

move more monthly

Issue 27, July 2011

This is the Go4Life online newsletter informing members about opportunities to get and stay active and healthy in North Somerset.

You can contact Go4Life by email go4life@n-somerset.gov.uk or by calling 01275 882 730. Visit the website for more information www.go4life.org

Go4Life celebrates one year to go to the London 2012 Games



Try a new activity for FREE during this community activity event in Weston-super-Mare. Sample snooker, have a bash at boxing or find out what fencing is like.

As part of the London 2012 Open Weekend supported by BP - a series of sporting and cultural events are taking place across the UK which will see hundreds of thousands of people participating in events to celebrate the 'One Year to Go' countdown to the Olympic and Paralympic Games.



Anyone who needs a little encouragement to move more and eat better can pick up some hints and tips at Hans Price Sport Centre on Saturday 23 July between 10am and 4pm. A wide range of taster sessions will be on offer during the day for people to try a new activity for free including tai chi, badminton, yoga, Zumba, cycling, trampolining, handball, tennis, military fitness, mini assault courses, cheerleading, free running, dance, judo, tri golf, line dancing, climbing, massages and athletics. The sports centre fitness gym will also be open and a number of health walks and jogging sessions will take place throughout the day.



Tasty, healthy food will also be demonstrated during 'you can cook' taster sessions, and the third edition of the popular Active Directory will be officially launched.



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Free copies will be available for people to take away, giving plenty of ideas on taking up a new physical activity in the lead up to the Olympics.



The event is organised as part of North Somerset Partnership's Go4Life scheme, which aims to encourage and help people live healthier and more active lives. **For a full list of activities on offer for adults and children, or to register for a workshop visit www.go4life.org email go4life@n-somerset.gov.uk or call the Sport and Active Lifestyles Team, North Somerset Council on 01275 882 730.**

With the support of BP, Premier Partner of the Cultural Olympiad and long-standing supporter of arts and culture in the UK, the London 2012 Open Weekend is now in its fourth year. Open Weekend 2011 follows the success of the past three previous years, in which over 2.4 million people across the UK unleashed their creativity across a series of sporting, art and cultural activities in celebration of the countdown to the London 2012 Olympic and Paralympic Games.

The Go4Life community activity event joins hundreds of other Open Weekend challenges – ranging from an outdoor screening of The Tate Movie in Trafalgar Square to a celebration of Jamaican culture in the centre of Birmingham. Full listings, including the Go4Life event, can be found from 9 June 2011 at www.london2012.com/openweekend

London 2012 Chair Sebastian Coe said: 'For our fourth year Open Weekend is focussed on celebrating the 'One Year to Go' countdown to the London 2012 Games and helping communities across the country experience the best of British sporting, artistic and cultural talents up close. I'd encourage people to get involved at a local event as part of this nationwide celebration; it will be an amazing event.'

Strolling with Friends



Enjoy a short walk to a cafe for a cup of tea and a cake and a gently amble back. This is a group for people experiencing mental health issues and offers the opportunity to meet new people and get a breath of fresh air. The group meets on Thursdays fortnightly at 1.30pm, setting off from Friend Weston-super-Mare and walking about 15 minutes to a cafe and back again.

Walk dates: 7 July, 21 July, 4 August, 18 August, 1 September, 15 September and 29 September.



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Inbetweeners Walking group

This group is a social, supportive group for people experiencing mental health issues and walks are between 2 and 4 miles, with a break at a local cafe. The group can help you develop walk fitness with the opportunity, for those who wish, to progress to a ramblers walking group.

Thursdays weekly 12:30pm from Friend.

For more information about both walk groups call Caroline at Friend (North Somerset) Ltd on 01934 622 292 or visit www.friendcmhrc.com

Adults Fitboot Camp

Ex-forces instructors are offering a four day land and water based Fitboot Camp for anyone wanting to boost their health and fitness, from 10 to 13 August at the Open Air Pool in Portishead. Get motivated and improve performance.

Train hard, get results and laugh loads!

