



Rock 'n' Stroll

- The newsletter for North Somerset Strollers -

Introduction

Welcome to the winter edition of Rock 'n' Stroll – a newsletter for everyone involved in North Somerset Strollers.

The aim of this publication is to help to connect health walks in North Somerset. The newsletter includes stories from local health walks, national and regional developments from Walking for Health (WfH) and information about the support available for your walking group.

We hope you enjoy the latest read!

Winscombe kissing gates

Winscombe Strollers recently enjoyed a celebratory walk to showcase the introduction of kissing gates, which have replaced a number of stiles along several walking routes.



A good turnout of walkers came to see the new kissing gates in Winscombe

Walk leader review and reward evening

Over thirty walk leaders from the crop of volunteers involved in North Somerset Strollers enjoyed an evening of leisure at Cadbury House Hotel, Health Club & Spa.

The event took place on Monday 16 November with guests enjoying free use of the excellent swimming pool and spa facilities before viewing a presentation of the past three years of health walks in North Somerset. A quiz and buffet followed.

The event represented a big 'thank you' to the excellent volunteers who run local health walks. If you were in attendance we hope you enjoyed the evening!

Resources

The new quarterly programme of Health Walks is now available. The pamphlet covers walks from December 2009 - February 2010. Thank you to everyone who contributed a schedule.

If your group has not yet received the booklets or accompanying posters please let us know.

Registers for walk leaders

In an effort to make it easier to record the numbers of people coming on health walks we are introducing a rolling tick-list register to those groups who do not already have one.

The registers will be sent out at the start of each quarter, along with the seasonal programme and latest edition of Rock 'n' Stroll. Walk leaders should return the registers at the end of the quarter to: Bob Hill, Community Involvement Office, Somerset Square, Nailsea, BS48 1RQ.

The information will make it easier to calculate statistics on numbers of walkers, frequency of walks and yearly walking totals. These are important indicators of the success of WfH and provide invaluable evidence to support the expansion and continued funding of the project.

Heart Start training – dates for 2010

Heart Start training is available to all walk leaders. This is a two-hour basic life support session for adults. It provides advice on appropriate emergency responses to health difficulties that some walkers may face. The free course runs monthly throughout 2010.

To find out more or to book a place please contact Go4Life (details below).

Go4Life Healthy Lifestyles Course

Go4life, in partnership with North Somerset Council's Community Learning Team, is excited to announce the development of the first ever Go4Life Healthy Lifestyles course.

The course is due to start the week beginning Monday 22 February 2010. Attendance is free, although you must register in advance. It is open to all North Somerset residents over the age of 19 and can include volunteers, community groups, organisations and businesses.

The course will look at physical activity, healthy eating, emotional health and well-being and possible barriers that may be encountered. It will end by developing the skills necessary to implement what has been covered during the course.

Participants will be able to access a variety of different physical activity opportunities and a number of resources developed in order to help make informed lifestyle choices.

If you would like either to host or attend a course please contact Go4Life (details below).

The Go4Life Forrest Gump Running Challenge

Dust off those running shoes because it's time to take part in the latest Go4Life challenge!

Inspired by the legendary Forrest Gump, who ran from coast to coast in America, you can achieve a similar feat.

Build running into your active lifestyle and keep track of how far you run each time. This could be in the gym, outdoors or as part of a race for charity. Before you know it you'll have completed the distance across North Somerset, from the Clifton suspension bridge near the eastern border to the beach in Weston-super-Mare on the western border. Once you've completed the distance you'll receive a Go4Life goodie bag.

To take part simply pick up a progress chart from your local library or leisure centre. You can also download a copy at www.go4life.org. Alternatively, contact Go4Life (details below).

Mendip Hills AONB

As introduced in the last newsletter, Mendip Hills Area of Outstanding Natural Beauty (AONB) is looking to work in partnership with WfH to create a structured programme of walks in the Mendip Hills. The new programme requires volunteers to lead walks. These may be existing walk leaders or those who would like to take a walk leaders' course.

The project has so far had six volunteers come forward to lead health walks in the AONB. It was agreed that the best site for potential walks was Blackmoor near Charterhouse.

The current plan for the project is as follows:

- Get potential routes surveyed by the Volunteer Rangers and mapped by January.
- Hold a training session in February to include first aid and walk leading.
- From March to May run a pilot scheme offering two led walks to each Local Authority.

