

Be Active Forum Newsletter May 2017

Dear colleagues

I'm pleased to circulate the latest Be Active newsletter. It is full of exciting developments and news about what we have all been doing to promote activity across the Bailiwick. I'm especially pleased to welcome Courtney Chapman, our first Be Active ambassador, who will work with us over the summer getting involved in events and looking at our work from a young person's perspective.

I'm also pleased to present details of our second Be Active Training day taking place on Thursday 22nd June please note the new date. We circulate a summary overleaf and attached is an application form inviting you to attend any or all of the programme.

Welcome Courtney!

Courtney Chapman is our first Be Active Ambassador. She will be working with us over the summer to promote activity across the island. If you have any stories about being active then contact Courtney for support - c.chapman9338@student.leedsbeckett.ac.uk

'I was born in Guernsey. I studied at Blanchelande College and then at The Sixth Form Centre. I have been a member of the Guernsey Swimming Club since the age of three and since starting university, have also become a keen water polo player. I am currently studying Sport and Exercise Science at Leeds Beckett University. As part of the course, we look at how exercise benefits people, not just physically but also mentally. I believe that being active is an important part of life and is vital for staying healthy. Over the summer I will be working alongside Alun Williams and in schools and youth organisations to help spread this message; to encourage people in Guernsey to be active.'



Save the Date! Developing a more active island:

The Be Active training morning: Thursday 22 June 7.00am – 2.00pm at Les Cotils Centre and Beau Sejour

One year since we were formed it's time for our second Be Active Training. Our three events will be part of the Generali Coaching Development week. Attached are joining details but here's a taster of events. All are free and colleagues are welcome to attend any number of sessions:

7.00am – 8.00am Start the day with Yoga at Les Cotils Centre

There's nothing better than a bit of activity to start the day so why not join us for a spot of yoga? Weather permitting we will be holding our session outside.

8.00 – 9.15 am The Be Active Forum - One year on. Breakfast and discussion at Les Cotils Centre

Join us for breakfast as we reflect on the activities of the Be Active Forum and we consider what lies ahead.

We will also be joined by Richard Cheetham MBE, a Senior Fellow in Sports Coaching at the University of Winchester. Richard has a wealth of knowledge about how communities can become more active. He will be speaking to us about how fundamental movement skills in early years can impact on everyone throughout their lives

9.30 – midday: An active workshop to consider developing fundamental movement skills through children's stories - held at Beau Sejour

Richard Cheetham will lead a practical workshop, open to all Be Active Forum colleagues, which will consider how we can use children's stories to encourage young people to be active and develop fundamental movement skills. The workshop will include practical sessions for children to be led through stories

12.30-2.00pm; Creating a healthy kids reportcard for young people in Guernsey (and Jersey) – held at Les Cotils

Guernsey is considering becoming part of a global programme that measures levels of activity of young people. This programme could provide Guernsey with a useful benchmark for assessing activity levels. Ollie Dowding and Alun Williams, alongside colleagues from the Jersey Sports Foundation, will consider the programme and how it can be applied to Guernsey. See the Scottish Scorecard for more information

www.activehealthykidsscotland.co.uk

Sailing Trust Service level agreement - a first of its kind

A new service level agreement has been signed by the Guernsey Sailing Trust and Education Services ensuring school children of the Bailiwick will continue to have the chance to learn



and enjoy the wonderful sport of sailing and to gain confidence exploring local waters. The agreement sets out how the Trust will continue to give young people an experience of the sea by providing high quality water based activities including

sailing, windsurfing and power-boating. There will be a focus on activities being inclusive and accessible to everybody.

Here's a picture of the signing ceremony with Year 3 pupils from Hautes Capelles getting their first taste of sailing in the background

Milk Dash Friday 16th June



The Guernsey Dairy and our Be Active team have joined forces to create a new event to inspire 11-17 year olds to get in on the running action. As part of the Guernsey Dairy

Milk Run festivities, the 5K Milk Dash will take place on Friday 16th June at Sausmarez Park at 6.15pm, with an emphasis to encourage young islanders to #BeActive. Schools and youth organisations are being contacted this week. The focus is very much on fun, participation and personal achievement.

Be Active Ambassadors



We all know that being active means much more than being sporty but nevertheless it's important to recognise the positive role that sport plays on our island. That is especially the case at the moment as 300+ islanders prepare themselves for the Nat west Island Games in Gotland. We are taking advantage of the focus on so many excellent active role models and we are offering 'Be Active assemblies' to all island Schools.

With the theme: *'We did it ...so can you.'* We have 20+ Be Active ambassadors from Guernsey Athletics (all under 21) promoting the benefits and opportunities for being active. In 2015 we did 20+ assemblies with the likes of the Guernsey Basketball team showing off their stuff.– see above.

Update on the Children and Young People's plan Seminar – is good sleep the answer?



Healthy and active

'We want children and young people to have the highest possible standards of physical and emotional health and to lead active lives that promote their long term health.'

At the recent refresh seminar on the Children and Young People's plan Dr Nikki Brink and Alun Williams had the opportunity to reflect on all the hard work that has been undertaken to help young people be more active. An interesting discussion followed including a request to consider the impact of sleep. Watch this space as we consider how to

include 'good sleep' in our good health messages

'TALK THE WALK' Seminar

Many thanks to Deputy Lindsay de Sausmarez, member of the Committee for Environment and Infrastructure and Yvonne Le Page, Health Promotion Manager, who led a seminar discussing the benefits of walking and how we can encourage more of the community to walk. The message from the 30+ attendees was that there was a real appetite to make walking the natural choice for active travel. We'll keep colleagues updated with developments. The presentations can be found on our website: www.gov.gg/beactive

Please forward on this newsletter to any interested colleagues and for further details on any of these projects contact Alun Williams : alun.williams@gov.gg