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**BEING ACTIVE MATTERS**

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| ***Tips for Staying Active and Informed (23/09/2020)*** |

***News***

Following recent changes and new restrictions imposed in the North East please note you can no longer:

* Host people you do not live with in your home or garden, unless they’re in your support bubble
* Meet people you do not live with in their home or garden, whether inside or outside of the affected areas, unless they’re in your [support bubble](https://www.gov.uk/guidance/making-a-support-bubble-with-another-household).

A [support bubble](https://www.gov.uk/guidance/making-a-support-bubble-with-another-household) is where a household with one adult joins with another household (on an exclusive basis). Households within a bubble can still visit each other, stay overnight, and visit public places together.

***Activities/Sport***

You can continue to take part in organised sporting or licensed physical activity in groups of more than 6 but as of 24th September this must take place outdoors as indoor sports are no longer exempt from the ‘rule of six’.

These activities either need to be organised by a national governing body, club, registered instructor/coach, business or charity, and/or involve someone who has received an official licence to use equipment relevant to the activity. In all cases, the organiser must conduct a risk assessment and ensure compliance with COVID-19 secure guidance.

You should only be playing team sports where the relevant governing body has published guidance on how to do so safely. For all other sports, guidance is available from your governing body and details on how to safely undertake this activity within an organised environment.

Further guidance on new restrictions and implications for sporting activities will be updated in due course at [guidance for the public on the phased return of outdoor sport and recreation in England](https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation).

 For further information on local restrictions go to:

<https://www.gov.uk/guidance/north-east-of-england-local-restrictions>

**Where to Go and What to do in Northumberland**

For a useful guide to sport and activities in Northumberland, visit:

<https://www.visitnorthumberland.com/sports-activities>

Here you can find out more about adventure activities, cycling routes, golf, horse riding and even where to fish!

***Out & About***

**NATIONAL TRUST**

For updates visit:

<https://www.nationaltrust.org.uk/>

**Limelight at Lindisfarne Castle**

A fantastic new light installation is coming to Lindisfarne soon.

British art duo, Heinrich & Palmer are set to open at Lindisfarne Castle with a new artwork ‘Limelight’.

*Limelight* takes an imaginative journey through the Castle using a combination of lighting, video projection and sound. It’s been inspired by the island’s dramatic Northumberland Coast setting, and the sea and shifting light will help to add to the castle experience.

To find out more about the artists and their recent collaborations, please visit their website at:

<https://heinrichpalmer.co.uk/>

**ENGLISH HERITAGE**

For updates visit:

<https://www.english-heritage.org.uk/>

**ZOO’S & FARM VISITS**

**Northumberland County Zoo**

Tel: 01670 787778

<https://www.northumberlandzoo.co.uk/>

**Kirkley Hall Zoo**

[www.kirkleyhallzoo.co.uk](http://www.kirkleyhallzoo.co.uk)

**Whitehouse Farm**

<https://www.facebook.com/whitehousefarm>

**NORTHUMBERLAND WILDLIFE TRUST**

Hauxley Wildlife Discovery Centre: If you are interested in getting a clearer view of wildlife and investing in a pair of binoculars or a telescope you can receive professional advice from a UK expert on a ‘try before you buy’ basis on selected dates in September and October.

<https://www.nwt.org.uk/events>

**NORTHUMBERLAND NATIONAL PARK**

<https://www.northumberlandnationalpark.org.uk>

**KIELDER WATER AND FOREST PARK**

https://www.visitkielder.com/

***Getting Active***

**ACTIVE Northumberland** *Exciting New Initiative*

ACTIVE are launching a new Weight Management Programme - "Momenta" in partnership with NCC Public Health to lose weight in a safe and sustainable way.

Unlike many other Weight Loss initiatives, Momenta has been developed by experts in the fields of psychology, nutrition and physiology to provide an evidence based behavioural intervention to help achieve your weight loss goals.

