

### Welcome to the June edition of the HertsYOPA18 newsletter

Throughout June we will be focusing on our Bike Month and This Girl Can in Herts Month. There are lots of organised cycling events taking place across the county and we have lots of opportunities for women and girls to get active including the #TGCinHerts Week.

#### Walking Month Success

In May around 150 new people signed up to the countywide Hertfordshire Health Walks programme, and many more have enjoyed themed walks, nordic walking tasters, walking football, netball and squash. The big event was the fourth annual Mass Health Walk, held on Monday 14<sup>th</sup> May. All previous records were beaten this year, with an impressive 815 people taking part to celebrate National Walking Month and Hertfordshire's Year of Physical Activity.

Organised by Hertfordshire County Council, the Mass Health Walk event aimed to get as many Hertfordshire residents as possible walking on the same day. The previous record for participants was 620 walkers, so this year's mass event was a great success. Dedicated volunteers, as well as staff at Herts County Council, NHS and University of Hertfordshire sites, led 37 walks in total.

Hertfordshire County Council's Cabinet Member for Public Health, Cllr Richard Roberts, said: "Walking is a great way to increase your physical activity levels and being part of a group is sociable and encouraging. I was delighted to take part in one of these great walks to celebrate National Walking Month and the Hertfordshire Year of Physical Activity 2018."

YOPA the mascot, attended several of the walks to pose for photos with walkers who were keen to take part and enjoy the fantastic weather. Hertfordshire Health Walks project officer, Sian Price, added: "We're delighted so many people stepped out to support our Health Walks across the County. It has been a positive and uplifting event to be involved with and hopefully those who attended now feel motivated to walk more as a result." Sign up for more information here: [www.hertfordshire.gov.uk/updates](http://www.hertfordshire.gov.uk/updates)



#### 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.

[www.hertfordshire.gov.uk/hertsyopa18](http://www.hertfordshire.gov.uk/hertsyopa18)

#### Further information

If you would like to get involved, please contact Jane Parker at:  
[hertsyopa18@herts.ac.uk](mailto:hertsyopa18@herts.ac.uk)

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



@HertsYOPA18



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@hertsyopa18

## #HertsYOPA18





# Movers and shakers

**We are asking influential people in Hertfordshire to give us insight into their physical activity interests and motivations throughout this Year. In this issue, Liz Watts, Chief Executive for East Herts District Council answers Piers Simey's 10 active questions...**

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

I generally just feel calmer and more resilient. For me exercise is a huge contributor to my mental health

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

I cycle to work twice a week (a glorious 5 mile cycle along the tow path), and walk as much as I can. At work we had a fantastic fun walk challenge to find the most yarn bombs knitted by the amazing Hertford Yarn Bombers on local post boxes. I invited one of our councillors, who turned out to be a Herts Health Walks Leader and a ninja walker! We were virtually running to keep up with her. It was great fun.

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

At the time it wasn't meant to be exercise. I took three months off work and walked the 'Camino de Santiago'. It's an old pilgrimage route from the middle of France, over the Pyrenees and along the north coast of Spain. 1,000 miles in total! It took me 10 weeks. By far and away the most amazing experience of my life (children, marriage etc notwithstanding!). I lost a lot of weight (unintentionally) and it was the first time I realised the direct relationship between food and energy. It was amazingly therapeutic waking up every morning and having only one goal – to walk 20-25 miles. I'd recommend it to anyone.

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

I have three kids and had very bad back ache during each pregnancy. While I tried yoga and pilates it all felt a bit fruitless compared to the pain. Thankfully it went as soon as each of my children were born.

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

I don't really consider exercise as something that I do on top of everything else – I try to build it into my life.

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

I love being part of a team. But equally happy on my own. So both again!

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

I try to cycle to work regardless of the weather – stubbornness is probably a contributing factor. There's nothing like a colleague saying 'you're not cycling in this weather are you?' to spur me on!!

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

I hated sport at school (I was always the last to be picked for any team!). I didn't think I would do any sport for the rest of my life if it was down to me. So the fact that I now exercise reasonably regularly is surprising in itself!

