



# Rock 'n' Stroll

*- The newsletter for health walkers in North Somerset -*

## Introduction

Welcome to the spring edition of Rock 'n' Stroll – a newsletter for everyone involved in the Walking for Health initiative locally, both walkers and walk leaders alike.

The aim of this publication is to help connect all our health walks in North Somerset. Read on for the latest news from around the walks.



*Nailsea health walkers meet for a well-earned post-walk coffee at the Tithe Barn in January – find out about the group's away day to Bristol Harbour on page 3!*

## New hosts for Walking for Health

The wait is over! The Ramblers and Macmillan Cancer Support are taking over Walking for Health from Natural England as of 1 April. This is great news for Walking for Health – this strong partnership of two highly regarded bodies will secure its future and provide a springboard for growth.

The Ramblers' Chief Executive Benedict Southworth said: "We are delighted to be taking on Walking for Health and look forward to bringing the benefits of walking to even more people. Walking is the easiest and most accessible form of physical activity and can make a real difference to people's health and well being."

Macmillan Cancer Support's Chief Executive Ciaran Devane added: "I very much look forward to working with the Ramblers to ensure Walking for Health continues to grow."

For cancer, being active can help manage some of the debilitating consequences of treatment. Exercise can reduce the chance of some cancers coming back. The new partnership will increase opportunities for people affected by cancer to participate in health walks, but WfH will remain open to everyone as it is at present.

Natural England has worked closely with the Ramblers and Macmillan Cancer Support to ensure that everything is in place. Insurance for local schemes will continue uninterrupted.

This is a really exciting time for Walking for Health. So, keep on walking and supporting your local group and let's get even more people to join in!

*[adapted from an article on [www.wfh.naturalengland.org.uk](http://www.wfh.naturalengland.org.uk)]*

## Poetry Corner...

### **Strollers**

They meet once a fortnight  
Somewhere in the town  
And walk for an hour  
Around, up and down.

A dozen or so codgers  
Some fit, others frail  
But capable all  
For stroll, with long tail.

Yellow-coated leaders  
Manage front and rear  
Watching the slow  
With patience and cheer.

No great distance covered  
But talking is rife.  
What a pleasant way  
To achieve a long life.

*By John Claxton, Portishead group*

## **Nailsea group harbours a new walk**

The last Monday in the month means an away day for Nailsea health walkers, and in the winter we avoid muddy countryside and head for towns. So, on Monday 28 November, 51 people – an official record – met in the car park of the SS Great Britain for one such walk.

We split into two groups – a ‘long’ walk and a ‘shorter’ one to cater for all abilities – and headed east along the harbour side, past the new M-Shed museum. We were following the railway line connecting the Docks to Temple Meads. We crossed into Merchants Quay and over Bathurst Basin. There we saw the blocked up railway tunnel under Redcliffe Hill.

We continued alongside the General Hospital to the back of St Mary Redcliffe. We saw the ‘House of Mercy’ – a lodging for 12 Widows endowed by William Fry – and the exit of the railway tunnel from Redcliffe Hill. At this point the shorter walk diverted to the front of the church for the opportunity to visit the church described by Queen Elizabeth I as “the fairest, goodliest and most famous parish church in all the land.”

The long walk continued with a stop to view the remains of Bristol’s last glass cone, now part of the Ramada Hotel restaurant. We then saw Brunel’s original terminus building, opened in 1830 and closed to trains in 1965. We proceeded through the booking hall of the ‘new’ (1878) station into the Temple Quay development. A waterside walk took us back to the SS Great Britain café for a coffee (and bun) – very well deserved!

This walk was a little longer at 1¼ hour than our normal long walk. A short cut was in place in case anyone needed it but no-one did – a testament to the way these walks have increased our walking ability and confidence. It seemed as though everyone enjoyed the fresh air and the chance to learn a little of Bristol’s rich history.

These walks were researched with the help of two web sites:

- Bristol Curiosities – [www.walkingbritain.co.uk](http://www.walkingbritain.co.uk)
- The Inner Harbour – [www.bristolfloatingharbour.org](http://www.bristolfloatingharbour.org)

*By Robert Brierley, Nailsea group*

## **Heartstarters**

Towards the end of last year 14 of our volunteer walk leaders took the opportunity to develop their first aid skills by attending a free Heartstart training course.

Heartstart is a British Heart Foundation initiative and is delivered by volunteers around the country in simple two-hour sessions. The programme includes skills such as:

- assessing an unconscious patient
- performing cardiopulmonary resuscitation (CPR)
- dealing with choking / serious bleeding
- helping someone who may be having a heart attack

Knowing what to do when someone has a cardiac arrest is important. If you can do CPR you can buy the time needed for professional help to arrive and save a life.

We’re hoping to organise another course in May, so if you would like to reserve a place please contact Bob Hill on 01275 882 734 or email [bob.hill@n-somerset.gov.uk](mailto:bob.hill@n-somerset.gov.uk).

## Health walks re-launch at Health Central!

*Health Central* in Weston is starting up weekly health walks from Thursday 19 April.

The new walk will set off at 10.30am from the organisation's headquarters on The Boulevard. Each walk will last at least an hour and will run over the summer until September.

The aim of the walk is to encourage people to get active and meet new friends.

To find out more contact Julie Mills, NHS Health Trainer, at:

Health Central, 12/14 The Boulevard, Weston Super Mare, BS23 1NA.

