

# move more monthly

Issue 23, April 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](mailto:go4life@n-somerset.gov.uk) or by calling 01275 882 730. Visit the website for more information [www.go4life.org](http://www.go4life.org)

## Woodland Fair Walk



This year's Woodland Fair takes place on Sunday 22 May at the Water Tower in Weston Woods from 12pm until 4pm.

This event encourages you to come along to the woods and enjoy some free entertainment and try your hand at traditional country crafts. Attractions include heavy horses, a Wood Mizer and this year there will also be a woodland walk organised by the Sport and Active Lifestyles team.

The challenge is to walk along the identified path, find the woodland animal related clues and mark the answers on a score sheet. Once completed participants will receive a certificate and free gift.

For more information contact the Sport and Active Lifestyles team on 01275 882 730 or email [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)

Goblin Combe Guided Walks – Sat 9 and Sun 24 April 11am-1pm  
Why not join the Goblin Combe Rangers on two interesting guided walks this month. 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'.



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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](mailto:enquiries@goblincombe.org.uk) or visit [www.goblincombe.com](http://www.goblincombe.com) to find out about walks in May and June.

### Men's Health Week

This year Men's Health Week will take place from Monday 13 June until Sunday 19 June.

Full details on the list of activities will be available in next month's Move More Monthly or on the Go4Life website but will include no joining fee on Expressions membership (normally £20) at Hutton Moor, Scotch Horn and Backwell Leisure Centres for men anytime during this week and a Cycling Safari for all the family on the Strawberry Line (see below).

For more information contact the Sport and Active Lifestyles team on 01275 882 730 or email [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)

**Cycling Safari on the Strawberry Line**  
Get on your saddle and cycle our Safari during the family cycle hunt in June.

The free family event runs between Yatton Station and Winscombe Cricket Club on the Strawberry Line, from 10am to 4pm on Sunday 19 June. The challenge is to cycle along the Strawberry Line, find Safari and Woodland animal related clues and mark answers on a score sheet.



Participants need to register in advance and full details will be available in June's North Somerset Life or at [www.go4life.org.uk](http://www.go4life.org.uk).



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## Nordic Walking



These two classes have been designed to teach and develop the International Nordic Walking Association (INWA) technique for both beginners and intermediates. They include pole hire and plenty of time to Nordic Walk, talk and enjoy the scenery.

### **Saturday 7th May - 10.30-12.30am - Lower Langford**

Meeting at The Tog Store, (who also offer us 15% discount on Nordic Walking poles). After initial instruction we will take a circular 3 ½ mile Nordic Walk via Langford Court, Langford Green, Burrington Combe and Mendip Lodge Wood, returning to the shop for drinks and shopping. Cost is £10 per person.

### **Sunday 29th May - 9.30-3pm - Weston-super-Mare**

A Nordic Walking day out on Weston seafront, meeting at the Oak & Glass Restaurant where we will base ourselves for the day for refreshments and a buffet lunch. We will kick-off with tea/coffee at 9am from this stunning seafront location, where I will provide you with everything you need to know about Nordic Walking. At 9.30am you will be given a technical lesson for 90 minutes on the Beach Lawns and on the sand. After a short break, we will head out Nordic Walking around Uphill, through the woods and along the beach, before heading back to Oak & Glass for a late lunch. The day will conclude around 3pm. The charge for this great day out, including all instruction, equipment and refreshments is £50 per person.



Circuit Training for ladies is available at Mendip Complementary Health in Winscombe. This is a small group exercise class using a wide range of exercises including the treadmill, exercise bike, rower, dumbbells, balls, bands etc. This class will help you to get fit, lose weight/inches, burn calories, get stronger, get you motivated and have fun exercising with other ladies. All abilities welcome, especially people new to exercise. School term time only. Five week course costs £30 paid in advance. Next course: 28 April to 26 May. One after that: 9 June to 7 July. Limited number of places, so book now.

For more information on any of these events call Emma on **01275 343 918**, email: [emma@thebodyworksfitness.co.uk](mailto:emma@thebodyworksfitness.co.uk) or visit <http://www.thebodyworksfitness.co.uk/index.htm>



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Senior Lifeskills – Thursday 14<sup>th</sup> April 2011



Looking for a short day out with a difference? (usually 10:30-3pm)

- Find out all there is to know about keeping healthy and safe in later life;
- Have a sample gentle exercise session;
- Purchase some low cost safety equipment;
- Enjoy a delicious low cost hot lunch;
- Free refreshments!
- **Transport into Bristol free of charge**

The Lifeskills Centre is based at the Create Centre, Cumberland Basin, Smeaton Road, Bristol BS1 6XN. The centre is designed to help all sectors of the community learn about safety in a practical way.

Over the last three years senior citizens from North Somerset – friendship groups, voluntary groups and individuals, have visited this centre.

Comments included:

- ‘thank you very much for a fascinating day’
- ‘the volunteer guides made us feel very welcome’
- ‘felt really looked after’
- ‘learnt something – even at my age!’

Places are limited. For more information about the Lifeskills Centre or to book a place contact Lin Griffiths, North Somerset PCT on 01275 546 743.

