

move more monthly

Issue 30, October 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

Guided Walks in North Somerset

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

The walks have 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.



The next walk called Glimpses of Musical Life in Weston is on Sunday 2 October.

During the inter-war years, concert-going audiences in Weston-super-Mare were treated to performances by the now legendary 'English Lady Pianists'; namely Myra Hess, Irene Sharrer, Irene Kohler and Harriet Cohen. The venues, repertoire, the local orchestras with which they performed and the special appeal of these women will be recalled.

Meet at the Mayor's Parlour in Grove Park, Weston-super-Mare. All on tarmac with some mild gradients.

For more information on this walk call the Seafront Office on 01934 626 982 or email seafront.rangers@n-somerset.gov.uk



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Swimfit



Struggling to stay motivated in the pool or just want to add variety to your workout? Swimfit has arrived at Parish Wharf to help!

Whether you're a regular swimmer or a beginner, Swimfit sessions are tailored to your individual workout programme to ensure you get more out of your lane swimming sessions.

Our structured training cards are available during any Swimfit lane swim session to give you a varied, planned workout which you can include in your weekly fitness routine.

To celebrate the launch of Swimfit at Parish Wharf, we are offering free swimming assessments for you. The assessments will be run by qualified swimming instructors and will offer stroke advice, recommend your Swimfit level and direct you to one of our many instructor led swimming classes to help you progress. So, what are you waiting for? Come along and find out more.

For more information and to book your free assessment call 01275 848 494 or email enquiries@parishwharfleisurecentre.co.uk



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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).

2 October (HM)	Nailsea
9 October (UBY)	Sweets Tea Rooms
16 October (HM)	Fishing Lake Café Strawberry Line
23 October (UBY)	Chedzoy
30 October (HM)	Winscombe
6 November (UBY)	Mark
13 November (HM)	Clevedon
20 November (UBY)	Wedmore
27 November (HM)	Blagdon Water Gardens
4 December	BBQ
11 December (HM)	Congresbury
18 December (UBY)	Burnham on Sea
25 December	No ride



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

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

Tai Chi and Qi gong in Clevedon

For health, relaxation and self defence, why not try the adult beginner Tai Chi and Qi gong classes at Strode Leisure Centre, Strode Way, Clevedon every Monday 8.30-9.30pm. New members are always welcome.

For more information call Jon on 07910 273 980 or visit www.tranquilwaves.co.uk



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Walking for Health – October



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 3	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 3	11am	Parish Wharf Leisure Centre, Harbour Rd	Portishead
Mon 3	2pm	Woodborough Inn, Sandford Rd, Winscombe	Weston-s-Mare
Tue 4	10.30am	Bandstand, Seafront, Elton Rd	Clevedon
Thu 6	2pm	Salthouse Fields Car Park, Clevedon	Yatton
Mon 10	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 10	10.30am	Suspension Bridge end of North Rd, Leigh Woods for Clifton Walk	Portishead
Mon 10	2pm	Kewstoke Village Hall	Weston-s-Mare
Tue 11	11am	Woodborough Inn, Sandford Rd	Winscombe
Fri 21	10.30am	Bandstand, Seafront, Elton Rd	Clevedon
Mon 17	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 17	11am	Parish Wharf Leisure Centre, Harbour Rd	Portishead
Mon 17	2pm	Uphill Way Car Park, Uphill	Weston-s-Mare
Thu 20	2pm	Environment Centre Car Park, Goblin Combe	Yatton
Mon 24	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 24	2pm	Hutton Village, Moor Lane bus stop	Weston-s-Mare
Tue 25	11am	Woodborough Inn, Sandford Rd	Winscombe
Mon 31	11am	Chew Valley Lake	Nailsea
Mon 31	11am	Marina Healthcare Centre, Harbour Rd	Portishead
Mon 31	2pm	Worlebury Golf Club, Monks Hill,	Weston-s-Mare

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



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New National Trust initiative to get Britains outdoors

A focus on walking, cycling and camping will help kick-start a major shift in focus for the National Trust as it aims to help more people enjoy the outdoors and get closer to nature.

The organisation will promote a range of activities that take place on the land in its care, including walking, mountain biking, kayaking, surfing and camping, with over a thousand summer events aimed at helping children get closer to nature.

The main outdoors activity for the National Trust will be focused on walking. Working with local communities across England, Wales and Northern Ireland, the organisation will create 100 miles of new community walking routes as part of a major outdoor celebration planned for 22 - 30 October 2011.

The National Trust hopes that thousands of members of the public will get involved in helping design local routes, clear undergrowth and tread the walking routes for the first time. The outdoor celebration will also include mass participation events giving people the chance to explore autumn colours and will launch the organisation's commitment to creating a target of 1,000 miles of new trails by 2020.

For more details call 0844 800 1895 or visit www.nationaltrust.org.uk

Couch to 5K

Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit.

But, did you know that regular running can help reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke, boost your mood and keep your weight under control?

NHS Choices Couch to 5K plan is designed to get you off the couch and gradually work you up to running 5K or half an hour, in just nine weeks.

The plan involves three runs per week, with a day of rest in between, with a different plan for each of the nine weeks.

