



Rock 'n' Stroll

- The newsletter for North Somerset Strollers -

Introduction

Welcome to the first edition of a new newsletter for everyone involved in North Somerset Strollers.

The aim of this publication is help to connect the health walks in North Somerset. We will bring you stories from existing walks, developments from the Walking the way to Health Initiative (WHI) and information about the support available for walking groups.

Resources

The new quarterly programme of Health Walks is now available. The pamphlet covers walks from September – November 2009. Thank you to everyone who contributed a schedule. We have also produced posters to advertise individual groups. If your group has not yet received copies of the booklet or posters, or should you require support with printing any independently produced Health Walks information, please let us know.

Following a number of requests from strollers, Natural England has sent us some WHI 'feet'. These are flat templates of feet that can be used by walk leaders to guide a walk, particularly where there are corners on the route and the group may be stretched out. The leader can place the feet on a turn and the back marker can pick them up once all walkers have made the turn. If you would like a pair of feet feel free to drop into the Community Involvement Office in Nailsea (address below). Alternatively please contact us and they will walk their way to you!

We are always keen to provide useful resources and are currently looking into first aid kits and whistles for walk leaders. If your group would benefit from these or other resources please let us know.

WHI expansion

North Somerset Strollers is part of the national Walking the way to Health Initiative, which has been running since 2000 and aims to get people using the outdoors for exercise. It gets people engaged with their local natural environment and helps them to improve their health at the same time by joining a community led health walk scheme.

WHI is in the process of expanding through a new partnership under development with the Department of Health to co-fund a four-fold expansion of walkers. The main aims are to help

tackle health problems associated with modern lifestyles where people often take too little exercise and to help people develop an appreciation of their local natural environment.

WHI will be able to offer existing schemes a better service in terms of flexibility of training opportunities, support for volunteers, more local support from WHI staff and better materials to promote walking. The additional funding will also support recruitment and training of new volunteers in communities where currently there are no health walks.

For more information on how the WHI is expanding contact Rob Leek, WHI South West team member, on 0117 959 8511 or visit www.whi.org.uk.

Strollers online

Did you know there is a great website dedicated to North Somerset Strollers where you can find out about all the walks going on in the area, plus photos, contacts and information about becoming a walk leader? It's run voluntarily by Tim Burrows who leads walks with the Winscombe Strollers.

See for yourself by logging on to www.nsstrollers.co.uk.

Go4Life

A great way of finding out about all sorts of physical activities in North Somerset is to pick up a copy of the new Go4Life Active Directory. It is full of fantastic ideas to encourage and help people to live healthier and more active lives. The directory is available now in libraries and leisure centres.

As of 1st April 2009 residents aged 60 and over are entitled to swim for free at any North Somerset swimming pool. If you would like to take up this opportunity you will need to apply for a 60+ leisure key, which you have to take with you every time you want to swim. Application forms are available from your nearest sport or leisure centres.

In addition, The Amateur Swimming Association has provided funding for local authorities to offer six hours of free swimming lessons to those who are unable to swim. This offer will initially take place over the summer period at several North Somerset pools and then again from September 2009. If you are unable to swim and would like to access this opportunity telephone 01934 427 222 or email leisure.service@n-somerset.gov.uk

Keep Strolling...

Did you know that North Somerset Life provides a walking guide each week? If you don't receive the magazine at your home you can access it online by [clicking here](#)

Mendip Hills

A number of our Health Walks take place within the Mendip Hills, which is considered an Area of Outstanding Natural Beauty (AONB). Mendip Hills AONB is looking to work in partnership with WHI to create a structured programme of walks in the Mendip Hills. The new programme will require volunteers to lead walks. These may be existing walk leaders or those who would like to take a walk leaders' course.

Consideration is currently being given to how the surrounding unitary authorities can work together to offer walks within the Mendip Hills, perhaps by offering a monthly bus service for a walking group.

If your group is interested in walks in the Mendip Hills, providing volunteers or offering feedback on how such walks could be delivered we would love to hear from you.

