



Rock 'n' Stroll

- *The newsletter for North Somerset Strollers* -

Introduction

Welcome to the spring 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 walks, national and regional developments from Walking for Health (WfH) and information about the support available for your walking group.

It's snow joke!

Despite the frosty conditions a group of over 20 Weston Strollers turned up at Sand Point on 4 January for a walk along the bay.



A snowy Sand Bay walk

Nailsea Strollers' excursion to Bristol

Nailsea Strollers enjoyed a recent trip to Explore@Bristol for their monthly awayday walk.

Around 35 walkers and 10 volunteers braved the cold and duly set off at 11am on either a long or short 'Docks and City' walk.

The shorter half-hour walk crossed Perrots Bridge following the other walkers as far as the Bathurst Basin, then crossed over Queens Bridge, along the side of Queens Square. The walkers returned for a much welcomed coffee in the Café of @Bristol.

The longer one-hour walk passed the Arnolfini and skirted the Bathurst Basin to St Mary Redcliffe, where the group learnt that a piece of rail – the result of a bomb blast – is still embedded in the turf outside the *'fairest and goodliest...parish church'* in England (according to Queen Elizabeth II!) Too cold to stand around, the group proceeded to the Temple Church off Victoria Street, which has been leaning perilously since medieval times and was nearly demolished by the army in WWII. The group then crossed the Floating Harbour, passed the 'Shot Tower', turned into Castle Park and continued to St Nicholas Church and beyond.

Despite the cold weather, the group thoroughly enjoyed the walk and is planning further exciting awaydays to come!

Walkers aplenty in Clevedon

Clevedon Strollers are growing in numbers, partly thanks to some new walkers joining in from retirement hotel The Hawthorns. The hotel has returned the favour by inviting strollers in for drinks after each walk.

The Clevedon Strollers meet at the band stand, Elton Road, on the first Tuesday and third Friday of each month. The walks set off at 10.30am and last under an hour.

To find out more about the Clevedon Strollers call Gay Maxwell on 01275 875 316.

Clevedon Friend Walks

Friend Community Mental Health Resource Centre offers walks every first Tuesday of the month, starting at 10.30am at Friend, 69 Old Street, Clevedon. This is a short, informal walk around different parts of Clevedon, lasting about half an hour, then back to Friend for refreshments and a chat.

For more information please call Becci McCready, Outreach Worker, on 01275 342 368.

Registers for walk leaders

We hope that it's been useful using the new rolling registers, which a number of groups adopted for the first time over the past three months.

The information makes 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.

Please return the completed registers to: Bob Hill, Community Involvement Office, Somerset Square, Nailsea, BS48 1RQ. We'll add any new walkers to the registers and send them out ready for the new March – May quarter.

Go4Life Healthy Lifestyles Course

Go4life, in partnership with North Somerset Council's Community Learning Team, has developed a new Healthy Lifestyles course.

It is open to all North Somerset residents over the age of 19 and can include volunteers, community groups and organisations. Attendance is free and you must pre-register.

The course looks at physical activity, healthy eating, emotional health and well-being, and the possible barriers that may be encountered. It ends by developing the skills necessary to implement the information given during the course.

Participants can 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 call Go4Life on 01275 810 995.

A Message from Weston Friend Community Mental Health Resource Centre...

We're walk leaders in Weston-super-Mare looking to offer people the opportunity to train up to walk the Mendip Challenge on 6th June. We would like extra walk leaders to help us.

We're aiming the training at people experiencing mental health issues, such as depression, and using this challenge as an opportunity to build people's confidence as well as fitness. We're looking to do training walks once a week during working hours, starting at two miles and building the mileage up, so people will be able to walk the 10-mile Mendip Challenge.

To get involved as a volunteer or walker please contact Caroline Wilson, Friend Centre Worker, on 01934 622 292 or email centreworker@friendcmhrc.com

Mendip Hills AONB Walks

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 project has so far had six volunteers come forward to lead health walks in the AONB and a pilot scheme will offer two led walks to each Local Authority from March to May.

