

move more monthly

Issue 25, May 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

Cycling Safari on the Strawberry Line

Get in gear to cycle on a safari during a family treasure hunt along the Strawberry Line. Last year more than 1,000 people took part in the free event and organisers hope this year will be even better.

Join our FREE family cycle hunt for all abilities on Sunday 19 June 2011, 10am-4pm (last start time 2pm) and look for the 'Cycling Safari' clues along the route between Yatton Station and Winscombe Cricket Club.



Participants can start from either Yatton Station or Winscombe Cricket Club, the route is approximately seven miles one way. There is the option of cycling a return journey of 14 miles (start and finish at the same place). If you fancy a longer ride you can continue all the way to Cheddar, although the clues are only between Yatton and Winscombe. The cycle hunt is not a race and you can start anytime between 10am and 2pm to make sure you are finished by 4pm.



Everyone who registers and completes the cycle hunt by 4pm will receive a free gift and certificate.



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To take part you must:

- Register for the event,
- Bring along the instructions, route map and answer form, which you will receive once registered,
- Bring a bike with you! Walkers and joggers are welcome; however there will be a lot of cyclists on the route.

For more information visit <http://www.n-somerset.gov.uk/Leisure/Go4Life/News+and+events/cyclingsafarionthestraberlyline.htm> or call the Sport and Active Lifestyles team on 01275 882 730.

Weston Mercury Mendip Challenge Sunday 5 June 2011

Put your best foot forward, and walk with us to raise funds to help over 1000 local people.

The Weston Mercury Mendip Challenge is an exciting sponsored walk for those looking to have fun, challenge themselves and raise funds for Weston Hospicecare. The three routes (plus 5 mile fun walk) are open to all individuals, families and children.

So come on dust off those walking boots and get hiking for a good cause.



The shortest route, a 5 mile Fun Walk, leaves Uphill beach and snakes to Weston-super-Mare beach. The fancy dress theme is yet to be revealed but you can be assured that judges will be on hand to award top prizes for the best costumes.

For those looking to challenge themselves on the 10 or 20 mile courses, we have the most exhilarating routes to make this the best challenge yet. Walking along the West Mendip Way's most beautiful treasures you'll be earning every sip of your hot drink at the celebratory after party!

The biggy – the 30 miler – is the ultimate challenge. The most enthusiastic of walkers will begin in Wells and continue to Uphill taking in the full length of the route, plodding through puddles, climbing over contours and heaving over hurdles as you take on your biggest challenge yet.

Go the extra mile for us in 2011. An additional (optional) 1 mile has been added onto all three courses (excluding the Fun Walk) as we ask, can you GO THE EXTRA MILE for us this year?



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Spaces at this fantastic event fill up fast so to ensure that you have a place in June sign up now. It will only take a couple of minutes, simply click on the blue button at the bottom of this page and fill in the form.

Once you have registered its time to start clocking up those practice miles and also get your fundraising thinking caps on. This year we want the event to be bigger than ever before and smash last year's target of £50,000. We know that with your help this can be achieved. Here are a few fundraising ideas to get you started:

- Set up a [JustGiving](#) page, it's really easy to do just click on the link and follow the instructions.
- Ask your company to match what you raise. It's a simple and easy way to double your money.
- Hold a car boot / garage sale or bake some cakes and sell them to your colleagues every Friday.
- Get sponsored for your training, set yourself small milestones leading up to the event in June.

This year Weston Hospicecare will support over 1300 people with the vital care and support they need to live every last moment of their lives to the full. All this care and support is provided free of charge. It will cost £3million over the next year to continue to provide these services of which only 20% is funded by the NHS. The rest is raised through events like this, the Hospice lottery, the shops network and the generosity of the local community.

Register now at <http://www.westonhospicecare.org.uk/mendipchallenge/>

Fitime/Fitswim Lessons at Portishead Open Air Pool

Swimming lessons start at Portishead Open Air Pool on Wednesday 4 May and then every Monday, Wednesday and Friday from 3.40 to 5.30pm and also Saturdays, time to be confirmed. Group sessions are available at a cost of £8 per session or one to one lessons at £12 per session.

