

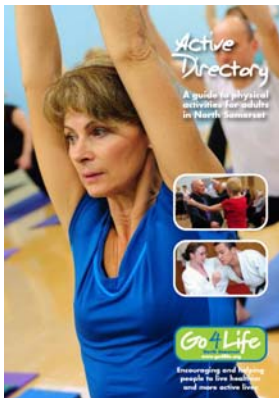
# move more monthly

Issue 26, June 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)

So many ways to get more active in North Somerset



If you want to get fitter but are not sure where to look then the new Go4Life Active Directory is just what you need!

The third edition of the popular directory will be out next week and lists even more activities than before for adults living in North Somerset. There's something for everyone - from canoeing and badminton to yoga and Zumba!

Over 250 activities are listed, with information about where, when and who to contact.

Look out for your free copy from your library or leisure centre.

For more information contact the Council's Sport and Active Lifestyles team on 01275 882 730.

Eat well, Move more, Live longer

Join the hundreds of people getting more healthy and active at Hans Price Sport Centre next month and enjoy a free day out for all ages

The event will take place between 10am and 4pm on Saturday 23 July at Hans Price Sport Centre in Weston-super-Mare (formally Wyvern Sport Centre).



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A variety of healthy and active taster sessions **aimed at beginners** are on offer throughout the day. Try out dance, badminton, fencing, tai chi, climbing, snooker, trampolining, zumba, tri golf, go ride cycling, line dancing, cheerleading, boxing, belly dancing, military fitness sessions and mini assault courses are just a few of the activities on offer free of charge.



The Sports Centre fitness studio will be open during the event and you could also take part in one of the led health walks or jogging sessions throughout the day.

There will also be some 'you can cook' taster sessions on offer, giving you the opportunity to make some tasty food which is also good for you!

For a full list of activities and to register for the free sessions available visit [www.go4life.org](http://www.go4life.org) from mid June or contact the Council's Sport and Active Lifestyles team on 01275 882 730 or email [go4life@n-somerset.gov.uk](mailto:go4life@n-somerset.gov.uk).

The third active directory listing healthy and active opportunities for adults across North Somerset will be launched at the event. Free copies will be available for those looking for ideas to take up a new physical activity.

## Men's Health Week

This year's theme for Men's Health Week, Monday 13 to Sunday 19 June is Get a Man Online; the focus is how new technologies can be used to improve health. In partnership with a number of organisations the Sport and Active Lifestyles team are running the following programme of events:

### Mon 13 June

- Health Walks at Nailsea, Clevedon and Weston-super-Mare
- FREE golf tuition 7-8pm at Tickenham Golf Club. Each session will include free tuition, free balls and free club hire if required

### Tues 14 June

- Free computer and internet taster sessions from 10am-12noon and 1-3pm at the Carlton Centre, Weston-super-Mare in partnership with the Community Learning team
- Health Walk at Winscombe



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- FREE golf tuition 7-8pm at Tickenham Golf Club. Each session will include free tuition, free balls and free club hire if required

### **Wed 15 June**

- Sunshine and Puddles Stay and Play for dads (and family) at the Old Town Quarry, Queens Road, Weston-super-Mare
- Stop smoking session 6.30-7.45pm at Tesco Cafe, Station Road, Weston-super-Mare
- Health Walk in Weston-super-Mare

### **Thurs 16 June**

- Free computer and internet taster sessions from 10am-12noon and 1-3pm at the Carlton Centre in partnership with the Community Learning team
- Health Walks in Weston-super-Mare
- FREE golf tuition 7-8pm at Tickenham Golf Club. Each session will include free tuition, free balls and free club hire if required.

### **Fri 17 June**

- Community Cafe at The Wesley Centre, High St, Portishead 10am-1pm
- Health Walk at Clevedon

### **Sat 18 June**

- Dads (and family) Stay and Play at Milton and Old Worle Children's Centre from 11am-1pm. Activities include face painting, outdoor activities, painting and many more. Plus bacon sandwiches and refreshments. Only £1 per family with a small charge for refreshments.

### **Sun 19 June**

- Cycling Safari on the Strawberry Line from 10am-4pm

No need to book the computer sessions, just turn up on the day and have a go.

Week long promotions include blood pressure checks and a Wii challenge, reduced membership fees at some leisure centres and a competition to win five books of vouchers allowing free access for badminton, squash, swimming and the gym. Visit [www.go4life.org](http://www.go4life.org) to find out how to enter the competition.

For more information on Men's Health Week call 01275 882 730, email [go4life@n-somerset.gov.uk](mailto:go4life@n-somerset.gov.uk) or visit [www.go4life.org](http://www.go4life.org)



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## Cycling Safari on the Strawberry Line



Come to 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 totalling 14 miles. 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.