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

I treat myself to a Neros coffee if I've cycled into work. I balance it precariously in my basket for the last bit of the journey and then savour it in the office

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

A while ago I listened to an interesting behaviour change podcast. Being public about your plans is one of the key factors for success. The next day I announced at work that I planned to buy a bike & cycle to work twice a week. There's nothing like a lot of colleagues asking how it's going to make you stick to your goal – it really worked!



**Chief Exec Liz Watts – never far from a bike!**

**Be public about your exercise plans...it really worked for me!**



**#HertsYOPA18**



## Shining a spotlight on This Girl Can in Herts 2018

The list of female English successes at the recent Commonwealth Games was phenomenal, making the competition breath taking, nail biting and inspirational on all accounts. The Herts Sports Partnership are looking to build on this success with the return of 'This Girl Can in Herts' week from **Monday 18 to Sunday 24 June 2018**. Once again there will be a seven day campaign focusing on women and girls getting active through sport and physical activity, no matter their size, age or ability. The campaign will run with a focus on **leadership**, **inactivity**, the **social** side of sport and **confidence**, and we would be delighted if you could join our campaign. Could you try out a new pilates class, give beginner weight training a go, encourage a friend to participate in their first walking netball session, or maybe you could gather your colleagues together for a lunchtime walk? The campaign will be very active on social media, and you can get involved by using #TGCinHerts on twitter. Visit the campaign website to find activities happening near you <http://www.thisgirlcanherts.org/> or contact Alex on [a.varran2@herts.ac.uk](mailto:a.varran2@herts.ac.uk).



We're showcasing and celebrating what goes on across Hertfordshire for all women and girls.

## This Girl Can in Herts Week

Monday 18<sup>th</sup> - Sunday 24<sup>th</sup> June 2018



[www.thisgirlcanherts.org](http://www.thisgirlcanherts.org)

#TGCinHerts



/sportinherts



@sportinherts

Leadership

Inactivity

Social

Confidence



“There are 2 million fewer women than men regularly playing sport” – Sport England (Go Where Women Are, 2014).

# #HertsYOPA18







# Shining a spotlight on This Girl Can in Herts 2018

Why we encourage you to #loveparkrun as a runner or a volunteer this June for This Girl Can in Herts week – by Kate Tettmar, Event Director at Heartwood Forest parkrun

I started running at St Albans parkrun about 6 years ago, but parkrun has become so much more to me than running. After a few months I started volunteering occasionally when appeals were made for more volunteers. While I was injured and couldn't run I started volunteering a lot more, and after a few months of regular volunteering I became a run director. When Heartwood Forest parkrun started last year, I became the Event Director there and started doing the Race Director role at Heartwood instead of St Albans.

Being a Run Director really appeals to my sense of organisation, but also it has helped my public speaking a lot. As part of my job I have to give talks and presentations and being in this role has really helped me to play around with different approaches. 400 runners listening to health and safety instructions are not the easiest of crowds!

I still volunteer for many different roles but being a Run Director is my favourite. You get to see the parkrun from start to finish (charging scanners to processing results over coffee and cake in the local café) and have time to have a chat with the participants. With volunteering I've made new friends, gained new skills, contributed to a community that I care a lot about and would encourage anyone to give it a try.

*Parkrun takes place every Saturday at 9am, in 15 locations across Hertfordshire. To find your local event visit <http://www.parkrun.org.uk/>*

*Junior Parkrun takes places every Sunday at 9am in 6 locations across Hertfordshire. To find your local junior parkrun visit <http://www.parkrun.org.uk/events/juniorevents/>*



Kate in full Run Director mode at Heartwood Forest parkrun. (left)

Female volunteers at Heartwood Forest parkrun. (right)

Photo credit Richard Underwood

#TGCinHerts  
#loveparkrun



We're encouraging as many females to either run, walk, jog or volunteer at their local parkrun on  
**Saturday 23<sup>rd</sup> June. Will you be joining us?**

**#HertsYOPA18**





## Shining a spotlight on This Girl Can in Herts 2018

### Case Study - LK Fitness Broxbourne and Moving Mums

I heard about the Moving Mums project when it was launched by The Herts Sports Partnership a few years ago. As a fitness instructor (LK Fitness Broxbourne) and Run Leader I am always keen to promote new initiatives in the local community that, not only encourage women to take part in physical activity, but also enable them to get together with other mums and have fun at the same time.