Walk Leader support

No-one likes paperwork! Please let us know if you need any support or have any questions regarding administration. We understand that it can take time to complete. It is also really important – we need to know about your walkers to identify how to appeal to new walkers and retain existing ones, and to offer walks that are appropriate.

Please ensure that all walkers complete the two-page health questionnaire, including whether or not they would like to join in with Go4Life (part C, question 4).

If you need more copies of the health questionnaires, support with risk assessments or inputting onto the database, please don't hesitate to ask.

Walk Leader Reward Night

As we approach the autumn we will be looking to hold the annual reward night for walk leaders. This year will celebrate three years of North Somerset Strollers thanks to the fantastic commitment of the volunteer walk leaders.

If you have any ideas about where and when to hold the event, which usually includes a walk, please let us know.

Receive this newsletter

If you would like to receive an electronic version of this newsletter please email go4life@n-somerset.gov.uk with the subject "Subscribe to Rock 'n' Stroll".

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...

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



Health Walks: September - November 2009

Day	Meeting Place	Group
01-Sep	FRIEND, Old St	Clevedon
01-Sep	St James Parish Hall	Yatton
07-Sep	Grove Sports Centre	Nailsea
07-Sep	Parish Wharf Leisure Centre	Portishead
07-Sep	Ship & Castle, Congresbury	Weston
08-Sep	Woodborough Inn	Winscombe
14-Sep	Grove Sports Centre	Nailsea
14-Sep	Hornets Rugby Club, Hutton Moor Road	Weston
18-Sep	Community Centre, Princes Rd	Clevedon
21-Sep	Grove Sports Centre	Nailsea
21-Sep	Parish Wharf Leisure Centre	Portishead
21-Sep	Bleadon Village Hall	Weston
22-Sep	Woodborough Inn	Winscombe
28-Sep	The Café, Lake Grounds, Portishead	Nailsea
28-Sep	Uphill Way Car Park, Uphill	Weston
01-Oct	Library, High Street	Yatton
05-Oct	Scotch Horn Leisure Centre	Nailsea
05-Oct	Lake Grounds Café	Portishead
05-Oct	Old Pier, Prince Consort Gardens	Weston
06-Oct	FRIEND, Old Street	Clevedon
06-Oct	St James Parish Hall	Winscombe
12-Oct	Scotch Horn Leisure Centre	Nailsea
12-Oct	Grand Pier, Weston	Weston
13-Oct	Woodborough Inn	Winscombe
15-Oct	Library, High Street	Yatton
16-Oct	Community Centre, Princes Rd	Clevedon
19-Oct	Scotch Horn Leisure Centre	Nailsea
19-Oct	Lake Grounds Café	Portishead
19-Oct	Argos, Worle	Weston
26-Oct	Leigh Woods, off A369	Nailsea
26-Oct	Nightjar Pub, Mead Vale	Weston
27-Oct	Woodborough Inn	Winscombe
02-Nov	Grove Sports Centre	Nailsea
02-Nov	Marine Health Centre, Harbour Road	Portishead
02-Nov	Clarence Park Café, Clarence Park	Weston
03-Nov	FRIEND, Old Street	Clevedon
03-Nov	St James Parish Hall	Winscombe
05-Nov	Library, High Street	Yatton
09-Nov	Grove Sports Centre	Nailsea
09-Nov	West St Car Park, Banwell	Weston
10-Nov	Woodborough Inn	Winscombe
16-Nov	Grove Sports Centre	Nailsea
16-Nov	Marine Health Centre, Harbour Road	Portishead
16-Nov	Top Café, Ashcombe Park	Weston
19-Nov	Library, High Street	Yatton
20-Nov	Community Centre, Princes Rd	Clevedon
23-Nov	Grove Sports Centre	Nailsea
23-Nov	Opposite Matalan	Weston
24-Nov	Woodborough Inn	Winscombe
30-Nov	Burrington - TBA	Nailsea
30-Nov	Kingston Seymour, Fishing Lakes	Weston