Sessions are available at either 6-7am or 6.30-8pm, or both for the very keen! (For good results you must train once a day within the times offered).

You will do a mixture of Cardio Vascular work, aqua swim work, weights, tone working on injuries or weak parts. By the end of the course you will be much fitter, gaining skills to enhance your training for your needs.

For further information or to book, call 07980 905 296 or email fitimehealth@googlemail.com

Gentle Exercise

If you have suffered from a Stroke, why not come along to my class on a Tuesday morning at 12.30 – 1.30 pm in the Champion Suite at Hutton Moor Leisure Centre, Weston-Super-Mare?

You will find a small friendly class where you will be encouraged to gain more confidence and exercises that will help improve your balance, strength and muscle tone.

For more information call Corinne on 01934 750 006.



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Pilates at Bleadon

All levels are welcome to Pilates at Bleadon Village Hall on Wednesdays 7.30pm-8.30pm. Please bring a mat and water and wear loose comfortable clothing.

The session consists of a series of mat work exercises improving Core Strength, Posture, Muscle tone, Balance and Good Breathing Techniques

For more information call Corinne on 01934 750 006

Four Seasons Yoga



Katharine West has started up a new yoga school, Four Seasons Yoga. She offers yoga classes across the North Somerset and Mendip areas. As an incentive she is offering a FREE TASTER SESSION so you can try a class out. Her classes are for all abilities and complete beginners are taught alongside more practiced students.

A student of Katharine's recently said "I tried a class at my Sports centre but I didn't enjoy it. Then I tried Katharine's class, which was completely different I feel exercised and energised yet calm and focused after her classes. I am a convert to yoga". Peter, H. Bristol.

To try one of the Four Seasons Yoga classes FREE, bring this article with you:-

Mondays

9.15-10.30am

Shipham Village Hall, Shipham, BS25 1SG

6.20-7.50pm

Wrighton Memorial Hall, Wrighton, BS40 5QE

Tuesdays

12.30-1.45pm

Draycott Memorial Hall, Draycott, BS27 3UE

7.30-9pm

Churchill Memorial Hall, Churchill, BS25 5NH

Wednesdays

7-8.30pm

Axbridge Town Hall, Axbridge Square, BS26 2AR

New to Four Seasons Yoga are the Yoga Weekends on Dartmoor. Held in a lively family run hotel, these weekends run throughout the year. For more information visit <http://fourseasonsyoga.co.uk/index.php> or email katharine.west@btinternet.com



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Weston Cycle Club

Come and join us; we are a social cycle club, who enjoy the outdoors. We welcome members of any age. All that is required is stamina, speed is not essential. We meet on Sundays 10am at either Hutton Moor Leisure Centre (HM) or Uphill Boatyard (UBY).

3 July Tyntesfield (HM)
10 July Camping weekend at Priddy (HM)
17 July Brean Car Boot Sale (UBY)
24 July Portishead (HM)
31 July Secret World (UBY)

7 Aug Blagdon Lake (HM)
14 Aug Glastonbury (UBY)
21 Aug Cheddar (HM)
28 Aug BBQ (UBY)

4 Sept Wells (UBY)
11 Sept Burrington (HM)
18 Sept Riches Cider Farm, Watchfield (UBY)
25 Sept Uphill Scarecrow Festival, then onto Artillery Arms (UBY)



The club are not members of CTC, so anyone who takes part does so at their own risk.

For more information call Audrey on 01934 419 407/07773 852 723 or Robyn on 01934 643 990/07917 196 462.

Fitswim Summer Classes at Portishead Open Air Swimming Pool

Swim Lessons – 4-6 August, 9-10.30am

Land/Water Children's Fitness Lessons – 11-13 August 9-10.30am

Swim Lessons – 24-26 August, 9-10.30am

The sessions are 30 minutes long and cost £8 per session, or if you book and pay for three or more you will pay a reduced rate.

For more information call 07980 905296 or email fitimerun@googlemail.com



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Walking for Health – July

If you would like to take part in any of the health walks in North Somerset there is no need to book beforehand, just turn up on the day to participate. The walks are aimed at those wishing to participate in gentle exercise and vary in levels of difficulty.