The scheme will run as follows:

* Sign up to the scheme through your local GP and/or Health Practitioner
* You will then be invited to an initial "Getting Started" session to introduce you to Momenta, meet our team, understand what's involved and set your initial weight loss goal
* Having committed to the 12 week Momenta programme, attendance is required at a weekly 1 hour session in the classroom where you discuss and explore 12 key behaviours to help you on your weight loss journey.
* At each of your weekly sessions, you will be helped to set a personal SMART goal which you can work towards
* After each weekly session there is an optional group exercise session for you to take part in, this is not compulsory but certainly encourage everyone to join in as we all complete our weight management journey together.
* Finally, at the end of your programme we will signpost you to continue your behaviour change so you can continue to set and reach your goals.

Find out more at:

[www.activenorthumberland.org.uk/momenta](http://www.activenorthumberland.org.uk/momenta)

**GREAT BRITISH WEEK OF SPORT**

The Great British Week of Sport, an initiative set up by UK active, is taking place between Saturday 19 – Sunday 27 September 2020 to celebrate the power that sport and activity has on our mental, physical and social well-being. The week is for everyone, regardless of age, background or fitness level. Throughout the week, the Better Health campaign will encourage people to get active using the free ‘Active 10’ walking and ‘Couch to 5k’ running apps. The [Better Health website](http://content.phepartnerships.co.uk/?JVZklBJO7TPOZvG9oko5sWE48KbrvDQiJ&https://www.nhs.uk/better-health/) will also host a range of tools and support to help people get active. It is never too late to get active to improve your health, so start small and build up.

For further information on the initiative and how to get involved visit:

<https://gbwos.com>

***Events/Fundraising challenges***

**RUNNING EVENTS**

**KIELDER MARATHON & RUNNING FESTIVAL**

Details have been unveiled of a series of virtual events that will be held on the weekend when the Active Northumberland Kielder Marathon should have been taking place. Following the cancellation of this year’s planned event due to COVID-19, participants in the virtual races will instead have the opportunity to complete solo runs at distances from one mile to the full marathon, between Friday 2 and Sunday 4 October. Every runner can earn a special Kielder medal and tote bag and a proportion of each entry fee will be donated to the Kielder Marathon’s official charity partner, Bright Northumbria, which supports the hospital and community health facilities within Northumberland and North Tyneside.

The virtual Kielder Marathon events will include the full and half marathon distances, plus 10K and a special ‘Run Like A Legend Mile’. Anyone who wants to take part can register online at [http://kieldermarathon.com/virtual-event](http://kieldermarathon.com/virtual-event/) and, with the help of a special app, record and submit their best time for a solo run at any time from 2-4 October. Runners can tackle any or multiple distances – entry for each costs £12.50. There will be prizes for the top three runners in all four events, plus spot prizes, and £2 from every entry fee will be donated to NHS charity Bright Northumbria.

For further information visit:

<http://kieldermarathon.com>

**RACE FOR LIFE**

Cancer Research UK has also had to cancel their usual Race for Life fundraising events due to the pandemic. However, this year they are still asking that people join them to run, walk or jog a Very 2020 Race for Life on 26 September whether it's from your local park or back garden, on your own or in your social bubble and share at #Very2020RaceForLife to raise vital funds for cancer research.

<https://raceforlife.cancerresearchuk.org/>

**DYSTONIA UK**

Dystonia UK is the only UK national charity dedicated to helping people affected by dystonia, a neurological movement disorder that is estimated to affect at least 100,000 people in the UK. September is awareness month for Dystonia UK with many online events and social activity. They are also doing a virtual ‘Around the World’ physical activity fundraising challenge which takes place until the end of September.

For further information visit:

<https://www.dystoniaaroundtheworld.org/>

Please note that the information within this bulletin is subject to change. Without prejudice to the generality of the content, TMN, MHM and the Being Active Matters Volunteer Coordinators do not represent, warrant, undertake or guarantee that the information in this bulletin is correct, accurate or non-misleading.