

Actif Communities

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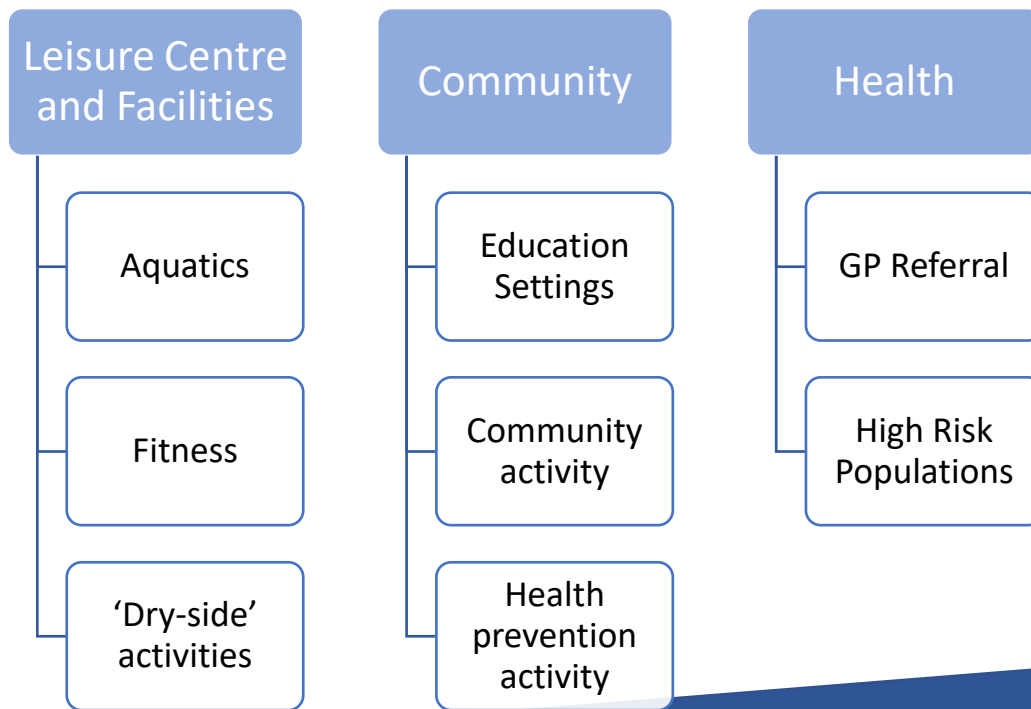




Bringing communities
to life through sport
and physical activity!

Along with our colleagues in Actif, our Mission is to


Improve wellbeing through inspiring our population
to be active for life



Actif Communities Team



What's important to us

- Developing initiatives that get the inactive active
 - Providing governance support and signposting for the active
 - Support workforce development
 - Raise our profile and influence others to embed physical activity into everyday lives
 - Inspire people to be active for life
 - Sustainability at the core of everything we do
- 

Actif Communities



Start Well

Live Well

Age Well

- Focus on helping children from a young age to develop their physical skills so that they become more confident and motivated to take part in sport and physical activity for life.

Explore and Learn

Participate

- Work with older Primary school and secondary school children to build on exercise habits of young people for life.

- Focus on supporting community activity for adults, ensuring a range of opportunities exist through sport, health and community engagement.

Actif Adult

Learning Foundation Skills

Putting Skills into Practice

Physically Active for Life!

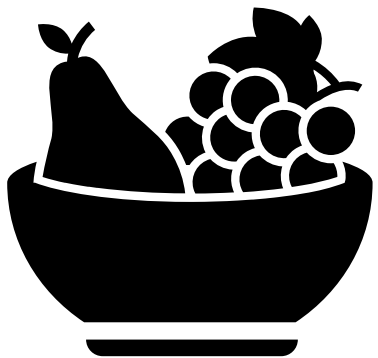


Chwaraeon a Hamdden
Sport and Leisure

Your Health Matters

10 weeks Healthy
lifestyle change plan





Project Outline

- Prediabetes/ Diabetes
- Smoking
- High BMI / Weight Management
- Mental Health

10 Week Plan

What will the plan Include:

- Daily Activity
- Healthy Eating Goals
- Lifestyle Change
- Mindset
- Recipes
- Logging/Tracking
- Group Activity

Insight

Week 7 Recipe

Pasta Salad on Lettuce

(Serves 4, 150g=1 portion)

Ingredients:

200g	Dried pasta shapes or spaghetti	1g	Sultanas
3	Tablespoons low-fat natural yoghurt	2	Handfuls lettuce leaves
2	Tablespoons reduced fat mayonnaise	75g	Reduced fat hard cheese (cut into small cubes)
2	Tomatoes (chopped)	3	Spring onions (sliced)
¼	Cucumber (chopped)		

Method:

1. Cook the pasta following the instructions on the packet, then drain and rinse with cold water to cool it quickly.
2. Mix together the yoghurt and mayonnaise in a salad bowl. Add the tomatoes, cucumber, raisins or sultanas, then stir in the pasta.
3. Serve each portion on a lettuce leaf and scatter with cheese cubes and spring onions.