For more information visit www.nhs.uk/Livewell/c25k/Pages/couch-to-5k.aspx



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Lifecycle UK

Life Cycle UK is a Bristol-based charity that helps people take up cycling. Cycling is an environmentally-friendly activity that puts people in touch with each other and with the areas where they live. As a form of exercise it is almost perfect, providing a gentle workout for both body and mind. Most importantly, over short distances, cycling is a practical form of transport that allows people to reach employment, education and healthcare. Their belief is that people want to cycle but are held back by lack of knowledge, concerns about safety or simply by being unsure of how to begin.

Overcome those obstacles and people will take to their bikes and enjoy the benefits.

Life Cycle UK aims to inspire people and to equip them with the skills, the knowledge and the confidence to make cycling part of their everyday lives. They run practical activities such as cycle training, organise awareness-raising events, provide help with bike maintenance, provide cycle maps and other literature, and organise conferences and seminars.

For more information on how to make cycling part of your everyday life, visit <http://www.lifecycleuk.org.uk>

Charity Abseil

Life Cycle is looking to raise money for their [Two's Company](#) project, which gives visually impaired and disabled people in Bristol opportunities to come cycling on the back of a tandem. To help fund the project, they are looking for volunteers to take part in a charity abseil on 13th November 2011, hoping to raise £5000 through the event.

The abseil will be conducted by an experienced and qualified instructor, who will provide all the necessary equipment, instruction and expertise to guide you safely down the route. You will be fully insured and covered for up to £5 million in the event of an accident. No previous abseiling experience is necessary, just a willingness to turn up on the day and have fun!

You'll be abseiling down the side of the large red-brick Self Storage building on Bristol Harbourside – just next to Life Cycle HQ at the Create Centre:
10 Cliff House Road, Ashton Gate, Bristol, BS3 1RX

For more information visit <http://www.lifecycleuk.org.uk>



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**CLEVEDON AMATEUR SWIMMING CLUB
SPONSORED BY
BRISTOL HOT SPRING LIMITED
(HOT TUBS & EXERCISE POOL)**

SPLASH & DASH

Sunday October 16th 1pm – 4pm

Event Distances

8 Year Old Swim 50 metres / Run 600 metres
9-10 Year Old Swim 150 metres / Run 1400 metres
11-12 Year Old Swim 200 metres / Run 2200 metres
13 – Adult Swim 300 metres / Run 3000 metres

PLUS– TEAM SPLASH & DASH!

One swims, then the other dashes!! Any combination of ages can enter the team event – you will be entered in the category relevant to the age of the swimmer.

Splash and Dash will be held at Strode Leisure Centre, Strode Road, Clevedon Swimming Pool and Sports field.

Entry Fee: Non ASA members: £8 Child, £14 (18+), £20 Team
Entry Fee: ASA members: £6 Child, £12 (18+), £16 Team

ENTER ON THE DAY £2 extra – REGISTER 12 to 12.45pm

for details contact Fiona Bowen on 01275 877412 or email

fiona@bowenfamily.me.uk



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Allplay

What is allplay?

Allplay is a practical campaign to help more people play tennis by making it simple for people to find someone to play of a similar level, find a court to play on in their area, or find a coach.



If you need help finding your local courts or somebody to play with, visit www.allplaytennis.com. You can search for people in your area who are looking for a game and even contact them to get started. It's all part of Allplay, a national campaign brought to you by the LTA, to help more people play tennis

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.

Lancashire Hotpot

Serves: 6. Cooking time: 2 hours, 30 minutes

Diet type: low salt, low sat fat, low sugar

Each serving contains

Kcal: 400. Sugar: 6g. Fat: 17g. Sat fat: 7g. Salt: 0.4g

Ingredients

1 tbsp olive oil

800 g lamb neck fillet, cut into 5cm (2in) pieces

1 onion, finely diced

2 carrots, finely diced

4 celery sticks, finely diced

2 leeks, thinly sliced

2 tbsp plain flour

Freshly ground black pepper

1 tbsp Worcestershire sauce

800g potatoes unpeeled



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Method

Heat the olive oil in a large, flameproof casserole dish. Add the lamb and cook until it is brown all over. Then transfer it to a plate. Reduce the heat under your casserole dish. Add the vegetables and sauté them for 10 minutes, stirring frequently. Remove the casserole from the heat, add the meat, sprinkle in the flour and mix it up thoroughly. Pour in enough hot water to cover the meat and vegetables, stir well and return to the heat.

Preheat the oven to Gas 4, 180°C, 350°F. Bring your casserole to the boil, stirring often as the gravy thickens. Season and add Worcestershire sauce. Then remove it from the heat. Thinly slice the potatoes, either by hand or with a mandolin. Layer them carefully to completely cover the meat and vegetables. Place the hot pot in the oven and cook for 2 hours. The potatoes should be golden on top and the gravy bubbling up nicely around the sides. Lancashire hot pot should ideally be served with seasonal vegetables.

For other ideas on healthy cooking on a budget why not try one of the following links:

[Good food and healthy diet - Live Well - NHS Choices](#)

[Healthy Recipes - Recipes - BBC Good Food](#)

[Cheap eat recipes - Recipes - BBC Good Food](#)

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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