



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 the Walking for Health initiative locally.

The aim of this publication is to help connect health walks in North Somerset. Read on for all the latest news from developments in Walking for Health to local walks and activities.



Fantastic blue skies for Portishead health walkers in March 2011

Walking for Health in 2010 - a year in stats!

Walking for Health throughout the UK had a big year in 2010. Here's a look at some of the stories in statistics:

- **Regular walkers:** by the end of 2010, an estimated 63,000 regular walkers (that's the number taking part in the last ten weeks) were enjoying WfH
- **Accredited walk schemes:** the number of schemes accredited rose by over 100 in 2010, from 311 to 415
- **New walk leaders:** over 6,000 new people attended Natural England's Walk Leader training course (and the numbers are still coming in!)
- **Database use:** nearly 500 walk schemes used the WfH Database in 2010, recording over 50,000 walk registers. These registers listed 51,000 different walkers who, between them, attended more than half a million times
- **Walker profiles:** 7 in 10 walkers were female, 4 in 10 were aged 65+, and 1 in 20 was from a non-white ethnic background

2011 is already off to a great start - in January the 100,000th health walker was added to the database! With your continued support and dedication, it's sure to be another exciting year.

New-look website

The WfH website has undergone a significant makeover, combining the old Learning Network website and the old WfH website into one new, fresh, modern website.

Look out for an improved WalkFinder – a much more attractive layout, ability to view walks plotted on Google maps. Schemes can edit their own WalkFinder pages. There's also an 'In your region' feature – improved regional information about Walking for Health. Updated and improved training section (for cascade trainers only).

Visit www.wfh.naturalengland.org.uk

Natural England Update

The Department of Health is managing a new Walking for Health transition team, led by Sir Muir Gray from Knowledge Into Action (KIA), to facilitate the transfer of WfH to the civil society.

We will try to keep you as up to date as possible on future developments as and when we know ourselves.

Volunteer Walk Leader Kit

Many of the groups in North Somerset will have received new Walking for Health resources, such as branded back packs, hi-viz vests, whistles and first aid kits. We hope you are finding these useful.

If you have not received any new resources and would like some please contact the Sport and Active Lifestyles team on 01275 88 2730.

Visit Woods

A new project 'Visit Woods' has been developed by the Woodland Trust in partnership with Forestry Commission, National Trust, Wildlife Trust and RSPB. Walk for Health have teamed up with Visit Woods to help walkers find woods near them to join in a health walk.

Any volunteers or walk leaders (or anyone who would be interested!) are able to add information to the website about the features and facilities of the woods they have visited, as well as uploading photographs and recommendations.

Go to the website www.visitwoods.org.uk for further information.

Join BANES Walking for Health groups at Ashton Court

Paula Smith, Fit as a Fiddle Coordinator, has invited North Somerset health walk groups come along for a walk at Ashton Court. This is a chance to meet other walkers from the Fit as a Fiddle Walking Groups across BANES.

Meet at the café at Ashton Court Estate on Wednesday 27 April, 10.45am. A variety of walks are available to suit all levels.

There's no need to book, but for more information call Paula Smith on 01225 466135 or email w4h@acbanes.co.uk.

Goblin Combe Guided Walks - Saturday 9 and Sunday 24 April 11am-1pm

Join the Goblin Combe Rangers on interesting guided walks. They will cover many fascinating natural subjects such as spotting animal tracks, tree identification and learning about the woodland in general. The walks will also take in many archaeological features of Goblin Combe, including one of the only unexcavated Iron Age settlements in England, lime kilns and lead mines. Plus, see fantastic views from Cleeve 'Toot'.

Meet at Goblin Combe Environment Centre, Plunder Street, Cleeve, Bristol, BS49 4PQ, 11am. There is no parking on Plunder Street and it is a no-through road so please use the car park on Cleeve Hill Road.

The walk will be suitable for all ages, but we advise suitable footwear and clothing be worn as the walk will include steep inclines and woodland terrain. Feel free to bring hot drinks, snacks and identification books. These events are free but donations would be welcomed.

For more information call 01934 833 723, email enquiries@goblincombe.org.uk, or visit www.goblincombe.com to find out about walks in May and June.

Social Activity Afternoon

Come along to the Burrows Dance Centre, Baker Street, Weston-super-Mare for a social afternoon for those aged 55 and above. Activities include movement to music, bingo, quiz, refreshments and a social dance.

On Tuesdays between 2pm and 4pm, this is part-funded by the Sport and Active Lifestyles team, North Somerset Council, through external funding from Sport England.

For details contact Sue Burrows on 01934 621 281 or Claire Coleman on 01934 627 250.

Go4Life is seeking volunteers (aged 18+) in North Somerset to support inactive individuals to get active

There are many people in North Somerset who are at higher risk of poor health. These people require the support of a Get Active Buddy to help them exercise as they may lack confidence to exercise alone or may simply not have anyone to exercise with.