Week 8

Beginner

Daily Activity	Healthy Eating Goals	Lifestyle Change	Mindset
Moderate Walk 60 minutes a day Daily Step Goal: 1000	Tracking Start tracking your calories and stay in control of your daily calories. Apps: MyFitnessPal	Explore new activities/hobbies Try to think of something you've always wanted to do but have never done it. e.g., Reading, join a club, Sewing, Paddle boarding, gym, learn to swim	What are you grateful for this week: 1 thing you have achieved this week:

Intermediate

Daily Activity	Healthy Eating Goals	Lifestyle Change	Mindset
Moderate Walk 60 minutes a day Daily Step Goal: 10000	Tracking Start tracking your calories and stay in control of your daily calories. Apps: MyFitnessPal	Explore new activities/hobbies Try to think of something you've always wanted to do but have never done it. e.g., Reading, join a club, Sewing, Paddle boarding, gym, learn to swim	What are you grateful for this week: 1 thing you have achieved this week:

Advanced

Daily Activity	Healthy Eating Goals	Lifestyle Change	Mindset
Moderate Walk 60 minutes a day Daily Step Goal: 12000	Tracking Start tracking your calories and stay in control of your daily calories. Apps: MyFitnessPal	Explore new activities/hobbies Try to think of something you've always wanted to do but have never done it. e.g., Reading, join a club, Sewing, Paddle boarding, gym, learn to swim	What are you grateful for this week: 1 thing you have achieved this week:

Insight

Week 1

Beginner

Daily Activity	Healthy Eating Goals	Lifestyle Change	Mindset
Moderate Walk 15 minutes between 3-5 times a week Daily Step Goal: 2000	Your 5 a Day Eat 1 extra healthy portions of fruit or vegetables. All fruit and vegetables count as 1 of your 5 a day. Frozen and tinned vegetables are also one of your 5 a day	Drink 6-8 cups or glasses of water a day Start your day with a glass of water. Carry a water bottle with you wherever you go	What are you grateful for this week: 1 thing you have achieved this week:

Intermediate

Daily Activity	Healthy Eating Goals	Lifestyle Change	Mindset
Moderate Walk 30 minutes 3-5 times a week Daily Step Goal: 3000	Your 5 a Day Eat 1 extra healthy portions of fruit or vegetables. All fruit and vegetables count as 1 of your 5 a day. Frozen and tinned vegetables are also one of your 5 a day	Drink 6-8 cups or glasses of water a day Start your day with a glass of water. Carry a water bottle with you wherever you go	What are you grateful for this week: 1 thing you have achieved this week:

Advanced

Daily Activity	Healthy Eating Goals	Lifestyle Change	Mindset
Moderate Walk 45 minutes 3-5 times a week Daily Step Goal: 5000	Your 5 a Day Eat 1 extra healthy portions of fruit or vegetables. All fruit and vegetables count as 1 of your 5 a day. Frozen and tinned vegetables are also one of your 5 a day	Drink 6-8 cups or glasses of water a day Start your day with a glass of water. Carry a water bottle with you wherever you go	What are you grateful for this week: 1 thing you have achieved this week:

Week 1 Record Sheet

Day	Activity	Healthy Eating Goals	Lifestyle Changes	Mindset
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Notes				

How to Refer

Actif Adult Officers:

Lauren Tynan: LTynan@carmarthenshire.gov.uk

Delyth Owens: DWOwens@carmarthenshire.gov.uk



Chwaraeon a Hamdden
Sport and Leisure



Cerdded er Budd Lles Gorllewin Cymru West Wales Walking for Wellbeing



Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board



Pembrokeshire Coast
National Park

West Wales Walking for Wellbeing (WWWW)

- West Wales Walking for Wellbeing (WWWW) project, a project funded by the Welsh Government's Healthy and Active Fund
- The project aims to establish sustainable walking groups based at GP surgeries and similar settings
- Provide opportunities for social prescribers and health professionals to refer people who would benefit from leading a more active life
- West Wales Walking for Wellbeing Coordinator

A screenshot of the 'Book a Walk' web interface. It features a search bar at the top, followed by filter buttons for 'MONTHLY', 'WEEKLY', 'DAILY', 'LIST' (selected), and 'GRID'. Below these is a calendar for 'JULY 2022'. A specific walk is highlighted: 'Carmarthen Park Wellbeing Walk (60 min) 11:15am – Taith ardded llor'. The date '21 JUL' is also visible.

New Walks

- Whitland Memorial Hall Every Tuesday 10:00-11:30 – teas and coffees available
- St Clears every Wednesday 10:15-11:30
- Carmarthen Park Every Thursday 11:00-12:00
- Pontyberem Every Wednesday 11:00-12:00
- Ammanford Every Thursday 18:00-19:00
- Dinefwr Park Llandeilo Every Tuesday 13:00-14:00 – Dog friendly Walk
- Burry Port Harbour Tuesdays 10:30-11:30
- Parc Howard Wednesdays 13:30-14:30

More Information:
westwaleswalkingforwellbeing.org.uk



Cerdded, Siarad & Rhedeg



Walk, Talk & Run

Our aim

- What we would like to see...
- That participants can run or reach a brisk walk!
- That well-being has improved (increased self-esteem and self-worth)
- Improved health
- No longer needing to rely on some services
- Social running group formed



Walk Talk and Run



- Llanelli Leisure Centre Tuesday & Thursday 09:30-11:00
- Carmarthen Leisure Centre Tuesday & Thursday 10:00-11:00
 - Ammanford Rec Tuesday & Thursday 10:00-11:00

Growing the Actif Team



Actif Legacy



How to Refer

Actif Adult Officers:

Carmarthen - Lauren Tynan:

LTynan@carmarthenshire.gov.uk

Ammanford - Delyth Owens:

DWOwens@carmarthenshire.gov.uk

Llanelli - Alice Hope:

ALHope@carmarthenshire.gov.uk

West Wales Walking for Well-being coordinator –

SDEvans@carmarthenshire.gov.uk

Diolch | Thank you

Actif Adult Officers – Communities
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