**Resources for Bolsover CVS, WAU with Healthy Chats CIC**

Healthy Chats Community Interest Company was born in Bolsover. With help from the CVS the company was formed. *Video link* [https://youtu.be/CFyUnPDWr7s](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FCFyUnPDWr7s&data=04%7C01%7C%7C5170e94485094a5356fe08d9f4a7d666%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637809823952799067%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=XLByCMa4Dnl7GA3cJH21kc0iJ%2B%2FvBk3BASKX%2FQfto2I%3D&reserved=0)

If you have been trained by Healthy Chats CIC, then they may have talked about some of the resources below. Please feel free to browse through them and see which work for yourself, your family or the people you were working with. What we know for sure is that many people like many different things and so there is no one size fits all approach. Remember that being outside taking part in walking activities maybe exactly what that person needs or being encouraged to take part in a Northern Soul or Motown dance night may just fit the bill. Walking to the garden gate or dancing in the kitchen like no one is watching, maybe a good way to get people started. Making sure that your approach is individual to that person, they enjoy what they are doing, It's at the right level, at the right time and in the right place, will really make a difference.

Remember that if 10% of the people that you talk to, do 10 minutes more physical activity a day or move more, then you will have made a difference to their lives.

Here are some of the resources that we recommend in our training as at Feb 22.

**National guidance about physical activity**

[Physical activity guidelines - GOV.UK (www.gov.uk)](https://www.gov.uk/government/collections/physical-activity-guidelines#full-publication-update-history)

infographics showing the latest guidelines about physical activity for different communities. Includes new guidance for disabled children and young people

**National public campaigns**

[**http://www.getyourselfactive.org/resources/social-care-activity-pack/**](http://www.getyourselfactive.org/resources/social-care-activity-pack/)great resources including resources for patients to use

[We are UndefeatABLE](https://weareundefeatable.co.uk/)  We are Undefeatables campaign information.

<https://weareundefeatable.co.uk/ways-to-move/five-in-five> Five in five resources

<https://www.thisgirlcan.co.uk/> This Girl Can Campaign

[Better Health](https://www.nhs.uk/better-health/) NHS scroll down the webpage for some great apps to recommend/use

[Love Activity, Hate Exercise?](https://www.csp.org.uk/public-patient/keeping-active-and-healthy/love-activity-hate-exercise-campaign) Chartered Society of Physiotherapy - condition specific resources , pdf documents to print off

[Couch to 5K](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/) NHS more information about this activity

<https://www.gov.uk/government/publications/health-matters-physical-activity> health information about physical activity benefits and national population data

[https://www.sportengland.org/campaigns-and-our-work/active-employee-toolkit?s=03](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sportengland.org%2Fcampaigns-and-our-work%2Factive-employee-toolkit%3Fs%3D03&data=04%7C01%7C%7C743d3fff3672429b394208d9f48072f1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637809654778476086%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=3agH5F218SDIQNS20xC0LXHJ8kd2RWz1pz0cXkdHnwM%3D&reserved=0) tools for employers to help their teams to become more active

**Charities- physical activity videos**

[Versus Arthritis - YouTube](https://www.youtube.com/channel/UCvBfwJfZIQ6jWKpKYDy7DNw) lots of different types of online activity to choose from

**Non digital (printables)**

<https://movingmedicine.ac.uk/consultation-guides/patient-info-finder/> guides to activity for different health conditions work books and other guides for the public.

<https://www.activenotts.org.uk/uploads/new-a-guide-to-staying-at-home-during-the-coronavirus-outbreak.pdf> keeping active at home booklet to print off

[Helping older people stay active at home | The Chartered Society of Physiotherapy (csp.org.uk)](https://www.csp.org.uk/public-patient/keeping-active-and-healthy/staying-healthy-you-age/staying-strong-you-age/strength) exercises for older people, reducing the risk of falling over

**Behaviour change**

[DCHS Quality Conversations](https://my.dchs.nhs.uk/Public/DCHS-Quality-Conversations) More info on how to have quality conversations using behaviour change principals ,

[BMJ motivational-interviewing.html](https://learning.bmj.com/learning/module-intro/motivational-interviewing.html?locale=en_GB&moduleid=10051582) BMJ motivational interviewing course

**Resources to help inspire trying new activities**

[Get Inspired - BBC Sport](https://www.bbc.co.uk/sport/get-inspired)

[Join the Movement | Sport England](https://www.sportengland.org/jointhemovement?section=get_active_at_home) free recorded exercises classes available here.