Mon 4	11am	Grove Sports Centre, St Marys Grove	Nailsea
Mon 4	11am	Parish Wharf Leisure Centre, Harbour Rd	Portishead
Mon 4	2pm	Portishead Lake Grounds/Sea Front *	Weston-s-Mare
Tue 5	10.30am	Bandstand, Seafront, Elton Road	Clevedon
Thu 7	2pm	Yatton, meet at the station	Yatton
Mon 11	11am	Grove Sports Centre, St Marys Grove	Nailsea
Mon 11	10.30am	Parish Wharf Leisure Centre, Harbour Rd	Portishead
Mon 11	2pm	Uphill Way Car Park, Uphill	Weston-s-Mare
Tue 12	11am	Woodborough Inn, Sandford Road	Winscombe
Fri 15	10.30am	Bandstand, Seafront, Elton Road	Clevedon
Mon 18	11am	Grove Sports Centre, St Marys Grove	Nailsea
Mon 18	11am	Parish Wharf Leisure Centre, Harbour Rd	Portishead
Mon 18	2pm	Clarence Park Café	Weston-s-Mare
Thu 21	2pm	Winscombe, Woodborough Inn car park	Yatton
Mon 25	11am	Charterhouse	Nailsea
Mon 25	2pm	Night Jar Public House, Mead Vale	Weston-s-Mare
Tue 26	11am	Woodborough Inn, Sandford Rd	Winscombe

*Annual long walk

For more information call 01275 882 730 or email sport@n-somerset.gov.uk

Guided Walks in North Somerset

North Somerset Council Rangers have organised the following guided walks with talks along the route. So why not join them on the walks and explore the local area while keeping fit.

Each walk has a charge of £3 per person and start promptly at 2pm, lasting approximately two and a half hours. Please wear suitable footwear and clothing appropriate for weather conditions. Please do not bring dogs on the walks.



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Weston Seafront – Sunday 17 July

The seafront at Weston-super-Mare has been enjoyed by many illustrious people of the past. Novelists, scientists, statesmen, philosophers and musicians are among those to be mentioned during the course of this walk.

Meet at the fishpond in Prince Consort Gardens overlooking the Old Pier between Kewstoke Road and Birkett Road. On tarmac with some mild gradients and steps.

Walton St Mary – Sunday 31 July

This quiet part of Clevedon is noted for the rocky cove of Ladye Bay, a richly furnished 19th Century church on ancient foundations and the former residence of St Edward Elgar's daughter Carice.

Meet at Ladye Bay Car Park, Bay Road, Walton St Mary, Clevedon. Rough ground, steep gradients and steps.

For further information on these walks call the Seafront Office on 01934 626 982 or email seafront.rangers@n-somerset.gov.uk

Community Exercise Classes

- Monday Mini movers and Groovers (mum and toddler class) 10.30-11.30am
Uphill Village Victory Hall
- Tuesday Pilates 9.30-10.30am The White Space, Clevedon
- Friday Pilates (crèche available) 9.30-10.30am Uphill Village Victory Hall
- Friday Fitness and Fun for Babies and Mum (exercise with pushchairs)
10.30-11.30am Uphill Village Victory Hall

For more information call Emma on 0845 0944565 or visit www.fit-com.co.uk

Health Age Calculator

Bupa are offering a Health Age Calculator to help assess your current state of health. To find out how many years you could add to your life by changing your lifestyle, visit https://healthassessments.bupa.co.uk/qhac/qhac.aspx?cmpid=dis-rc_09_20110407#

Many factors affect your health. The Health Age Calculator provides a general assessment of some potential health issues based on the limited information provided and is intended only as an indicator. If you require a more detailed health assessment or are at all concerned about any symptoms you have, you should consult your doctor



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'Staying Steady' – Exercise classes for seniors

All the classes are delivered by qualified instructors who have experience of working with older people. The exercises are good for improving flexibility, co-ordination, strength and balance. **Classes in bold are mainly for people with limited mobility.** For further information about this programme call Lin Griffiths or Liz Lansley on 01275 546 743. **Please contact**



instructor in advance to make sure group is meeting on that day.