For more information and to register visit <http://www.n-somerset.gov.uk/Leisure/Go4Life/News+and+events/cyclingsafarionthestrawberryline.htm> call 01275 882 730 or email [cyclehunt@n-somerset.gov.uk](mailto:cyclehunt@n-somerset.gov.uk)

Join the world's largest celebration of swimming



British Swimming is working with the BBC to get everyone into the pool in a celebration of swimming called the Big Splash and this is your invitation to join us. Come on in, the water's lovely.

The Big Splash seeks to encourage new people into the pool and help those who already swim to have more fun more often.

More quality time with the kids, the companionship of an Aqua Aerobics class, training to be the best or just splashing about for a laugh, our Big Splashers have a range of reasons for making ripples. Which one are you?

It is the world's biggest celebration of swimming stretching 10 months. Some of your favourite BBC faces will be taking part, so keep an eye out on TV, radio and online.

Some of British Swimming's biggest names have also thrown their support behind the Big Splash, not least double Olympic champion Rebecca Adlington.



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*"Swimming is my life but just getting in the pool a couple of times a week is a really great way of getting active and staying healthy," said Adlington.*

*"I'm right behind anything that encourages people to take the plunge and swim more often"*

Enjoying the water is something open to people of all ages and abilities. Everyone has a Big Splash in them and we all have different reasons for jumping in.

For more information visit <http://www.swimming.org/bigsplash>

Chameleon



NSHousing is celebrating Supported Housing Month with a fun and informative event on the 30 June 10am-3pm at Weston-super-Mare Cricket Club, Devonshire Road, Weston-super-Mare, BS23 4NY. Activities include singing from the Golden Oldies, Zumba taster sessions, computer training taster sessions, Tai Chi, tasters and deals available from local food providers, raffles, tombola, cake stalls, demonstrations from Avon and Somerset Fire Brigade and information and advice from many support agencies across North Somerset.

Refreshments are available to buy.

For more information please call 01275 398 124 or 398 403.

This is a charity event and all proceeds will go to the 'Golden Oldies' charity. Thank you to Weston-super-Mare Cricket Club for sponsoring the event.

The White Space, Clevedon - Time to give yourself space....

The White Space is a beautiful local centre for holistic activities. In this tranquil setting we offer yoga, meditation, pilates and tai chi for all levels from complete beginners to advanced students.



Although relaxing therapies like massage and facials are an excellent way to find some 'me' time, it is very easy to go back into the fray and quickly lose all those feelings of calm and serenity.



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More and more people are realising that they need to do something to redress the balance as stress takes over and starts to impact on health. We now offer six week 'Introduction to Meditation' courses on Tuesdays, morning and evening - these give a chance to learn all the basics of relaxation and letting go, allowing the mind to reconnect with the body. You will then have the basic skills to take into your daily life or ongoing classes will be available to expand your knowledge and practice. Courses only £5 per person per week (or £25 for six week pre booking)

Here at The White Space we also offer regular day workshops, either at weekends or within the school day. If finding time regularly is difficult, these give you chance to take a day out, relax and restore and learn some skills which could enhance your life. Our workshops start from £30 including lunch and refreshments - the next one is delivered by Jon Caney, our tai chi teacher on Saturday 18th June, from 10am-2pm or check our website for future events.

We also offer workplace staff training or employee 'away days' to include topics such as:

- Relaxation skills - managing stress
- Releasing body tensions - breathing techniques & gentle stretches (which can be done anywhere to alleviate tension headaches, stress-induced stomach cramps etc)
- How our minds affect our bodies - "*The body becomes a battlefield for the wars we rage in our minds*" - Deepak Chopra
- Conflict resolution - using principles of tai chi and self-defence to diffuse situations through body language and manner.

Our teachers are fully qualified and have years of teaching experience within prestigious health clubs, corporate environments and individual students.

To order an information pack on our workshops or for any details of what The White Space is able to offer, please call 07565 962 862 or visit [www.thewhitespaceclevedon.co.uk](http://www.thewhitespaceclevedon.co.uk)

Is it time for a LifeCheck?

Is my diet affecting my health? Am I drinking too much? Am I active enough? Getting personalised health information, whether to address specific concerns or just see how you are faring, can be tricky. But from today, it will be much easier to check how healthy you are using a free, revamped tool on the NHS Choices website.



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The LifeCheck tool asks you a small number of questions about your age and lifestyle which generates an individual health profile and health tips tailored to your needs. You are then encouraged to set achievable goals to improve your health and wellbeing.

For more information visit <http://www.nhs.uk/lifecheck/Pages/Start.aspx>

It's A Knockout teams needed

Teams are needed to enter into a fun "It's A Knockout" competition on the beach front in Weston-super-Mare on Saturday 3 September, starting at 11am.



It really is going to be a great day out and not to be missed. Just like the original TV programme there are lots of funny and entertaining games... involving inflatable obstacles, costumes, water and bubbles!

This event is to help fundraise for The Prince's Trust charity which helps young people turn their lives around. The teams should be ideally ten in size and mixed (this is only a guide). Each team should ideally raise a total sponsorship of £50 per person. To secure your place a deposit equal to £25 per team member is required, with the balance amount payable on or before the event day by cheque.

