



Welcome everybody to our final newsletter of 2018. It's been a busy, fun and active 2018 and we look forward to working together to increase levels of activity across our Guernsey community in 2019

1. Passionate about physical activity and healthy eating? Join us at the Health Improvement Commission.

Last month a new Third Sector organisation, The Health Improvement Commission for Guernsey and Alderney LBG was formed. The purpose of the Commission is: 'to identify, develop and deliver defined health improvement initiatives and commission services'. In the first instance its focus will be on delivering the Healthy Weight Strategy and the Drug and Alcohol Strategy.

Our very own Be Active Forum coordinator, Alun Williams, has been seconded over to the Health Improvement Commission for four days per week and will work on physical activity and healthy eating in education settings.

The Commission is now looking to add to its motivated and passionate team and is advertising vacancies for three new posts: An Office Administrator; a Public Health Nutritionist/Dietician and an Active Travel Officer.

Dr Simon Sebire (The Commission's Interim Chief Executive) explains:

"The Health Improvement Commission is a new organisation with big ambitions to inspire and support healthy living in Guernsey. The three new appointments will allow us to enhance our capacity as an organisation and to work alongside the community in delivering new projects. They will be crucial to our early success."

Full job descriptions, person specifications and details can be found here:

<https://foundation.gg/news/job-opportunities-at-the-health-improvement-commission>

The Be Active Forum is circulated to nearly 200 Guernsey colleagues so we would really appreciate if you could get the Guernsey network circulating by posting the link on Twitter, Facebook, your websites or by emailing potential excellent candidates. (If you wish to tag the Health Improvement Commission please add in Simon's hashtag @Simon_Sebire.

2. Any footballers out there? We had the following enquiry from one of our colleagues regarding football for the over 45's

Dear all

We're trying to get together a group of people who are interested in a weekly game of 5 a side football. This is aimed at those of us who are 45 and over, primarily as a keep fit exercise with a bit of fun on the way and would take place on a weekday evening. You don't need to be of any particular level of fitness or ability, so please don't be put off if you haven't played for years or indeed ever. The idea will be to strictly keep to the age limit in order to keep to a reasonable level of activity. Also, this is not restricted to those of us in the SOG, so if you know anyone else who would be interested then by all means include them.

At this stage we need to gauge the level of interest before moving forward, we can then firm up a venue and precise day.

If you would be interested then could you please let me know. You don't have to commit to play every week but we need to have a workable number overall.

Please get in touch with me at richard.vivian@gov.gg and we can go from there.

3. Father Christmas visits The Daily Mile in Guernsey

And lastly..... Father Christmas had a fun time doing The Daily mile at St Mary and St Michael and Amherst schools. Here are a few images– to get you in the Festive Spirit.