AREA & VENUE	TYPE OF CLASS	TIME & COST	CONTACT
BACKWELL Women's Institute Hall	Tai Chi seated & standing work.	Mon 12:30 -1:30pm £5 per session	Tony Dove 07886 630 436
CLEVEDON The Barn Youth & Community Centre Great Western Road (opposite Morrisons)	Exercise to music Mixed ability with some seated work.	Wed 9:30-10:30am £2.50 per session	Jo Knowles KFA trained 01275 544 472
The Triangle Club The Triangle	Gentle exercise to music with lots of seated work – venue NOT suitable for wheelchairs.	Mon 11:15am -12:15pm £2.50 per session	Jo Knowles KFA trained 01275 544 472
The Scout Hut – behind Barn, Great Western Rd	Tai Chi for Seniors Mixed ability	Mon 9:30–10:30am £5 per session	Tony Dove 07886 630 436
Clevedon Community Centre	Tai Chi for people with limited mobility	Mon 10:45–11:45am £3 per session	Tony Dove 07886 630 436
Searle Court, Cherry Avenue	Tai Chi for people with limited mobility	Wed 2– 3pm £2.50 per session	Tony Dove 07886 630 436 or Beryl Youde 01275 875 838
Clifton Court Churchill Avenue	Zumba (aimed at over 55s)	Wed 2– 3pm £3 per session	Emily Gazey 07892 825 617
CONGRESBURY The Old School Rooms Station Road (A370)	Gentle Exercise to music Seated & standing	Thurs 9:30–10:30am & 10.30–11.30am £2.50 per session	Jo Knowles KFA trained 01275 544 472
KEWSTOKE St Paul's Church Hall	Tai Chi, Ageing Well (over 50s)	Wed 2:30–3:30pm £2.50 per session	Di Ramsay 0845 643 4702
LONG ASHTON Village Hall Recreation Ground Keedwell Hill	Extend – Movement to Music	Fri 10:30–11:30am £2.50 per session	Di Ramsay 08456 434 702
Village Hall Recreation Ground Keedwell Hill	Tai Chi Standing exercise	Fri 2:00 – 3:00pm £5.00 per session	Tony Dove 07886 630 436



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AREA & VENUE	TYPE OF CLASS	TIME & COST	CONTACT
Village Hall Recreation Ground Keedwell Hill	Tai Chi for over 50s – Mixed standing and seated exercise	Fri 3:00– 4:00pm £5.00 per session	Tony Dove 07886 630436
NAILSEA United Reformed Church Hall Stockway North	Gentle Exercise for Seniors working on strength, flexibility and co-ordination, includes seated work	Wed 2:00– 3:00pm (more seated) 3:00– 4:00pm £2.50 per session	Kath Hambleton KTA 07890 995 982
Hobbs Court Link Road	Zumba (aimed at over 55s)	Wed 11:00am- 12:00noon £3 per session	Emily Gazey 07892 825 617
PORTBURY Portbury Village Hall	Extend – Movement to Music	Wed 10:30–11:30am £2.50 per session	Di Ramsay 08456 434 702
PORTISHEAD Jubilee Hall, Slade Road	Tai Chi for over 50s Open to all abilities	Thurs 2:30 – 3:30pm £5.00 per session	Tony Dove 07886 630 436
Methodist Church Hall Wesley Centre	Gentle Exercise to Music Seated and standing work	Mon 2:00– 3:00pm £2.50 per session	Jo Knowles KFA trained 01275 544 472
Parish Wharf Leisure Centre	Stroke Rehab Class Very gentle exercise	Tues 12:00noon-1:00pm £4.60 per session	Jo Rickwood 07899 754 937
Parish Wharf Leisure Centre	Gentle Tai Chi	Tues 1:30– 2:30pm £3.00 per session	Tony Dove 07886 630 436
Jubilee Hall Slade Road BS20 6BE	Zumba (aimed at over 55s)	Mon 2:00– 3:00 pm £3 per session	Emily Gazey 07892 825 617
WESTON-S-MARE Clarence Park Baptist Church Hall Walliscote Rd	Exercise Class to Music – mixed ability, over 50 to over 90!	Tues 10:00 -11:00am £2.50 per session	Jo Knowles KFA trained 01275 544 472
Our Lady of Lourdes 28 Baytree Rd Milton	Tai Chi for People with limited mobility	Wed 9:30-10:30am £3 per session	Tony Dove 07886 630 436
Our Lady of Lourdes 28 Baytree Rd Milton	Dance Fitness (aimed at 60+)	Thurs 10:30–11:30am £4 per session	Sue Barton 01934 843 719
United Reformed Church Hall The Boulevard	Tai Chi for seniors – mixed ability	Thurs 12:45– 2:00pm £3.00 per session	Malcolm Droy 01935 826 597
Hutton Moor Leisure Centre	Very Gentle Exercise class for people recovering from a stroke	Tues 1:30 -2:30pm £3.55 per session	Corinne Mutlow 07919 532 960