Moving Mums gives mums that much needed time to do something positive for them. They can drop the kids at the school gate then head straight to the park for some fresh air and exercise and, more often than not, a good deal of chatting! As Jenny, a regular Moving Mum, says 'it's not just an hour of exercise, it is support, laughter, gossip, top tips, a friendly ear and lots more. I love my Thursday mornings!'

It's so rewarding to see these ladies progress on their fitness journeys getting fitter and stronger but also laughing and having fun together. Nobody is there to judge them; it's just about doing what you can, at your own pace, having fun and making new friends. Of course, it's not just about the running - we do manage the odd evening out too just so we can all get together and see each other without any trainers or lycra in sight!

Lucy Kennedy  
Moving Mums Leader  
LK Fitness Broxbourne

<http://www.lucykennedyfitness.com/>

#TGCinHerts



Starting from **The Pavilion Café at Broxbourne Recreational Ground**, you can **run, jog or walk** the **5k or 10k** route. **Finish off with a glass of Prosecco** - and it's all for a good cause.

Have a great day out with family and friends, supporting women and young girls in sport. All proceeds from the day go to the Isabel Hospice.

Entry is only £5 and includes a race medal and a glass of bubbly. Buggy and dog friendly. Spaces are limited so please arrive by 9.15am on the day to sign up.

For more details contact Lucy Kennedy by calling 07957 860268 or email [lucy@btconnect.me.uk](mailto:lucy@btconnect.me.uk). Supported by LK Fitness Broxbourne.



\*Entrants that will be drinking Prosecco must be 18 or over on the day the fun run takes place. Proof of ID will be required.

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# Shining a spotlight on Bike Month

Joining #TGCinHerts Month, Hertfordshire Cycling will be showcasing female cyclists and women who cycle throughout the month of June. We'll be sharing stories, experiences and options for women cycling across Herts. You can share your stories and pictures via @hertscycling on twitter or via #HertsYOPA18

## Dates for your diary

9<sup>th</sup> – 17<sup>th</sup> June – National Bike Week

Details: <http://bikeweek.org.uk/>

10<sup>th</sup> June – Hertfordshire Wheelers Annual Audax Rides

Details: [http://www.herts-wheelers.org.uk/audax\\_sportive/](http://www.herts-wheelers.org.uk/audax_sportive/)

16<sup>th</sup> June – Opening of the Hertford Cycle Hub near Hartham Common and the Hertford Cycling Festival

Details: <https://www.activeeastherts.org.uk/whats-on/hertford-cycle-hub/>

17<sup>th</sup> June – Cycling UK Stevenage Circular ride

Details: [www.stevenagectc.org.uk](http://www.stevenagectc.org.uk)

24<sup>th</sup> June – Berkhamsted Castle Revolutions cycling festival, Berkhamsted Castle

Details: [www.berkocc.com](http://www.berkocc.com)

Throughout June – Hertfordshire Breeze Rides

Details: [www.letsride.co.uk/breeze](http://www.letsride.co.uk/breeze)

1<sup>st</sup> July - Fete Du Velo cycling festival, Redbourn (on the common)

Details: [www.thebikeloft.co.uk](http://www.thebikeloft.co.uk)

## National Bike Week 9<sup>th</sup> – 17<sup>th</sup> June

Bike Week ends with Stevenage Circular Cycle ride on the 17<sup>th</sup> June. Challenge yourself to a half century (50 mile) ride around North Hertfordshire. Plenty of cafe stops on the route. For more details visit: [www.stevenagectc.org.uk](http://www.stevenagectc.org.uk)

## Competition time!

Share your best pictures from cycling somewhere new via @HertsYOPA18 and each week we'll pick a winner. Each winner will receive a Hertfordshire Cycling Jersey and a flashing water bottle.

