

HertsYOPA18 has got off to a very strong start, with nearly 200 volunteers organising ten Parkruns across the county on New Year's Day.

They were joined by over 2,500 hardy souls, including Hertfordshire County Councillor Richard Roberts at Gadebridge in Hemel Hempstead, and YOPA the campaign mascot who showed a swift turn of foot at Ellenbrook Fields with an impressive 35 minutes, 26 seconds.

January also saw the launch of two new Hertfordshire Parkruns, with 388 runners attending the inaugural Letchworth event, and 92 juniors and many more parents attending the launch of the Hertford Juniors event at Hartham Common.



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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.

Promote your local activities, tagging the accounts below and #HertsYOPA18

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Further information

If you would like to get involved, please contact Jane Parker at:

hertsyopa18@herts.ac.uk

www.hertfordshire.gov.uk/hertsyopa18

#HertsYOPA18





February is Workforce Development Month

To support HertsYOPA18 Workforce Development Month, Herts Sports and Physical Activity Partnership (HSP) has organised an extensive Workforce Development programme to complement the 10th annual Herts Coach Education Week.

Both programmes offer excellent learning and development opportunities for those already involved or looking to get involved in delivering sports and physical activity. Many courses and workshops are free or low cost and there's a bursary programme available. Follow the links below for more information.

Coach Education Week

Coach Education Week takes place every February half term and is a firm fixture of the National Coaching Development calendar. The programme is the biggest of its kind in the UK and since its inception has provided development opportunities for over 8,000 practicing and prospective sports coaches.

Supported by national Governing Bodies of Sport, Sport England, UK Coaching, the University of Hertfordshire and many other training and development providers, the programme has improved the quality of sports coaching in Hertfordshire and brought together groups of like-minded coaches from different communities to share ideas, challenge each other and explore collaborative solutions.

[You can view the Coach Education Week Programme here.](#)

Workforce Development Programme

Driven by the Sport England Strategy 'Towards an Active Nation', HSP recognises the need to work more closely with a wider range of partners, including those from the voluntary and community sector, to reach our inactive populations. Developing soft skills, embedding behaviour change techniques and motivational interviewing will be critical to success. The Workforce Development Month programme will help achieve this.

HSP Chair, Grahame Bowles said: "It is imperative that Hertfordshire continues to lead the way in improving our local sport and physical activity infrastructure, and in meeting head on the significant challenge that we face in tackling inactivity levels in the county.

"These programmes, being delivered in support of the Hertfordshire Year of Physical Activity 2018 are key foundation stones in helping us achieve this."

[You can view the Workforce Development Programme here](#)



Hertfordshire County Councillors Richard Roberts, Cabinet Member Public Health (R) and Terry Douris, Cabinet Member Volunteering (L) launching the Hertfordshire Coach Education Week and Workforce Development Month 2018 programmes.

#HertsYOPA18





Movers and shakers

We're asking influential people in Hertfordshire to give us insight into their physical activity interests and motivations all this year. Tom Cahill, chief executive of Hertfordshire Partnership University Foundation NHS Trust answers Piers Simey's 10 questions ...

What do you get out of being active?

I always try to stay active whether that's jogging, cycling, walking or playing golf. It helps me physically and mentally, as it's a great way to manage daily stress and keep a clear head.

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

As a kid I was very much into what we called 'soccer' (Irish football) and a bit of rugby. I never considered running. I started jogging later on, completing half marathons and the London Marathon - I hadn't imagined I'd ever do that!

How do you build physical activity into a busy day?

Keeping fit on a daily basis is not always easy and it can be tough fitting it into my busy daily life. I don't have a routine but I do have a Fitbit and I try to do 10/12 thousand steps a day. That means parking my car further away from work and taking a brisk walk in the morning and evenings. I tend to run in the evenings or weekends but it's hard to stay motivated.

What was the hardest exercise you've ever done?

This would have to be the London Marathon. It's exhilarating, but the training for it was at times very hard. People don't see the amount of miles you have to do on your own to prepare for it.

Were you ever not active, and what led you to change?