If your group is interested in walks in the Mendip Hills, providing volunteers or offering feedback please contact Andy Mallender, AONB Project Officer on 01761 462 338.

We want to hear from you!

To contact us about anything in this newsletter or to provide stories or pictures from your walk for future editions please use any of the following methods...

- Write to: Go4Life, Community Involvement Office, Somerset Square, Nailsea, BS48 1RQ.
- Telephone: 01275 812 043
- Email: go4life@n-somerset.gov.uk
- Visit: www.go4life.org or www.nsstrollers.co.uk

Health Walks: December 2009 – February 2010

Day	Meeting Place	Time	Group
1 Dec	Bandstand Sea Front	10.30am	Clevedon
1 Dec	St James Church Hall, Woodborough Rd	11am	Winscombe
3 Dec	Environment Centre car park Goblin Combe	2.15pm	Yatton
7 Dec	Scotch Horn Leisure Centre	11am	Nailsea
7 Dec	Weston Woods, Worlebury Hill Road	1.30pm	Weston
8 Dec	Woodborough Inn, Sandford Road	11am	Winscombe
14 Dec	Scotch Horn Leisure Centre	11am	Nailsea
14 Dec	The Café Lake Grounds	11am	Portishead
14 Dec	Coach House Inn, Locking	11am	Weston
17 Dec	Salthouse Fields Car Park, Clevedon	2.15pm	Yatton
18 Dec	Bandstand Sea Front	10.30am	Clevedon
21 Dec	Scotch Horn	11am	Nailsea
21 Dec	Weston Rugby Club, rear of Station	1.30pm	Weston
22 Dec	Woodborough Inn, Sandford Road	11am	Winscombe
4 Jan	Grove Sports Centre	11am	Nailsea
4 Jan	Parish Wharf Leisure Centre, Harbour Rd	11am	Portishead
4 Jan	Sand Point NT Car Park	1.30pm	Weston
5 Jan	Bandstand Sea Front	10.30am	Clevedon
5 Jan	St James Church Hall, Woodborough Road	11am	Winscombe
7 Jan	The Library, High St, Yatton	2pm	Yatton
11 Jan	Grove Sports Centre	11am	Nailsea
11 Jan	Railway Inn, Sandford	1.30pm	Weston
12 Jan	Woodborough Inn, Sandford Road	11am	Winscombe
15 Jan	Bandstand Sea Front	10.30am	Clevedon
18 Jan	Grove Sports Centre	11am	Nailsea
18 Jan	Parish Wharf Leisure Centre, Harbour Rd	11am	Portishead
18 Jan	Opposite Matalan, via Lake	1.30pm	Weston
21 Jan	Millennium Green car park, Congresbury	2pm	Yatton
25 Jan	Bristol	11am	Nailsea
25 Jan	Prince Consort Gardens, Old Pier	1.30pm	Weston
26 Jan	Woodborough Inn, Sandford Road	11am	Winscombe
1 Feb	Scotch Horn Leisure Centre	11am	Nailsea
1 Feb	Marina Healthcare Centre, Harbour Rd	11am	Portishead
1 Feb	Bleadon Village Hall, River	1.30pm	Weston
2 Feb	Bandstand Sea Front	10.30am	Clevedon
2 Feb	St James Church Hall, Woodborough Road	11am	Winscombe
4 Feb	Environment Centre car park Goblin Combe	2pm	Yatton
8 Feb	Scotch Horn Leisure Centre	11am	Nailsea
8 Feb	Argos, Worle	1.30pm	Weston
9 Feb	Woodborough Inn, Sandford Road	11am	Winscombe
15 Feb	Scotch Horn Leisure Centre	11am	Nailsea
15 Feb	Marina Healthcare Centre, Harbour Rd	11am	Portishead
15 Feb	Winscombe Woodborough Arms	1.30pm	Weston
18 Feb	Salthouse Fields Car Park, Clevedon	2pm	Yatton
19 Feb	Bandstand Sea Front	10.30am	Clevedon
22 Feb	Belmont	11am	Nailsea
22 Feb	Uphill Way Car Park, Golf Course	1.30pm	Weston
23 Feb	Woodborough Inn, Sandford Road	11am	Winscombe