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 812 054
- Email: go4life@n-somerset.gov.uk
- Visit: www.go4life.org or www.nsstrollers.co.uk

Health Walks: March – May 2010

Day	Meeting Place	Time	Group
1 Mar	Grove Sports Centre	11am	Nailsea
1 Mar	The Café, Lake Grounds	11am	Portishead
1 Mar	Hutton Village, Moor Lane Bus Stop	1.30pm	Weston
2 Mar	Bandstand, Sea Front	10.30am	Clevedon
2 Mar	St James Parish Hall	11am	Winscombe
4 Mar	Yatton Library, Yatton	2pm	Yatton
8 Mar	Grove Sports Centre	11am	Nailsea
8 Mar	Kewstoke Village Hall	1.30pm	Weston
9 Mar	Woodborough Inn, Sandford Road	11am	Winscombe
15 Mar	Grove Sports Centre	11am	Nailsea
15 Mar	The Café, Lake Grounds	11am	Portishead
15 Mar	Railway Inn, Sandford	1.30am	Weston
18 Mar	Fishing Lakes, Kingston Seymour	2pm	Yatton
19 Mar	Bandstand, Sea Front	10.30am	Clevedon
22 Mar	Grove Sports Centre	11am	Nailsea
22 Mar	Worlebury Golf Course	1.30pm	Weston
23 Mar	Woodborough Inn, Sandford Road	11am	Winscombe
29 Mar	Parish Wharf, Portishead	11am	Nailsea
29 Mar	The Café, Lake Grounds	11am	Portishead
29 Mar	Congresbury Pub or Library	1.30pm	Weston
1 Apr	Village Hall, Claverham	2pm	Yatton
6 Apr	Bandstand, Sea Front	10.30am	Clevedon
6 Apr	St James Parish Hall	11am	Winscombe
12 Apr	Scotch Horn Leisure Centre	11am	Nailsea
12 Apr	Parish Wharf Leisure Centre, Harbour Rd	11am	Portishead
12 Apr	Hornets Rugby Club, Hutton Moor Rd	1.30pm	Weston
13 Apr	Woodborough Inn, Sandford Road	11am	Winscombe
15 Apr	Salthouse Fields Car Park, Clevedon	2pm	Yatton
16 Apr	Bandstand, Sea Front	10.30am	Clevedon
19 Apr	Scotch Horn Leisure Centre	11am	Nailsea
19 Apr	Bleadon Village Hall	1.30pm	Weston
26 Apr	Scotch Horn Leisure Centre	11am	Nailsea
26 Apr	Parish Wharf Leisure Centre, Harbour Rd	11am	Portishead
26 Apr	Uphill Way Car Park	1.30pm	Weston
27 Apr	Woodborough Inn, Sandford Road	11am	Winscombe
4 May	Bandstand, Sea Front	10.30am	Clevedon
4 May	St James Parish Hall	11am	Winscombe
6 May	Yatton Library, Yatton	2pm	Yatton
10 May	Grove Sports Centre	11am	Nailsea
10 May	Marina Healthcare Centre, Harbour Rd	11am	Portishead
10 May	Prince Consort Gardens, Old Pier	1.30pm	Weston
11 May	Woodborough Inn, Sandford Road	11am	Winscombe
17 May	Grove Sports Centre	11am	Nailsea
17 May	Grand Pier, Seafront	1.30pm	Weston
20 May	Quarry Car Park, Goblin Combe	2pm	Yatton
21 May	Bandstand, Sea Front	10.30am	Clevedon
24 May	awayday walk – TBC	11am	Nailsea
24 May	Marina Healthcare Centre, Harbour Rd	11am	Portishead
24 May	Argos, Worle	1.30pm	Weston
25 May	Woodborough Inn, Sandford Road	11am	Winscombe