

Get Help To Get ACTIVE

The First Get Help to Get Active Newsletter is Here

One Life Suffolk

The **Get Help to Get Active** service has had a very busy year following a rebrand from what some of you may have known as the Active Wellbeing service. With the very first of our clients recently reaching the end of their 12 months with us, we would like to share with you the progress the service has made across Suffolk.

January 2018 1st Edition

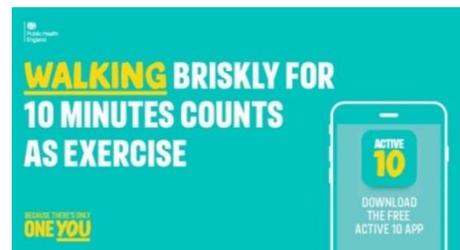
Congratulations to Stella on her outstanding achievement!

Stella was diagnosed with breast cancer in December 2016. Before this Stella was a primary school teacher who had recently retired, with the ambition to go travelling. Once Stella had received her diagnosis she was informed about a cancer information day at Kesgrave. It was at this event when Stella first heard of OneLife Suffolk and the Get Help to Get Active service. In May 2017 Stella first met with one of our advisors, Janet, where she was given a variety of information about activities in her local area. At this point the chemotherapy had started to take its toll and she started to lose all motivation. To add to this, she also became neutropenic,

whereby her immune system became very low. As a result Stella had to return to hospital and had to be put in isolation. But Stella was determined to stay active. She even ended up doing 5,000 steps around her hospital bed!

Despite all of this Stella was very keen to join Riverhills Health Club. She started to then work with Hannah, a personal trainer at the centre who really helped. Where Stella initially struggled getting in and out of the pool; she is now fully competent. Her self-confidence has grown and grown with Stella completing a fun run in October, and booking herself onto a sprint triathlon in April 2018. Stella mentioned how *"with cancer you have no control over your body and how you feel...this is me deciding when I come and what I do. If I lose hope I just picture myself walking around the hospital bed"*.

From the Get Help to Get Active team we wish her the best of luck! We are so pleased with the results Stella has made in such a short period of time!



Have you heard about the [Active10 app?](#)

Public Health England recently launched a new app which can help you track how much brisk walking you are doing, monitor your progress, and also help you to set goals for each day.



Check out our latest activity menus [here](#)

We have **over 1,000 activities** available to you, so why not try something new or take out those old plimsolls at the back of the cupboard and re-join an activity which you used to do in the past.

*Exclusive Offers for our Get Help to Get Active Clients



Potton Hall

Potton Hall Health Retreat and Spa is offering all Get Help to Get Active clients a **30% discount**. Set in the beautiful East Suffolk countryside with stunning gardens, Potton Hall offers a multitude of packages to aid emotional and physical wellbeing; from a floatation tank, to yoga, massages, spa experiences, an outdoor heated pool and much, much more. For more information see <http://www.skinnydiphealthretreat.co.uk/> (don't worry, it's not skinny dipping!) or call Priscilla on 01728 648265. To book please contact your GH2GA advisor for the discount code (please note this discount is only open to GH2GA clients, not family or friends).

You can now find us on Facebook and Twitter – search for OneLife Suffolk to see our latest news and information about the Get Help to Get Active service



FAST FACTS

65%

Of our clients have reached 60 minutes of physical activity within the first 3 months

Over 400

People have been reached by our service across Suffolk so far

41%

Of our clients have reached 150 minutes of physical activity within the first 3 months

1st Strokes Swimming Pool

1st Strokes swimming pool is offering an **exclusive pool use** for our Get Help to Get Active clients and people with long term health conditions. This session will be taking place, **every Tuesday 1-3pm** and will cost **£6 per session**. A lifeguard will be on duty at all times.

For those of you on the Get Help to Get Active service, you can get your **FIRST SESSION FREE** – but please contact your advisor first to receive the voucher and to redeem this offer before you attend.



Check out the latest health walks booklet [here](#) for information about guided walks which are happening near you!

They offer walks with different intensities and lengths of time, so hopefully you will be able to find something appropriate!



LIFESTYLE TIPS

If you have a disability, injury or illness that limits your mobility, talk to your health professional about the best ways for you to safely exercise. If you do experience pain you shouldn't ignore it, but rather do what you can, when you can. Try exercising in water to reduce discomfort, or divide your exercise into shorter, more frequent chunks of time.

Not only is physical activity good for your health, it also increases mental alertness and improves your mood.

Many thanks for taking the time to read our very first Get Help to Get Active newsletter. If you have any questions or would like more information about our service please visit <http://onelifesuffolk.co.uk/GH2GA> or call 01473 718193. Furthermore, if you are currently on our service and would like to share with us your success stories so far please contact Ben Jackson (ben.jackson@onelifesuffolk.co.uk / 07827 308649). It could be you in the newsletter next time!