### Skater Hockey

Clevedon Cobras offer a fun-filled skater hockey session meeting every Saturday morning, 10-11.30am at Strode Leisure Centre, Clevedon. New members are always welcome and the first session is free.

Please bring your own skates and helmet if you have one. Minimum age requirement is 8 years.

For more information Dave and Jill Bennett on 01275 878 618 or email [davebennett038@btinternet.com](mailto:davebennett038@btinternet.com)



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Established 1907

# An Invitation from Clarence Bowling Club

## TRY BOWLS FOR FREE!!!!

**Get  
Active -**

**Play Bowls.  
Men & Ladies of all  
ages.  
It's Fun!!**



- *All levels—beginner to experienced*
- *Purpose-built Pavilion with excellent facilities*
- *Indoor rink & three outdoor greens*
- *Regular social activities—make new friends*



***FREE SESSIONS***  
***Every Day***  
***Mon 18 April to Sun 15 May***  
***11am to 1pm***  
*(weather permitting)*  
*All equipment provided*

**Clarence Bowling Club**  
**Walliscote Road, Weston-super-Mare BS23 4BN**  
**Tel: 01934 632748 Web: [www.clarencebowls.org](http://www.clarencebowls.org)**



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## Walking for Health – April

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.

Mon 4 Apr	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 4 Apr	11am	Parish Wharf Leisure Centre, Harbour Rd	Portishead
Mon 4 Apr	2pm	Opposite Matalan	Weston-s-Mare
Tues 5 Apr	10.30am	Bandstand, Seafront, Elton Road	Clevedon
Thu 7 Apr	2pm	Congresbury, meet at Millennium Green	Yatton
Mon 11 Apr	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 11 Apr	10.15am	Leigh Woods, meet North Road	Portishead
Mon 11 Apr	2pm	Uphill Way Car Park, Uphill	Weston-s-Mare
Tue 12 Apr	11am	Woodborough Inn, Sandford Road	Winscombe
Fri 15 Apr	10.30am	Bandstand, Seafront, Elton Road	Clevedon
Mon 18 Apr	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 18 Apr	11am	Parish Wharf Leisure Centre, Harbour Rd	Portishead
Mon 18 Apr	2pm	Bleadon Village Hall	Weston-s-Mare
Thu 21 Apr	2pm	Yatton, entrance to Roundtrees Nursery	Yatton
Mon 25 Apr		BANK HOLIDAY - NO WALK	Nailsea
Mon 25 Apr		BANK HOLIDAY - NO WALK	Portishead
Mon 25 Apr		BANK HOLIDAY - NO WALK	Weston-s-Mare
Mon 25 Apr		BANK HOLIDAY - NO WALK	Mare
Tue 26 Apr	11am	Woodborough Inn, Sandford Road	Winscombe

For more information on health walks in North Somerset call 01275 882 730 or email [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)

### An Insight into ATTITUDES TO FOOD

The Food Standards Agency has published the first wave of an extensive new survey called Food and You, which reveals information about people's behaviour and attitudes towards food issues such as food safety and healthy eating, and their knowledge of these issues. For more information visit

<http://www.food.gov.uk/news/newsarchive/2011/mar/foodyou>



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Free Tuition for Beginners at Tickenham Golf Club  
Tickenham Golf Club are offering free 25 minute golf lessons over the Easter break.

Monday 11 April 12.30-12.55pm **Juniors**  
Tuesday 12 April 7-7.25pm **Adults**  
Wednesday 13 April 7-7.25pm **Adults**  
Thursday 14 April 12.30-12.55pm **Juniors**  
Saturday 16 April 2.30-2.55pm **Family**  
Sunday 17 April 11-11.25am **Family**



Free tuition, golf balls and club hire.

The lessons must be pre-booked by calling the club on 01275 856 626.

For more information visit [www.tickenhamgolf.co.uk](http://www.tickenhamgolf.co.uk)

### **Terms & Conditions**

Adults & Juniors must be complete beginners i.e. not had lessons before (free or paid) and not played golf before other than crazy golf, pitch & putt or ranges. Juniors aged 4+, Adults aged 13+.

Lessons will be for 25 minutes in a group of up to 12.

Each participant may only have one free lesson.

### 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.

### **Turkey Burgers - makes 8 small burgers**

2 tablespoons of sunflower oil  
1 large onion finely chopped  
85g porridge oats  
450g minced chicken or turkey  
50g dried apricots finely chopped  
1 large carrot grated  
1 egg, beaten  
Brown rolls and slices of cucumber to serve



Equipment: Chopping board, knife, frying pan, baking tin, grater



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1. Heat the oil in a frying pan and gently fry the onion for 5 minutes, until soft but not browned, then cool
2. Put the rest of the ingredients and the cooled onions in a bowl and mix well with your hands.
3. Season to taste and shape into 8-9 small burgers.
4. Heat the oven to 200 C.
5. In a non-stick frying pan heat 1 tablespoon of oil and cook the burger for 1-2 minutes on each side to colour.
6. Transfer to a baking sheet and bake in the oven for 10 - 15 minutes until well browned
7. Serve in rolls with cucumber, salad or tomatoes

**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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