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AREA & VENUE	TYPE OF CLASS	TIME & COST	CONTACT
The Campus, Highlands Lane Locking Castle (behind Morrisons)	Tai Chi for – all abilities	Thurs 9:30-10:30am £3.00 per session	Tony Dove 07886 630 436
St Saviours Church Hall, Locking Road	Tai Chi Mixed abilities	Wed 2:30-3:30pm £2.50 per session	Di Ramsay 08456 434 702
Sandringham Court Lonsdale Avenue	Zumba (aimed at over 55s)	Fri 2:00 – 3:00pm £3 per session	Emily Gazey 07892 825 617
WINSCOMBE Community Centre Sandford Rd	Tai Chi – all abilities	Fri 2:00–3:00pm £2.50 per session	Cheryl Mountford 07840 350 334
WORLE Worle Baptist Church Rawlins Avenue Worle (opposite Castle Batch School)	Gentle Exercise to Music by specialist in exercise for later life. Mixed ability	Fri 10:00– 11:00am £2.50 per session	Amr Singh 01278 792 505
Martindale Court Martindale Road BS22 8QQ	Tai Chi for Seniors	Fri 10:30-11:30am £2.50 per session	Cheryl Mountford 07840 350 334
Martindale Court Martindale Road BS22 8QQ	Zumba (aimed at over 55s)	Thurs 2:00 – 3:00pm £3 per session	Emily Gazey 07892 825 617
YATTON We are currently looking for a new venue for this class.	General Exercise to Music that includes chair based work		Liz Lansley NS PCT 01275 546 743

Recipe of the Month

Eating well can lead to higher energy levels, a healthy body weight, improved sleep and better concentration. It will also help protect you from illness, so overall you will feel better than if you chose an unbalanced diet.

Fish in Tomato and Basil Sauce Serves 4

Ingredients:-

- 1 large onion thinly sliced
- 2 courgettes thinly sliced
- 1 pepper (red/yellow or green)
- 2 cloves garlic, crushed
- 3 tablespoons olive or sunflower oil
- 1 teaspoon paprika
- 400g tin tomatoes
- 4 x 175g skinless firm white fish such as haddock
- Handful of basil leaves



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Method:-

1. Heat the oil in a large non stick frying pan then add the onion and courgette. Cook for about 4 minutes then cover with a lid for approximately 6 minutes to let the vegetables steam and soften.
2. Stir in the paprika, garlic, tinned tomatoes and sugar, cook for 10 minutes stirring occasionally.
3. Scatter the basil leaves into the sauce, then lay the fish fillets onto the sauce.
4. Cover and cook until the fish is tender and until it flakes easily with a fork.
5. Serve with a baked potato and salad.

Please note that although North Somerset Council is seeking to encourage physical activity it does not take any responsibility for the individual activities in this newsletter. Please seek medical advice if you are at all unsure about starting any physical activity. We cannot accept any responsibility for any injury or health problems which may arise from taking part in physical activity.



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