



Hi everyone and welcome to the April edition of the Be Active newsletter.

Lots to report so here goes:

## TALK THE WALK

A workshop to consider how we can encourage the Guernsey community to walk more and improve health, traffic and the Guernsey way of life



One year Ago Deputy Lindsay De Saumarez, a member of the Committee for Environment and Infrastructure , presented a workshop considering how Guernsey can make young people take up more active travel. We said that we would report back in one year on what has happened over the intervening twelve months.

From Bikeability to walk to school weeks; expansion of the Ruelle Tranquille network to supporting schools infrastructure and of

course the electric bike subsidy scheme there has been lots going on. See the attached summary provided by the Committee for Environment and Infrastructure which outlines actions



**The Daily Mile – A return visit from Elaine Wylie, Founder of The Daily Mile**  
**Thursday 24<sup>th</sup>/ Friday 25<sup>th</sup> May**

We are pleased to report that Elaine Wylie and her husband, John will be making a return visit to Guernsey to Guernsey and Alderney on thursday 24<sup>th</sup> and Friday 25<sup>th</sup> May. Elaine is the founder of The Daily Mile and will be keen to see the progress that you have all made.

Provisionally this is the programme:

**8.30am – 11.00am Tour of schools doing The Daily Mile.**

We'll do a bit of a whistlestop tour – We hope to visit six of our schools. More if we can manage it –

**12.00pm - 1.30pm A celebration of The Daily Mile in Guernsey.**

We will be inviting colleagues along to a lunch and presentation. Between 12.00pm and 12.30pm Visitors will be invited to do The Daily Mile at Les Cotils and listen to Elaine and some pupils talking about the benefits of The Daily Mile. We will send out invites next week to All Be Active members

**2.30pm – 3.15pm Launching The Daily Mile at Government House.**

We are very excited because Sir Ian and Lady Corder will be having their own The Daily Mile at Government House. We will be launching The Daily Mile with pupils from schools who do The Daily Mile

**3.30pm – 4.15pm The Daily Mile at the Guernsey Sailing Trust**

We will finish the day with a quick visit to the Guernsey Sailing Trust – who have their own on-shore mile

### **Friday Morning**

Alderney here we come for a flying visit to St Anne's School



### **Be Active.....on the sea.**

**Be Active Training Day will be on the morning of Friday 22<sup>nd</sup> June**

We will send out booking details over the next few days for the Be Active Training Day.

We will start off with a breakfast meeting at the Guernsey Yacht Club 8.00-8.45am where we will outline current initiatives associated with being active and we will talk about all the opportunities that exist in Guernsey to be active by the sea.

We then will do a morning of activities including:

Using the sailing trust Seahawks; Foraging on Havelet Beach; Have a go at paddleboarding.

Colleagues are invited to come along for the morning , accompanied by pupils if you wish. More details next week.



## Welcome to Simon Sebire, Interim Chief Executive Officer of the Health Improvement Commission for Guernsey & Alderney

In April, Dr Simon Sebire took up a new post as Interim Chief Executive Officer of the Health Improvement Commission for Guernsey & Alderney. The Commission is a new organisation which represents an exciting partnership between the States of Guernsey and the third and private sectors. The Commission is currently being established and once

operational will initially be responsible for the delivery of the Healthy Weight Strategy and the Drug and Alcohol Strategy.

Simon is originally from Guernsey and has recently returned to the Island with his wife and two young children. Before returning, Simon received his BSc and PhD from the University of Bath and was Senior Lecturer in Physical Activity and Public Health in the Centre for Exercise, Nutrition and Health Sciences at the University of Bristol. He will continue his academic role for one day per week, alongside his work for the Health Improvement Commission. Simon is interested in physical activity behaviour, behaviour change psychology, motivation, parenting, school-based projects, and designing and evaluating public health interventions. Simon has led or collaborated on a number of nationally-funded research projects. See [here](#) for details on Simon's research. Simon has presented at the Be Active Forum a number of times recently, and is keen to meet members of the Forum to understand current local projects and future opportunities to increase physical activity in Guernsey.

## Be Active on the run

Great to see so many initiatives to encourage the community to take up running. There's no better way to increase fitness and to experience the emotional health and wellbeing benefits of being active. Here are details of a few initiatives over the next few weeks

## Run Dem Girls comes to Guernsey.

Run Dem Girls is an exciting new initiative encouraging young girls to have a go at running in a fun, informal setting. The group meet up on Wednesdays starting on May 16<sup>th</sup> at 4.00pm. Contact [hello@tryatriguernsey.org](mailto:hello@tryatriguernsey.org) for more information



## Park Run Guernsey goes from strength to strength

Guernsey Park Run continues to be held weekly. We start at Pembroke Bay at 9.00am and runners and their families are all invited to come along. For more information visit: [www.parkrun.org.uk/guernsey](http://www.parkrun.org.uk/guernsey)

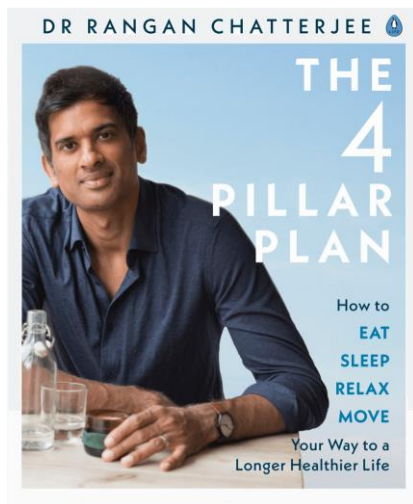


**GUERNSEY DAIRY  
5K MILK DASH**  
be active #beactive



The Guernsey Dairy and our Be Active team have joined forces to hold our second fun 5k and mile race for primary school pupils and 11-17 year olds. As part of the Guernsey Dairy Milk Run festivities, the 5K Milk Dash will take place on Friday 15th June at Sausmarez Park from 6.00pm, with an emphasis on encouraging young islanders to #BeActive. The focus is very much on fun, participation and personal achievement.

Here's an image from last year's race and pictures of the athletes wearing the very popular Be Active headbands.



## Dr. Rangan Chatterjee: The 4 Pillar Plan

### **How to relax, eat, move and sleep your way to a longer life**

Dr Chatterjee will be speaking about his 4 Pillar Plan at the Guernsey Literary Festival on Thursday May 10<sup>th</sup> 1.00-2.00pm.

Dr Chatterjee takes a 360° approach to health by focusing on the four pillars of health: food, movement, sleep and relaxation, and wrote his book The Four Pillar Plan to make good health accessible to us all. For more details go to the following link: [4 Pillar Plan](#)