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Good afternoon everyone and welcome to the November newsletter from the Be Active Forum. Hopefully some of you are enjoying a well-deserved half term break. If you are getting the chance to do a bit of reflecting then below we have posted a few videos which get across the essence and meaning of the benefits of getting young people to become more active.

You are invited to a Be Active breakfast with Aaron Phipps, Great Britain Wheelchair Rugby player and London 2012 Paralympic athlete

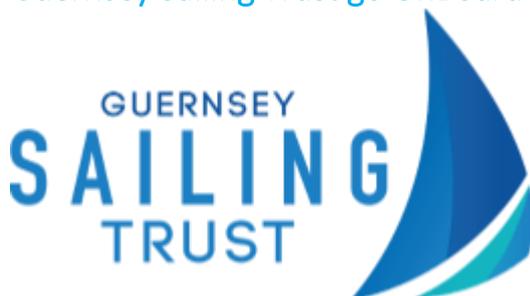
Wednesday 7th November 8.00am – 9.00am at Beau Sejour 2018



We are looking forward to Aaron's visit to the island – below is a reminder of Aaron's story. Aaron will be visiting seven schools and a couple of community organisations. Be Active Forum members are welcome to meet Aaron at an informal breakfast 8.00-9.00pm at the Cambridge Room, Beau Sejour. If you would like to come along please confirm with Alun Williams by midday Monday 5th November on alun.williams@gov.gg.

At 15 Aaron had both of his legs and most of his fingers amputated due to blood poisoning from meningitis. After a 10km fundraising wheelchair race for the Meningitis Research Foundation (MRF), Aaron's sporting journey began. Starting with wheelchair racing Aaron competed in two London Marathons, including 2009 where he came fourth, finishing in under two hours. Aaron joined the GB Wheelchair Rugby squad and was selected for the 2012 London Paralympic Games where he scored over half of his team's points. In 2016 Aaron decided to climb Mount Kilimanjaro to raise funds for both MRF and Shaw Trust, with a specially adapted off-road wheelchair. However, when the wheelchair wasn't working on the terrain Aaron refused to be carried and reached the summit after four days of trekking on his hands and knees. It's the first time an amputee has reached the top of Kilimanjaro without any assistance. The story made national headlines and has been the subject of a Channel 5 documentary.

Guernsey Sailing Trust go OnBoard



Congratulations to the Guernsey Sailing Trust, which is looking to inspire the next generation of Guernsey sailors after joining RYA OnBoard. OnBoard is the national grassroots scheme which makes it easier and cheaper to get more young people on the water. OnBoard gives anyone aged 8-18 the chance to learn to sail or windsurf by providing low cost opportunities for schools, youth

groups and families to have fun afloat. And to celebrate the exciting work of the Guernsey Sailing Trust then have a look at their recently produced video [Guernsey Sailing Trust: 30](#)

[Years in the making](#) – You'll need a password so enter **sailing2018**. Do have a look to see the excellent work undertaken by The Sailing Trust - and to remind you of the warm and sunny days of summer.

The Bailiwick and The Daily Mile



We were invited to attend the recent Thrive 2020 conference and to review the progress of The Daily Mile since the founder of The Daily Mile, Elaine Wylie, attended the previous conference. We were fortunate to be selected as a film, commissioned by Thrive2020/Dandelion, to celebrate success, grow support, and acknowledge the Thrive model of bringing great idea seeds over to Guernsey, and working to grow them. So take a break

and enjoy The Daily Mile in Guernsey. <https://youtu.be/FGASLN6VhS4>

This Girl Can launches Fit Got Real



This Girl Can is a great, inspiring nationwide campaign which aims to get women and girls moving regardless of shape, size and ability. The campaign seeks to address the fact that 40% of women aged 16 and over are not active enough to get the full health benefits of sport and physical activity, compared to 35% of men. This Girl Can celebrates active women who are doing their thing no matter how they look, how well they do it or how sweaty they get. A new phase of This Girl Can has been launched – Fit Got Real.

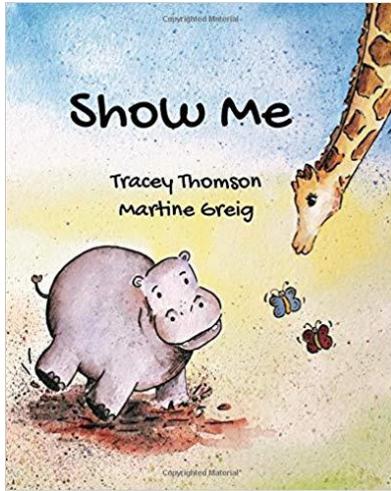
Fit Got Real builds on the campaign's achievements so far and it specifically reaches out to women of all backgrounds who feel left behind by traditional exercise. In a nutshell, it seeks to challenge the conventional idea of what exercise looks like.

We have our own version of This Girl Can with [#GuernseyGirlsCan](#) – Well worth watching again but do have a look at [This GirlCan: Fit Got Real](#) with inspirational piccies of mums running with buggies, doing hoola hooping whilst cooking tea. Sport England explains the thinking behind the video.

'It's a celebration of all the ways real women actually get active all over the country. Our girls may or may not have full time jobs and full time kids, but they all have full-on schedules. So, when they exercise, they get active in clever ways that fit into their busy lives. It might be cycling to work. It might be taking the dog for a run. It might simply be getting down and dirty on the kitchen floor

doing sit-ups. Fit Got Real isn't about gimmicks, pricey kit or huge subscriptions; it's about the real insights of how real women really get active.'

Activity and literature



On Saturday 24th November we will be holding our first Be Active for Early Years training Programme. Our afternoon session will look at the links between activity and literature and how we can get young people active through reading. We will be working with local author, Tracey Thomson, who has recently published a second children's book of animal rhyming verses which encourage young children to move around and have fun, suggesting fun movements they can act out while the story is being read out to them. The book aims to get kids playing and enjoying themselves, promoting physical and mental wellbeing at the same time as learning and having fun... grown-ups can join in too! Tracey has been visiting local early year's settings. Visit Tracey's website

www.traceythomson.com if you'd like to see some examples of the 'Show me' verses.

To Balfour and Back.



Take a look at this photo story as part of International Walk to School month where Selma Montford, a mum from Brighton, explains how she played a game called 'to Balfour and back' where her children walked to school noticing something that they had not seen on previous walks to school – Here's the link: what-you-can-do/blog/to-balfour-and-back