Also available is a children's six week course of Fitswim/Rookie skills sessions at a total cost of £35. Confident swimmers only.

For more information and a registration form contact Hazel Fulker at Fitimehealth@googlemail.com



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Keep air ambulance flying, just by walking

WALKERS are being encouraged to take part in a fund-raising event in support of Bristol's air ambulance service.

The Great Western Air Ambulance, based at Filton, is holding its second annual walk at Ashton Court on 8 May.

The charity relies on the support of fund-raisers to keep the helicopter service flying.

The team is made up of emergency doctors and specialist paramedics who can take the emergency department to the scene to help some of the sickest or most seriously injured patients.

Their skills enable the team to start treatment of patients or stabilise them before they are rushed to the most appropriate hospital for their condition.

The sponsored walk follows either a three, five or eight mile course around Ashton Court estate.

Fundraising volunteer Gordon Bennett said: "Not only is our walk a great way to raise money for such a deserving cause, but also gives participants the chance



to see Ashton Court in all its glory – and let's not forget the fact that you can keep fit at the same time."

The sponsored walks, which take place from 9.30am, are open to everyone young and old, and even dogs.

Paul Weir, director of fund-raising for Great Western Air Ambulance, said: "Year on year the walk attracts more people and I'd like to urge interested parties to get in touch and help make this year's walk our best yet."

"Our thanks go to Gordon for organising such a worthwhile and well-attended event."

To find out more visit www.greatwesternairambulance.com or call 03034 444 999 or 08458 388 492.



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BOGS Hash House Harriers



Run and walk with the Hash.

Come and try non-competitive social running or walking with our friendly group. Bogs Hash House Harriers meet at a different place every Wednesday evening at 7.15pm. We follow a varied trail for one to two hours, keeping the runners and

walkers moving more or less together so there's plenty of chat. After the run we get together (usually in a pub) for sandwiches and a sociable drink.

Our group includes men and women from teens to pensioners plus several "hash dogs" (so bring your dog too). Find out where we are this week at www.bristolhash.org.uk/bogs where you will also find photos and write-ups of our runs.

For more information call Joe on 07966 495 086.

Weston Cycle Club

Come and join us; we are a social cycle club aimed at the over 50s, who enjoy the outdoors. We meet on Sundays 10am at either Hutton Moor Leisure Centre (HM) or Uphill Boatyard (UBY).

8 May	Stanton Drew	meet at Hutton Moor
15 May	Glastonbury/Street	meet at Uphill Boatyard
22 May	Wookey Hole	meet at Hutton Moor
29 May	Sweets Tea Rooms	meet at Uphill Boatyard
5 June	Burrington Café and Cheddar	meet at Uphill Boatyard
12 June	Artillary Arms West Huntspill	meet at Hutton Moor
19 June	BBQ	
26 June	Secret World West Huntspill	meet at Uphill Boatyard

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.



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Nav. Racing – The Bristol Urban Series 2011

Sharpen your navigation skills racing around Bristol's urban environment.

Wed 11 May Horfield and Henleaze, meet at Horfield Common tennis courts

Wed 18 May Warmley Forest Park, meet at Scout Hut off A420 at ST672735

- Race against the clock
- Think on the move
- Plan the fastest route
- Navigate to checkpoints
- Electronic timing chips



Get your nav. nailed ahead of the adventure-race season.

- Men's Open
- Women's Open
- Vets
- Junior Courses.

Start anytime between 5 and 7.30pm, courses close at 8pm.

Seniors £4 + £1 chip hire, Juniors/Students £2 + free chip hire.

The aim of the Bristol Orienteering Klub is to promote the sport of orienteering in Bristol and the surrounding area, and to provide teams for inter-club competitions. With a membership of about 500, BOK is one of the largest clubs in the United Kingdom.

For more information visit www.bristolorienteeing.org.uk

Mendip Girls Football Club Trials



Mendip Girls Football Club are the BIGGEST all female Football Club in the region, based in Weston-Super-Mare. With teams in the Bristol & Somerset Leagues aged from U10s to U16s and are now trialling for a brand new ladies Team

The trials will be held at Hutton Moor Sports Centre Weston-Super-Mare on 1 May 2011 at 11.30am. Players, coaches and managers wanted.