Simply visit [www.facebook.com/HertsYOPA18](https://www.facebook.com/HertsYOPA18) and share a photo of yourself out on your bike ride on the Bike Month Competition Post. Don't forget to use #YOPAcycling18

## Fete du Velo Cycling Festival

The festival returns for a 5<sup>th</sup> year to the Village of Redbourn on Sunday 1<sup>st</sup> July on Redbourn common. This community driven festival prides itself on helping to keep the village active and it helped to take the village to the latter stages of Village of the Year 2017. There will be activities for all the family on the day. For more info please visit [www.thebikeloft.co.uk](http://www.thebikeloft.co.uk)



# #HertsYOPA18





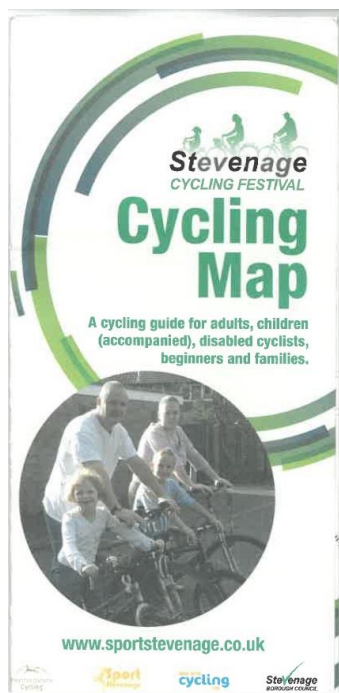


# Shining a spotlight on Bike Month

Spokes South West Hertfordshire have a wide range of rides taking place through the month of June for the public to join in with a wide range of distances and challenge levels. For further details on these rides please visit: [www.spokesgroup.org.uk/rides-events/](http://www.spokesgroup.org.uk/rides-events/)

## Want to Get Back Into Cycling?

Wondering where to ride? The newest version of the Hertfordshire Cycling Map for Recreation and Commuting is available and free! To request a copy pop into one of the cycle hubs located across the county or email [cycling@hertfordshire.gov.uk](mailto:cycling@hertfordshire.gov.uk) with a postal address and they'll mail one out to you.



Don't forget to share your cycling related pictures and places to see with us via @hertscycling and @HertsYOPA18 using #HertsYOPA18. You never know, you might inspire the next person to get cycling in Hertfordshire!

## Be inspired!

Ever wanted to see some of the best cycle racing in the county? Did you know it's right on your doorstep? Visit the Gosling Velodrome in Welwyn Garden City, original stomping ground of Laura Kenny (Laura Trott), Olympic gold medallist. For more information on how to get involved and when the racing takes place visit [www.welwynwheelers.org.uk](http://www.welwynwheelers.org.uk)

# #HertsYOPA18

## Stevenage Cycling Map

Stevenage has a new cycling map with routes to explore the great cycling town. For more information visit [www.sportstevenage.co.uk](http://www.sportstevenage.co.uk)

## OVO Tour Series Cycle Racing

On the 28<sup>th</sup> May, Stevenage Old Town hosted the OVO Tour Series cycle racing. This saw the return of the Hertfordshire Junior Sportive, a free event for children to take part in and ride the pro race circuit to see how many laps they could ride in 45 minutes. Some children completed 20 laps with some really young riders on balance bikes achieving two or more revolutions of the 1000m course. Below you can see a picture of the Junior Sportive free-ride.



# HERTFORD CYCLING FESTIVAL

SATURDAY 16TH JUNE 2018  
Hartham Common, Hertford, SG14 1QR

## 11AM - 2PM

Choose from a variety of  
different activities on the day

- Ride head-to-head on the Rollapaluzza
- Join our adaptive bike taster session
- Watch our impressive BMX show by three Olympic 2020 freestyle riders
- Make your own smoothie using the bike machine
- Participate in our breeze ride (sign up required)
- Check out local cycling clubs
- Collect local cycling routes and information



FREE

BMX  
Freestyle  
Show



Active East Herts



@ActiveEastHerts

[www.activeeastherts.org.uk](http://www.activeeastherts.org.uk)