I have always been relatively active but there are times when I lose enthusiasm and I need some sort of event to kick me back into action. I have to watch what I eat - if my food intake exceeds my exercise output, I have to get back on the road.

How do you keep active in the winter?

I continue to play golf and I have a treadmill at home which is handy when you're busy and it's cold outside!

Are you a weekend warrior or daily dose-er?!

I try and get in as many steps as I can every day. I play golf most Saturday mornings and I tend to do a couple of runs during the week. I have recently started the Stevenage Parkrun and I love it! People with all different running abilities come together for half an hour every Saturday morning to have a go.

Are you a solitary or social exerciser?

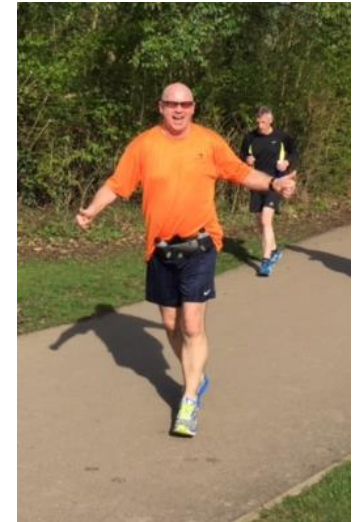
I guess a bit of both. Golf is a great social exercise and playing on your own is no fun, believe me! If I'm running however, I'd rather get out on my own & focus on the run.

How do you like to reward yourself after exercise?

The feeling after exercise is brilliant, you feel calm, collected and that you have achieved something. For me exercise enables me to live the life I want to live, it keeps me focused and although I have no specific reward afterwards the endorphins perhaps trump that!

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

My advice for anyone thinking of starting to become more active is to dive in! Look for something you are comfortable with locally, you will feel much better for it!



Tom Cahill at the Stevenage Parkrun

“Exercise enables me to live the life I want to live!”



#HertsYOPA18



YOPA the Stag's been busy!

The Hertfordshire Year of Physical Activity 2018 mascot – YOPA the Stag – has been a very busy boy in January.

Approaching his duties with great responsibility, YOPA even stayed at home on New Year's Eve so that he could be up nice and early on 1 January to attend the Ellenbrook and St Albans parkrun events!

He was spotted on the stage at the annual Hertfordshire Primary PE and School Sport Conference held at the University of Hertfordshire, inspiring local teachers and governors to move more during 2018.

He has teamed up with his old mate, the Broxbourne Badger, at the Great Borough Walk, and more recently was seen high-fiving the finishers and posing with dignitaries at the launch of the Letchworth and Hertford Juniors parkrun events.

To cope with the increasing demands on his time, YOPA has been keeping fit and most mornings can be seen working out at the Hertfordshire Sports Village - and he has even signed up for the Hertfordshire Workplace Challenge.

HertsYOPA18 Project Coordinator, Jane Parker said: "YOPA's diary is filling fast and if any organisation would like him to attend their event as part of the HertsYOPA18 celebrations just drop me a line j.parker20@herts.ac.uk."

Pickleball

Pickleball is a new, fast-growing racket sport that combines squash, badminton, table-tennis and tennis. It's played on a badminton court, usually in a doubles format.

Hertfordshire Sports Village is hosting a UKCC Level 1 **Pickleball coaching course** on Saturday 10 February 2018 as part of HertsYOPA18 Workforce Development Month. Worth at least £120, the course is also being offered free to one person from each of Hertfordshire's 10 districts who agrees to become the district Pickleball Champion to help increase participation.

Showcased at the Hertfordshire Sports Village in January as part of U3A Day, Pickleball is already played by over 80 people across the county:

- Easy to learn paddle sport for all ages and skill levels
- Low intensity sport, ideal for those currently taking little or no exercise
- Suitable for those aged 50+ who have the lowest levels of exercise
- Can take place during off-peak daytime leisure centre slots
- Short game format, which allows up to 16 participants to use two badminton courts
- Minimal coaching and easy facilitation
- High chance of initial sessions transitioning into a club with sustainability benefits
- Low set up cost (kit includes net, post, paddles and balls and costs less than £500)

Hertfordshire's Sports Development Officers, led by Pickleball Development Officer Peter Simmons, will be rolling out the programme, in the hope of getting 500 older adults to become regular Pickleball players. There will be Pickleball clubs and a tournament at the Hertfordshire Sports Village in November 2018 to celebrate HertsYOPA18 Sport Month.