To book a place call Andy on 07813 988 948 or for more information on the club visit www.mendipgirlsfc.com



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Energy and Fitness Classes plus Zumba

Fitness is aerobic exercise which includes toning, floor work and body conditioning and Zumba is a Latin-inspired dance-fitness programme.

One class £4, two classes £6.50

	Fitness	Zumba
Monday	Our Lady of Lourdes, Milton, Weston-s-Mare 10-11am Clevedon Conservative Club 7-8pm	Our Lady of Lourdes, Milton, Weston-s-Mare 11am-12noon Clevedon Conservative Club 8-9pm
Tuesday	Clevedon Conservative Club 10-11am Nailsea School 7-8pm	Nailsea School 8-9pm
Wednesday	Uphill, Victory Hall 10-11am Wyvern School, Weston-s- Mare 7-8pm	Uphill Victory Hall 11am-12noon Wyvern School Weston-s-Mare 8-9pm
Thursday	Somerset Hall, Portishead 10-11am and 7-8pm	Somerset Hall, Portishead 8-9pm
Friday		Clevedon Conservative Club 9.30-10.30am

For more information contact Nicky on 07917 430 946 or email nic.bradbury@yahoo.com

One Mile Walks from Clarence Park

New One Mile Walks from Clarence Park Café on Wednesdays begin 1 June at 11am. There will be trained health walk leaders there to lead and support. Come along and give it a go.

We are keen to encourage individuals who are not currently exercising or are unable to do anything too physically challenging. Walks will be approximately 30 minutes in duration. Please wear suitable clothing and footwear.



For more information call 01275 882 731 or email sport@n-somerset.gov.uk



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Spring Silver Surfers



Want to get online, but need a confidence boost? Come and see the benefits of getting online from people that have done it!

- Get your laptop set up/problems resolved.
- Mentoring from the computer club
- Help and advice
- Taster sessions with tutor Lesley
- Competitions/games on the Wii
- Tea and coffee



Jubilee Hall, Slade Rd, Portishead Friday 20 May 2-4pm

For more information call Aimee Phipps on 01275 398 096 or visit <http://springonline.org/events/active/spring-silver-surfers>

Walking for Health – May

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 difficulty levels.

Thurs 5 May	2pm	Cleeve, Bristol direction bus stop	Yatton
Mon 9 May	11am	Grove Sports Centre, St Mary's Grove	Nailsea
Mon 9 May	11am	Marine Healthcare Centre, Harbour Rd	Portishead
Mon 9 May	2pm	Argos, Worle	Weston-s-Mare
Tue 10 May	11am	Woodborough Inn, Sandford Road	Winscombe
Mon 16 May	11am	Grove Sports Centre, St Mary's Grove	Nailsea
Mon 16 May	2pm	Kewstoke Village Hall	Weston-s-Mare
Thur 19 May	2pm	Clevedon, meet at the Pier	Yatton
Fri 20 May	10.30am	Bandstand, Seafront, Elton Rd	Clevedon
Mon 23 May	11am	Leigh Woods	Nailsea
Mon 23 May	11am	Marine Healthcare Centre, Harbour Rd	Portishead
Mon 23 May	2pm	Hutton Village, Moor Lane bus stop	Weston-s-Mare
Tue 24 May	11am	Woodborough Inn, Sandford Rd	Winscombe
Mon 30 May		BANK HOLIDAY - NO WALK	

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



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'STAYING STEADY'

Exercise Classes for Seniors in North Somerset

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 contact Lin Griffiths or Liz Lansley on 01275 546 743. **Please contact instructor in advance to make sure group is meeting on that day.**