# BERKHAMSTED CASTLE REVOLUTIONS FESTIVAL

## SUNDAY 24TH JUNE 2018

### A FULL DAY OF CRIT RACES ON CLOSED ROADS AROUND THE CASTLE

#### WOMEN'S AND MEN'S GO RIDE NOVICE RACES

MEN'S CAT 2/3 / WOMEN'S CAT 3/4 / MEN'S RACE CAT 4  
MASTERS 40+ / JUNIOR BOYS AND GIRLS RACES - U8's, U10's

#### SCOOTER AND BALANCE BIKE RACES



## #HertsYOPA18





## Walking Squash at the Village

Hertfordshire's first ever walking squash tournament held recently at the Hertfordshire Sports Village, Hatfield proved to be a huge success.

Amongst the 16 participants with a combined age of over 600 years were 2 septuagenarians, 4 ladies making their squash debut and a 21-year-old student who was walking past the court on his way to the gym when he got roped in to make up the numbers for a balanced draw!

The eventual winner was 68 years young Peter Simmons of Stevenage, with the most improved player award going to University of Hertfordshire employee, Maylani Appasamy.

Jon Wood picked up the oldest competitor award, donated by tournament sponsors, the Herts Sports and Physical Activity Partnership.

The Partnership's Director, John O'Callaghan was one of the participants – losing all 6 matches – in a tournament organised as part of May Walking Month linked to the Hertfordshire Year of Physical Activity 2018 campaign.

Commenting on the tournament O'Callaghan said:

"We were delighted with the turnout for this programme and my sincere thanks go to Tom Horey, the tournament organiser; to the Hertfordshire Sports Village for the use of their superb facilities; and to all those that took part. It was a great occasion with some exceptional squash action, played under modified rules designed to accommodate those with limited mobility, due to age or injury.

Whilst most of the competitors were there simply for a bit of social sport and the craic, in novices Kelly Fagan, Amelia Hall and Alex Varran we may well have unearthed some real squash talent that with practice, could be a force in local competitive squash leagues.

For those of us getting on in years, or with restricted movement due to injury, walking squash is a great way to keep fit and it provides a much needed release valve for that competitive edge which, in my experience, never leaves you. I would commend it to anyone that is up for trying something different. This format of the game caters for all ages, sizes, and abilities and the lack of previous experience need not be a barrier to giving it a go"

Further details of the walking squash programme at the Hertfordshire Sports Village, available from John O'Callaghan at [j.d.ocallaghan@herts.ac.uk](mailto:j.d.ocallaghan@herts.ac.uk).



*Some of the competitors that took part in the Walking Squash Tournament held recently at the Hertfordshire Sports Village, as part of the Hertfordshire's Year of Physical Activity 2018.*

## WALKING WITH FAMILY

### THIS FATHER'S DAY

**Sponsored Walk - Sign up**  
**Dacorum Dash**



**Sunday 17th June**  
FREE TO REGISTER  
We request generous donations to the RNOH charity, Stanmore Orthopaedic.

DACORUM DASH 2018

**PRE-REGISTRATION**  
DacorumDash@gmail.com

**ACTIVITIES**  
STARTS WITH WARM UP YOGA

**REGISTRATION AND DONATIONS**  
9.00AM 2K/5K/10K

**WALKS**  
9.50AM 10K  
10.00AM 2K/5K

**IN THE PARK**  
FESTIVE DRUMMING  
BELLY DANCING TO BOOST CONFIDENCE.  
FOOD  
FAMILY/FRIENDS

**LOCATION**  
Gadebridge Park, HH, HP1 1AE  
by the White Bridge.

www.justgiving.com/DacorumDash-RNOH-PushpaKalu  
www.Justgiving.com/fundraising/dacorumdash  
Text to 70070, type RNOH70 £xxx with amount you are donating, you will be offered Gift Aid opportunity.

