sports & Physical Activity Partnership (HSP) started Coach Education Week 10 years ago, it never expected it to still be going strong, let alone expanding to a whole month of activity.**

This year, to celebrate Hertfordshire's Year of Physical Activity, HSP launched a range of workshops, courses and seminars to upskill, educate and generally give confidence to those committed to helping us move more.

It focused on some new subject areas, including long term conditions and exercise; engaging with social media and the press; understanding better ways to communicate with participants; as well as the traditional variety of coaching badges, safeguarding and First Aid.

It's not just about sports 'coaches' anymore, as being involved in teaching and guiding others into and through sport is so much more. Buddies, instructors, leaders, activators, trainers – they all work hard to encourage us to be physically active.

With the support of a wide range of National Governing Bodies of Sport, Sport England, UK Coaching and the University of Hertfordshire, HSP has been able to offer over 1500 learning and development opportunities to a wide range of sport and physical activity providers.

One of the greatest things about the programme is that by bringing together so many dedicated individuals with a passion for health and exercise, ideas grow organically. The training room fills with conversation and idea sharing, tip swapping and suggestion offering. Leaving the room is an enthused and motivated workforce, ready and willing to overcome any obstacle that stands in the way of collectively addressing inactivity levels.

## HSP Partners Forum

**HSP's next Partners Forum takes place on Monday 5 March at 7pm.**

Please join us over a buffet and refreshments!

The aim of the evening will be to shape the emerging Herts Sports Partnership Workforce Strategy and we'd love as many people as possible to get involved so that we can get your views and ideas on how we can get Hertfordshire more active.

We are convinced that if, collectively, we are going to successfully shift those long standing and stubborn inactivity levels whilst maintaining and growing our community sport sector, we are going to need an empathetic, highly skilled, enthusiastic and committed workforce to meet the challenge.

Please help us spread the word about this event across your networks, encouraging people to register [HERE](#) to confirm attendance.

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