If you are interested in getting involved or attending the Level 1 Coaching course, contact Peter Simmons:

pjgsimmons@gmail.com

#HertsYOPA18



Herts Dances

**Anyone.
Anywhere.
Dance Now!**

Film yourself dancing, upload it to Facebook and make sure you tag @HertsDances

The Herts Dances campaign encourages anybody, anywhere in the county, to dance in any way they would like to, and to share their dances through social media!

We welcome individuals, families, small groups, clubs, schools or work teams to share examples of them enjoying dance, however they dance! It is just a few minutes for a fun activity, it doesn't have to be epic in scale!

Across the year, we are hoping for clips of dancing indoors, outdoors, with non-dancers, and with all ages. At the end of the year, we will make a compilation of the county dancing!

How to get involved

1. Find someone and somewhere to dance

Anyone of any age can dance anywhere! Find someone to dance with in your own way. Share clips from houses, care homes (with chair-based moves), parks, car parks, bus stops, buses, workplaces (as part of the workplace challenge), supermarkets, children's centres, schools, leisure centres, sports clubs, theatre audiences, conferences, recycling centres... where do you dance?

2. Warm-up activity

We hope that people will film dance warm-ups at other events, classes or even in meetings and post them on our Herts Dances Facebook page: www.facebook.com/hertsdances

3. Choreograph a crowd

If you are running a large event in your district or borough, how about getting the crowd rehearsing a dance and recording it? Some are already scheduled for the summer, more details to follow.

4. Music to dance to

Please add clips of any style of dance, but if you need a song to start you off, [play our official Herts Dances track, Move Your Feet](#), by young songwriters in Hertfordshire.

5. What are others doing

We are encouraging dance groups around the county to post dance moves on the Herts Dances facebook page to inspire others.

Herts Dances is led by Creative Hertfordshire and Hertfordshire Music Service:

hertsdances@creativehertfordshire.com



www.facebook.com/hertsdances

[@HertsDances](https://www.facebook.com/HertsDances)

#HertsYOPA18



200 HertsYOPA18 Champions needed!

Herts Sports and Physical Activity Partnership (HSP) is working with a local social enterprise Apex in the Community and the Sports Development Officers to recruit 200 volunteer HertsYOPA18 Champions.

Accredited training will be provided, in conjunction with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and #TeamHerts Volunteering. Volunteers will gain an insight into their role, expectations, safeguarding, behaviour change and wider volunteering opportunities.

Graduates will receive a HertsYOPA18 branded polo shirt and be linked up with their local Sports Development Officer who will arrange local volunteering opportunities .

All Champions will be encouraged to link with their local parkrun event and raise awareness of Hertfordshire's Year of Physical Activity 2018 in their local community, encouraging local groups and organisations to broaden their local offers.

They will also be supported to continue as volunteers in sport and physical activity programmes beyond December 2018.

HSP Partnership Director, John O'Callaghan said: "Volunteers are the lifeblood of community sport and physical activity programmes and we are delighted to support the HertsYOPA18 Champions programme.

"It is fitting that this exciting project will be launched during February which has been designated as the HertsYOPA18 Workforce Development and Volunteering Month, and I have been hugely impressed in the way that this project has been embraced by our key partners, including our old friends at Apex in the Community and our fantastic group of district Sports Development Officers.

"I have every confidence that this programme will deliver a telling and lasting legacy for community sport and physical activity in Hertfordshire, and will be instrumental in ensuring that many more of Hertfordshire's residents are able to engage with the wide range of programmes being offered as part of the HertsYOPA18 initiative."

At least three training workshops will soon be held in each district council area. Dates to be confirmed.

To register interest contact Stewart Hunt

stewart.hunt@apex360.co.uk



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