## #HertsYOPA18



# Hertfordshire Pickleball sessions



Pickleball is a fun sport played with a paddle and a plastic ball that combines elements of Badminton, Tennis, Table Tennis and Squash. Its ideal for all ages and skill levels with simple rules that make it easy for beginners. Pickleball is played on Badminton courts and there are a growing number of sessions across Hertfordshire where you can try what is claimed to be the fastest growing racket sport.

## Welwyn Hatfield

45+ Multiports at Herts Sports Village  
De Havilland Campus

Thursday 9.30am-12pm

Becky White  
rwhite7@herts.ac.uk

£4

## Fast Herts

Ware USA  
Wodson Park Leisure Centre, Ware

Thursday 2-4pm starts 17 May

Barry Newman  
bjnewman@gmail.com

£4

## North Herts

Letchworth Tennis and Sports Club  
Friday 9.30am-12pm

Ruth Tomlinson  
ruth.1.29@gmail.com

£4 members  
£5 non members

## Welwyn Hatfield

Active Staff at Herts Sports Village  
De Havilland Campus

Thursday 12.30-1.15pm

Alice Horton  
a.horton@herts.ac.uk

Free to UH staff

## Herts mere

Apex  
Furzehead Leisure Centre, Potters Bar  
4 June-9 July 10-11am

Stuart Hunt  
stewart.hunt@apex360.co.uk

£4 plus a free drink

## Three Rivers

Abbotts Langley YMCA, College Road

May tasters

21st 1-2pm, 23rd 12.50-1.50pm  
24th 6.30-7.30pm

Gareth Ball  
gareth.ball@oneymca.org

Free

## Fast Herts

Braughing & District Pickleball Club  
Wodson Park Leisure Centre, Ware

Tuesday 1-3pm, Friday 12-2pm

Christine Neyndorff  
chrisneyndorff@btinternet.com

£3

## Broxbourne

Laura Trott Leisure Centre  
Windmill Lane, Cheshunt

Wednesday 2-3pm starts 6 June

Matt Midley  
matthewmidley@broxbourne.gov.uk

Free plus a free drink

## North Herts

Hitchin Boys School Sport Centre

Sunday 2-4pm

Dave Pearson  
dave@pearson@nrlworld.com

£4 members  
£5 non members

## Fast Herts

Braughing & District Pickleball Club  
Birchwood School Sport Centre,  
Bishop's Stortford

Sunday 10-11.30am

Keith Dunn  
k.dunn@hotmail.co.uk

£4

17.06.2018

Be part of our life-changing work by joining this event to raise vital funds for Saracens Sport Foundation.



# SARACENS CYCLE FOR CHANGE



Whether you're an experienced cyclist or a Lycra newbie, sign up now to our exciting new challenge!

FOUNDATIONINFO@SARACENS.NET  
WWW.BITLY.COM/CYCLEFORCHANGE  
02036757243

40 & 80 MILES  
OPTIONS +  
FUN DAY AT  
ALLIANZ PARK!

CHILDREN'S CYCLE RACES  
INFLATABLES  
FACE PAINTING  
AND MORE...

TO SIGN UP SCAN THIS CODE  
OR EMAIL FOR MORE INFORMATION.



#HertsYOPA18





# Herts Dances



**What we want you to do is simple...Dance!**

Sports teams, dance groups, youth clubs, families, friends anybody can take part! Film yourself dancing along to the song "Move Your Feet" and make sure you share your videos with @HertsDances and @HertsYOPA18 so we can add you to our end of year compilation!

## Herts Dances Launches

The Hertfordshire County Show was the setting for the official launch of the Herts Dances Routine. Lots of people tried out the routine and 'moved their feet' to the fantastic soundtrack and routine.

Now it's over to you guys to get dancing! Check out the routine on the Herts Dances Facebook page and start moving those feet! You can find the video of the routine here: <https://www.facebook.com/HertsDances/>

**Herts Dances** want to get to some big events throughout the year. If you have an event coming up where you will be doing a big warm up or where you want to get the crowd engaged this could be a perfect opportunity! Get in touch with Nick Denham from Herts Dances at [Nick.Denham@hertfordshire.gov.uk](mailto:Nick.Denham@hertfordshire.gov.uk)

## #HertsYOPA18