Area and Venue	Type of Class	Time and Cost	Contact
BACKWELL Women's Institute Hall	Tai Chi Mixture of seated and standing work.	Monday 12:30-1:30pm £5.00 per week	Tony Dove 07886 630 436
CLEVEDON The Barn Youth & Community Centre Great Western Rd	Exercise to music Mixed ability with some seated work.	Wednesday 9:30-10:30am £2.50 per week	Jo Knowles KFA trained 01275 544 472
The Triangle Club The Triangle, Clevedon	Exercise to music Gentle with seated work, unsuitable for wheelchairs.	Monday 11:15am-12:15pm £2.50 per week	Jo Knowles KFA trained 01275 544 472
The Scout Hut – Great Western Rd (opposite Morrisons)	Tai Chi for Seniors Mixed ability	Monday 9:30–10:30am £5.00 per week	Tony Dove 07886 630 436
Clevedon Community Centre	Tai Chi for people with limited mobility	Monday 10:45–11:45am £3.00 per week	Tony Dove 07886 630 436
Searle Court, Cherry Avenue	Tai Chi for people with limited mobility	Wednesday 2:00– 3:00pm £2.50 per week	Tony Dove 07886 630 436 Beryl Youde 01275 875 838
CONGRESBURY The Old School Rooms Station Road (A370)	Gentle Exercise to music Seated & standing	Thursday 9:30–10:30am 10.30–11.30am £2.50 per week	Jo Knowles KFA trained 01275 544 472



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Area and Venue	Type of Class	Time and Cost	Contact
Old School Rooms Station Road (A370)	Tai Chi Mixed abilities	Tuesday 4:00–5:00pm £2.50 per week	Di Ramsay 08456 434 702
LONG ASHTON Village Hall Recreation Ground Keedwell Hill	Tai Chi for over 50s Mixed standing and seated exercise	Friday 3:00–4:00pm £5.00 per week	Tony Dove 07886 630 436
Village Hall	Tai Chi Standing exercise	Fridays 2:00–3:00pm £5.00 per week	Tony Dove 07886 630 436
NAILSEA United Reformed Church Hall Stockway North	Gentle Exercise for Seniors Working on strength, flexibility and co-ordination, includes seated work	Wednesday 2:00–3:00pm (more seated) 3:00–4:00pm £2.50 per week	Kath Hambleton KTA 07890 995 982
PORTISHEAD Jubilee Hall, Slade Road	Tai Chi for over 50s Open to all abilities	Thursday 2:30–3:30pm £5.00 per week	Tony Dove 07886 630 436
Methodist Church Hall Wesley Centre	Gentle Exercise to Music Seated and standing work	Monday 2:00–3:00pm £2.50 per week	Jo Knowles KFA trained 01275 544 472
Parish Wharf Leisure Centre	Stroke Rehab Class Very gentle exercise	Tuesday 12:00noon - 1:00pm £4.60 per week	Jo Rickwood 07899 754 937
Parish Wharf Leisure Centre	Gentle Tai Chi	Tuesday 1:30pm – 2:30pm £3.00 per week	Tony Dove 07886 630 436
WESTON SUPER MARE Clarence Park Baptist Church Hall Walliscote Road	Exercise Class to Music – mixed ability, 50 to 90!	Tuesday mornings 10:00-11:00am £2.50 per week	Jo Knowles KFA trained 01275 544 472



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Area and Venue	Type of Class	Time and Cost	Contact
Our Lady of Lourdes 28 Baytree Road Milton	Tai Chi for People with limited mobility	Wednesday 9:30-10:30am £3 per week	Tony Dove 07886 630 436
For All Healthy Living Centre Lonsdale Avenue Bournville	Tai Chi for seniors – mixed ability	Thursday 10:30–11:45am £2.50 per week	Malcolm Droy 01935 826 597
United Reformed Church Hall The Boulevard	Tai Chi for seniors – mixed ability	Thursday 12:45–2:00pm £2.50 per week	Malcolm Droy 01935 826 597
Hutton Moor Leisure Centre	Very Gentle Exercise class for people recovering from a stroke	Tuesday 1:30-2:30pm £3.55 per week	Corinne Mutlow 07919 532 960
The Campus, Highlands Lane Locking Castle (behind Morrisons)	Tai Chi for – all abilities	Thursday 9:30-10:30am £3.00 per week	Tony Dove Tel 07886 630 436
St Saviours Church Hall Locking Road	Tai Chi Mixed abilities	Wednesday 2:30-3:30pm £2.50 per week	Di Ramsay 08456 434 702
WINSCOMBE Community Centre Sandford Rd	Tai Chi – all abilities	Friday 2:00–3:00pm £2.50 per week	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	Friday 10:00–11:00am £2.50 per week	Amr Singh 01278 792 505
Martindale Court Martindale Road	Tai Chi for Seniors	Friday 10:30-11:30am £2.50 per week	Cheryl Mountford 07840 350 334
YATTON We are currently looking for a new venue for this class.	General Exercise to Music including chair based work		Liz Lansley 01275 546 743