Telephone: 01934 627 250

Email: [Julie.Mills@nsomerset-pct.nhs.uk](mailto:Julie.Mills@nsomerset-pct.nhs.uk)



**North Somerset**

## To find out more about our local Walking for Health groups please contact...

Clevedon	Gay Maxwell	01275 875 316
Nailsea	John Wilson	01275 852 942
Portishead	Anne Brain	01275 374 867
Weston	Terry Allen	01934 621 368
Winscombe	Tim Burrows	01934 842 554
Yatton	Marion Davies	01934 833 605
Friend Centre, WsM	Caroline Wilson	01934 622 292
Health Central, WsM	Julie Mills	01934 627 250
Healthy Living Centre, WsM	Sharon Beer	01934 426 988

## Walkers – we would like to hear your story!

If you have a story to tell about your walking group, a great photo or even a poem, please send it in for the next edition of Rock 'n' Stroll! It's always useful to feedback to the wider public as well as General Practices how much health walks are enjoyed.

Please contact us via the following methods...

- Visit: Castlewood, Tickenham Road, Clevedon, BS21 6BD
- Write: Sport and Active Lifestyles team, North Somerset Council, Town Hall, Walliscote Grove Road, Weston-super-Mare, BS23 1UJ
- Telephone: 01275 882 730
- Email: [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)
- Log on: [www.go4life.org](http://www.go4life.org)

## Health Walks: April – June 2012

Date	Meeting Place	Time	Group
2 Apr	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
2 Apr	Parish Wharf Leisure Centre, Harbour Road	11am	Portishead
2 Apr	Ship and Castle Public House, Congresbury	2pm	Weston
3 Apr	Bandstand, Seafront, Elton Road	10.30am	Clevedon
5 Apr	Yatton Library	2pm	Yatton
9 Apr	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
10 Apr	Woodborough Inn, Sandford Road	11am	Winscombe
16 Apr	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
16 Apr	Waverley Court	11am	Portishead
16 Apr	Bleadon Village Hall	2pm	Weston
19 Apr	12-14 The Boulevard, Weston	10.30am	Health Central
19 Apr	Claverham Village Hall	2pm	Yatton
20 Apr	Bandstand, Seafront, Elton Road	10.30am	Clevedon
23 Apr	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
23 Apr	Bristol Harbour (meet at Long Ashton P&R)	10.15am	Portishead
23 Apr	Coach House Inn, Locking	2pm	Weston
24 Apr	Woodborough Inn, Sandford Road	11am	Winscombe
26 Apr	12-14 The Boulevard, Weston	10.30am	Health Central
30 Apr	The Downs, Bristol	11am	Nailsea
30 Apr	Waverley Court	11am	Portishead
30 Apr	Uphill Way car park	2pm	Weston
1 May	Bandstand, Seafront, Elton Road	10.30am	Clevedon
3 May	12-14 The Boulevard, Weston	10.30am	Health Central
3 May	Lakeside Café car park, Portishead	2pm	Yatton
7 May	Grove Sports Centre, St Mary's Grove	11am	Nailsea
8 May	Woodborough Inn, Sandford Road	11am	Winscombe
10 May	12-14 The Boulevard, Weston	10.30am	Health Central
14 May	Grove Sports Centre, St Mary's Grove	11am	Nailsea
14 May	The Café, Lake Grounds	11am	Portishead
14 May	Woodborough Inn, Winscombe	2pm	Weston
17 May	12-14 The Boulevard, Weston	10.30am	Health Central
17 May	Yatton Station	2pm	Yatton
18 May	Bandstand, Seafront, Elton Road	10.30am	Clevedon
21 May	Grove Sports Centre, St Mary's Grove	11am	Nailsea
21 May	Ashton Court - meet at Visitor Centre car park	10.15am	Portishead
21 May	Kewstoke Village Hall	2pm	Weston
22 May	Woodborough Inn, Sandford Road	11am	Winscombe
24 May	12-14 The Boulevard, Weston	10.30am	Health Central
28 May	Uphill, Weston-super-Mare	11am	Nailsea
28 May	The Café, Lake Grounds	11am	Portishead
28 May	Moor Lane Bus Stop, Hutton Village	2pm	Weston
31 May	12-14 The Boulevard, Weston	10.30am	Health Central

4 Jun	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
7 Jun	12-14 The Boulevard, Weston	10.30am	Health Central
7 Jun	Plantation Fishing Lakes, Kingston Seymour	2pm	Yatton
11 Jun	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
11 Jun	Parish Wharf Leisure Centre, Harbour Road	11am	Portishead
11 Jun	Worlebury Golf Club	2pm	Weston
12 Jun	Woodborough Inn, Sandford Road	11am	Winscombe
14 Jun	12-14 The Boulevard, Weston	10.30am	Health Central
15 Jun	Bandstand, Seafront, Elton Road	10.30am	Clevedon
18 Jun	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
18 Jun	Tyntesfield car park	10.15am	Portishead
18 Jun	Railway Inn, Sandford	2pm	Weston
21 Jun	12-14 The Boulevard, Weston	10.30am	Health Central
21 Jun	Millennium Green car park, Congresbury	2pm	Yatton
25 Jun	Tyntesfield	11am	Nailsea
25 Jun	Parish Wharf Leisure Centre, Harbour Road	11am	Portishead
25 Jun	Palmers Elm Inn, Hewish	2pm	Weston
26 Jun	Woodborough Inn, Sandford Road	11am	Winscombe
28 Jun	12-14 The Boulevard, Weston	10.30am	Health Central