Other activities include tug-of-war and face painting, so bring along family and friends to cheer you on!

For more information call 07877 362 887 or email [leepaine@tiscali.co.uk](mailto:leepaine@tiscali.co.uk)

Ageing Safely

Age UK are holding a Big Advice Day at Our Lady of Lourdes Church, Baytree Road, Weston-super-Mare on June 28<sup>th</sup> - 10am – 12pm.



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You will have the opportunity to meet friends, new and old over tea, coffee and biscuits. Information and advice will be available from a variety of different exhibitors including Age UK Somerset, Avon Fire & Rescue Service, Carelink, Care Connect, Oakhouse Foods, Wiltshire Farm Foods, St Monica Trust, North Somerset Crossroads, North Somerset LINK, Weston Works, Rethink, NSC Community Learning, NS Training (Computers), Western Active Stroke Group and many others.

For more information call Justin Parsons, Age UK Somerset on **0845 643 4706**.

Or why not try the Community Connect Café Emmanuel Church, Oxford Street, Weston-super-Mare, 10am – 12pm, again offering information and advice from a variety of organisations and a highlight event every month:-

**13 June** - Age UK Somerset, Liberata, Centre for the Deaf, Avon Fire & Rescue, Country dancing by Walliscote School

**20 June** - Police Community Support officer

**27 June** - Volunteering – Voluntary Action North Somerset (VANS)

For information on other cafés, call Justin, Age UK Somerset on **0845 643 4706**

### Walking for Health – June

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 13	10.45am	Salthouse Fields Car Park, Clevedon	Portishead
Mon 13	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 13	2pm	Worlebury Golf Club	Weston-s-Mare
Tue 14	11am	Woodborough Inn, Sandford Road	Winscombe
Thur 16	2.15pm	Uphill, meet at Uphill Road car park	Yatton
Fri 17	10.30am	Bandstand, Seafront, Elton Road	Clevedon
Mon 20	11am	Scotch Horn Leisure Centre, Brockway	Nailsea
Mon 20	11am	The Café, Lake Grounds	Portishead
Mon 20	2pm	Ship & Castle Public House, Congresbury	Weston-s-Mare
Mon 27	11am	Backwell	Nailsea
Mon 27	2pm	Car park opp Commodore Pub, Kewstoke	Weston-s-Mare
Tue 28	11am	Woodborough Inn, Sandford Road	Winscombe

For more information call 01275 882 730 or email [sport@n-somerset.gov.uk](mailto:sport@n-somerset.gov.uk)



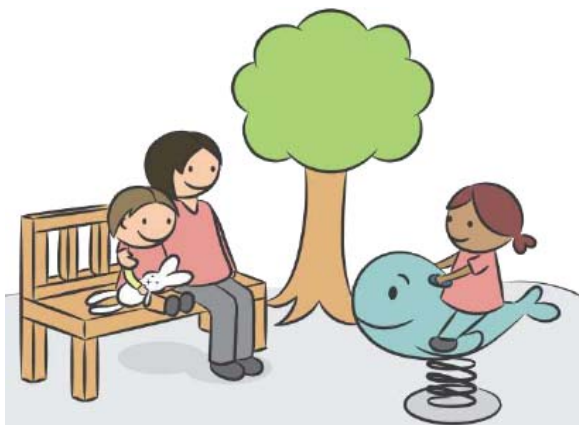
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## Move and Explore – Active Play Resource

Looking after small children? Maybe you're at home with your own children or perhaps a grandparent helping out with childcare.

Move and Explore is a **FREE** downloadable resource to help you find lots of new, easy and exciting activities for the kids to do – without costing loads of money!

The cards in the resource pack provide simple activities you can do with the children you look after using the minimum of resources. The activities are designed to be adapted to suit your children's needs and help increase their daily levels of physical activity in a fun way.



The activities cover four areas;

In the garden

In the home

In the park

On the move

All the resources you will need are on the front of each card along with simple ideas on how to adapt the activities if needed.

Download Move and Explore from [www.moveandexplore.com](http://www.moveandexplore.com)

### 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.



### Old Worle – Sunday 12 June

Worle has seen massive urban spread in recent decades but much of the old village can still be seen, including a Norman castle, houses dating from the 14



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15 centuries and old mine-workings. Meet in Worle at St Martin's Parish Church in Church Road. Mostly on tarmac with some gradients.

### **Abbots Leigh - Sunday 26 June**

The centre-piece of this walk is the picturesque Abbots Pool. Constructed in the Middle Ages, more recent 20 century enhancements include features such as caves and waterfalls. The village of Abbots Leigh has connections with the escape of King Charles II in 1651 after the Battle of Worcester and the abdication crisis of Edward VII in 1936. Meet in Abbots Leigh village at Holy Trinity Parish Church in Church Road off the A369. Rough ground and mostly mild gradients.

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

**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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