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Level 2 Award in Community Sports Leadership (16+)

The Level 2 Award in Community Sports Leadership is a nationally recognised qualification that allows successful participants to independently lead small groups of people in sport and recreational activities.

The qualification teaches generic leadership skills such as communication, planning and teamwork through the medium of sport.

It is a fun and practical qualification with no entrance requirements or final examinations to sit.



Course length: 42 hours (this includes 10 hours volunteering within the North Somerset Council Sports and Active Lifestyles team).

Cost: £25

It is likely that the course will start at the end of June, on a Saturday and be held in Weston super Mare. To register your interest contact

Lisa Perryman on 01275 882 732 or Lisa.Perryman@n-somerset.gov.uk

Race for Life 2011

Tesco and Cancer Research UK's Race for Life 2011 is the UK's largest women-only fundraising event series. Women of all ages, shapes, sizes and abilities join together to walk, jog or run 5k or 10k to raise money to help beat cancer. All women are welcome, regardless of whether they are taking part on their own or as part of a group.

Every hour, around three people are diagnosed with cancer in the South West. When Race for Life started in 1994, many people diagnosed with cancer did not survive. Since then, money generated by Race for Life has supported Cancer Research UK's work and now more people are beating the disease than ever before.

Race for Life in Weston-super-Mare takes place on Saturday 11 June and Sunday 12 June on the beach. Organisers hope 5,720 women will enter and help hit a fundraising target of £347,055. Last year 2,843 took part and raised an amazing £141,056.

Women in Weston-super-Mare can enter Tesco and Cancer Research UK's 5k and 10k Race for Life at www.raceforlife.org or by calling 0871 641 1111.



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Back to Sport 4 Life

Skiing For Beginners

Skiing for adult beginners (16+) starts at Avon Ski Centre, Churchill on Wednesday 8 June from 7-8pm. The cost of the 10 week programme is £57.50 which is payable at the first session.



- All equipment is provided
- Learn to control your speed, direction, perform turns and stop safely
- You will receive expert instruction from a local qualified coach
- Have the opportunity to continue after the 10 week programme
- Enjoy yourself in a fun and sociable environment

To register and reserve your place, call the Sport and Active Lifestyles team on 01275 882 736 or email sport@n-somerset.gov.uk

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.

Mediterranean Vegetable Pasta (Serves 4 – 6)

2 courgettes, washed
1 large red onion
2 peppers (red/yellow/green)
2 clove garlic, crushed
3 tablespoon olive or sunflower oil
2 teaspoons paprika
568g of tomato sauce
1 pack fresh flat-leaf parsley, chopped
Fresh ground black pepper
500g pack pasta

Equipment: knife, chopping board, large saucepan, teaspoon, tablespoon, a large roasting tin and tin opener.



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Method

1. Preheat oven to 200C, gas mark 6.
2. Peel the onion and roughly chop. Cut the peppers in half, take out seeds and slice into small pieces.
3. Slice and quarter the courgettes then put all the prepared vegetables in a medium-sized roasting tin with the garlic. Stir in the olive oil, paprika (if using) and 4 tablespoons cold water.
4. Roast in the preheated oven for 20 minutes, stirring occasionally to stop the vegetables from sticking.
5. When the vegetables are soft and golden, stir in the tomato sauce and parsley.
6. Return to the oven for a further 10 minutes to heat through.
7. Meanwhile, cook the pasta according to the pack instructions. Once cooked, drain the pasta and then stir into the sauce.

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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