Anyone can become a buddy once they have been CRB checked by North Somerset Council. All you need is a desire to take part in physical activity and the willingness to share that experience with others.

Free Equity and Safeguarding training will be provided for volunteers of the scheme. A Get Active Buddies role is to give individual attention, encouragement and to improve the confidence levels of the individuals they support. There is no need for in-depth sports knowledge or to be experienced in your chosen activity, in fact you might like to try a new activity yourself.

It may help if you are friendly and like meeting people, are non-judgmental and a good listener. It's all about making a difference, getting fitter and having fun.

If you would like to apply to become a buddy complete and return the expression of interest form on our website www.n-somerset.gov.uk/Leisure/Go4Life/inclusive+projects

For further information about becoming a Go4Life buddy contact the Sport and Active Lifestyles team on 01275 882 733 or email go4life@n-somerset.gov.uk

Walk Leaders' Annual Review Night

The 2011 event took place in Clevedon on Wednesday 30 March 2011. Walk leaders met at The Little Harp Public House, enjoying a walk along the seafront, a review of the year and a fun quiz, all to celebrate the success of the health walk leaders over the past four years.

Over 3,000 people have enjoyed North Somerset's health walks programme since it was launched in November 2006. But despite a committed band of volunteer walk leaders, more are needed to support the growth of this ever-expanding project.

To find out about our free training course to become a walk leader please call the Sport and Active Lifestyles team on 01275 882 730.

Let us know your stories...

To provide stories or pictures from your walk for future editions or to find out more about anything in this newsletter please use one of 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
- Log on: www.go4life.org or www.nsstrollers.co.uk

Health Walks: April – June 2011

Date	Meeting Place	Time	Group
4 April	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
4 April	Parish Wharf Leisure Centre, Harbour Road	11am	Portishead
4 April	Opposite Matalan	2pm	Weston
5 April	Bandstand, Seafront, Elton Road	10.30am	Clevedon
7 April	Congresbury, meet at Millennium Green	2pm	Yatton
11 April	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
11 April	Leigh Woods, meet North Road	10.15am	Portishead
11 April	Uphill Way Car Park, Uphill	2pm	Weston
12 April	Woodborough Inn, Sandford Road	11am	Winscombe
15 April	Bandstand, Seafront, Elton Road	10.30am	Clevedon
18 April	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
18 April	Parish Wharf Leisure Centre, Harbour Road	11am	Portishead
18 April	Bleadon Village Hall	2pm	Weston
21 April	Yatton, entrance to Roundtrees Nursery	2pm	Yatton
26 April	Woodborough Inn, Sandford Road	11am	Winscombe
3 May	Bandstand, Seafront, Elton Road	10.30am	Clevedon
5 May	Cleeve, meet at Bristol direction bus stop	2pm	Yatton
9 May	Grove Sports Centre, St Mary's Grove	11am	Nailsea
9 May	Marine Healthcare Centre, Harbour Road	11am	Portishead
9 May	Argos, Worle	2pm	Weston
10 May	Woodborough Inn, Sandford Road	11am	Winscombe
16 May	Grove Sports Centre, St Mary's Grove	11am	Nailsea
16 May	Kewstoke Village Hall	2pm	Weston
19 May	Clevedon, meet at the Pier	2pm	Yatton
20 May	Bandstand, Seafront, Elton Road	10.30am	Clevedon
23 May	Leigh Woods	11am	Nailsea
23 May	Marine Healthcare Centre, Harbour Road	11am	Portishead
23 May	Hutton Village, Moor Lane bus stop	2pm	Weston
24 May	Woodborough Inn, Sandford Road	11am	Winscombe
2 June	Claverham, meet at the Village Hall	2pm	Yatton
6 June	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
6 June	The Café, Lake Grounds	11am	Portishead
6 June	Hornets Rugby Club, Hutton Moor Road	2pm	Weston
7 June	Bandstand, Seafront, Elton Road	10.30am	Clevedon
13 June	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
13 June	Salthouse Fields Car Park, Clevedon	10.45am	Portishead
13 June	Worlebury Golf Club	2pm	Weston
14 June	Woodborough Inn, Sandford Road	11am	Winscombe
16 June	Uphill, meet at Uphill Road car park	2.15pm	Yatton
17 June	Bandstand, Seafront, Elton Road	10.30am	Clevedon
20 June	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
20 June	The Café, Lake Grounds	11am	Portishead
20 June	Ship and Castle Public House, Congresbury	2pm	Weston
27 June	Backwell	11am	Nailsea
27 June	Opposite Commodore Public House, Kewstoke	2pm	Weston
28 June	Woodborough Inn, Sandford Road	11am	Winscombe