

# move more monthly

Issue 28, September 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)

## 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.



### **Leigh Woods – Sunday 4 September**

Within these ancient woodlands lies Nightingale Valley, a spot much favoured as a subject by the Bristol School of Artists around 200 years ago. There is also an Iron Age hill fort and splendid viewpoint of the Avon Gorge.

Meet at the North Road entrance to Leigh Woods. North Road branches off the A369 (Abbots Leigh Road) between Beggar Bush Lane and Bridge Road. Steep gradients and rough ground.

### **Uphill Quarry – Sunday 18 September**

Quarrying once dominated the scene around Weston-super-Mare and much of the older parts of Weston and Uphill were made of locally quarried stone. Still visible in Uphill Quarry are signs of the changing technology. Remains of caves exist in the quarry face that contained remains left by Neanderthal people 35,000 years ago.

Meet at 'Quarry Corner' at the junction of Links Road and Uphill Way. Rough ground and steep gradients.



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## Yoga by Shokuh

It is never too late to become, healthy, fit, and supple. Trim and firm your body, quieten the mind relieve tension and fatigue with slow motion movements, breathing exercises, stretch and relaxation of yoga.

For more details call 01275 855 682

## Therapeutic yoga by Shokuh

If you suffer from anxiety, arthritis, asthma, back pain, mild depression, diabetes, high blood pressure, insomnia, ME, mild MS, mild Parkinson's disease, migraine, sport injuries, tension headache, weight issues you can benefit from one to one therapeutic yoga.

Therapeutic yoga is a healing practice tailored for individual needs to complete the modern medicine. For more details call 01275 855 682

## Weston Walking Group



Weston Walking Group meets on Wednesdays and Saturdays at 10.30 am at various locations.

For more information contact Jennie Hole on 01934 629 189

## MEND in North Somerset



The Mend Programme (Mind, Exercise, Nutrition – Do it!) is part of a national initiative offering free healthy lifestyle courses for 7 to 13 year olds that are above a healthy weight and their families in more than 250 locations across the UK. Thanks to funding from North Somerset Primary Care Trust two successful programmes have recently run in Weston & Clevedon. In September there will be programmes starting in Backwell & Worle and other areas across North Somerset will see programmes starting in the New Year.

Families take part in fun 2-hour sessions, twice a week for 10 weeks. The programme helps improve eating and exercise habits, thereby improving children's fitness, physical activity levels, nutrition and self-esteem. Courses are being offered to families completely free of charge.



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If you think your child is above a healthy weight and are interested in registering or just finding out more information about the Mend Programme then contact Marie Davis 01275 463 371 (Backwell) or Tracey Dyer 01934 510 777 (Worle) or visit [www.mendcentral.org](http://www.mendcentral.org) to register for other programmes running in North Somerset.

Another activity programme running in local schools is '**FitFamilies4Life**'. This is a ten week after-school programme targeting any families that would benefit from finding out more about keeping fitter and healthier. All sessions are interactive and include multi-skilled games, food and ball games, scavenger hunts and assault course activities.

If your child is aged between 5-8 years old and you or a family member can also attend the sessions (one hour a week) then please contact Kira Thorpe on 01275 882 731 or email [kira.thorpe@n-somerset.gov.uk](mailto:kira.thorpe@n-somerset.gov.uk)

### Belly Dance Show Spectacular and Sponsored Shimmy

The first Sponsored Shimmy took place in Bristol in January 2011 and the next one is even bigger and better, incorporated into The Belly Dance Spectacular Show in the ballroom at the Winter Gardens, Weston-super-Mare pm Sunday 13 November 2011, 2-6pm. The theme is a 1950s Cairo nightclub featuring the most amazing dances, including master belly dancer Ozgen who will not only perform but join in the attempt to get into the Guinness Book of Records.

Since many people find it difficult to raise sponsorship money at the moment a donation to our charity Macmillan Cancer Support is included in the registration fee of £15. Everyone who registers for the Shimmy will receive discount vouchers for various treats and attractions

For more information email [info@sponsoredshimmybristol.co.uk](mailto:info@sponsoredshimmybristol.co.uk) or visit [www.sponsoredshimmybristol.co.uk](http://www.sponsoredshimmybristol.co.uk)

**Saeeda Belly Dance** offers the following Belly Dance classes in North Somerset:-

Tuesdays, Dance Studio, Nailsea School, Mizzymead Road, Nailsea  
7-8pm beginners and 8.15-9.15pm improvers (two years experience)

Thursdays, Room 2 Nailsea Methodist Church, Silver Street, Nailsea  
10-11am

Thursdays, Dance Studios, Clevedon School, Valley Road, Clevedon  
7.45-8.45pm beginners



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## Clevedon Marine Lake Festival

The seventh Clevedon Marine Lake Festival, organised by Marlens, takes place on Saturday 24 and Sunday 25 September on Clevedon Seafront and Salthouse Field (BS21 7TR).



On the Marine lake anyone can have a go at Sailing, Canoeing, Kayaking for a donation to MARLENS.

Qualified coaches and volunteers are on hand all weekend to help people whatever their age get on the water safely and learn some basic skills. Many have gone on

to join the clubs and go out regularly locally or further afield.

Other highlights include stalls and sideshows, climbing wall, inflatables, children's gym, have-a-go sessions on the lake, tug of war, family It's A Knockout, dog agility display, truck pull, raft race, music and dance.

It's an opportunity to try a new sport, make new friends and have a lot of fun. Come down to the Marine Lake and see for yourself.

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

Have you tried a Parkrun?

Parkruns offer weekly, 5km, timed free runs open to all ages and abilities, all around the country. Our local parkrun is at Ashton Court Bristol on Saturday mornings at 9am. All parkruns are free but you must register in advance online. Once registered with parkrun, you can participate in any of their events at any time. If you want to be a parkrunner, you will need to register once only. Help us to help you. All the events are free and organised by volunteers. Visit <http://www.parkrun.org.uk/ashton-court/> today to register and get your barcode.



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## Ladies Running Groups



Emma organises running groups in both Clevedon and Winscombe for ladies of all ages and abilities, previously known as Womens Running Network.

In Clevedon we meet every Monday and Thursday, 6-7pm, starting near the entrance to Morrison's car park. In Winscombe we meet every Wednesday, 6.15-7.15pm, at Mendip Complementary Health, 1b Sandford Road. We run all year round, so come along - you'd be very welcome to join us. We welcome all abilities, from the absolute beginner, to the experienced ladies that can already run - you don't need to get fit before joining. The groups are designed primarily to encourage and support the female runner. Open for ladies from 18-75, irrespective of age, ability, speed, shape and size.

**\*\*NEW CLASS\*\* starting 3rd September 2011 Saturday afternoons, 4-5pm, fortnightly in Clevedon. Normal format. Everyone welcome, for all abilities, especially beginners.**

To join in, you can simply turn up to class, or phone Emma on 01275 343 918 if you have any questions. There is a weekly charge per class, of £3 per person, pay-as-you-go each session.

Each session lasts approx 60 minutes and includes warm up, cool down and stretches, and a combination of running and walking on the flat, hills, on and off road, speed work etc. The sessions are not about running a set distance - it's more about doing your best and watching yourself improve over time. We start with a walk and some dynamic stretching. I encourage beginners who haven't run before to do more walking than jogging in the first few weeks. We don't worry too much about distance. Instead we work on short efforts for strength, speed and hills etc.

For more details about these groups, we are now part of RunEngland and you will find us on their website [www.runengland.org](http://www.runengland.org)

A lot is happening over the coming months. We have a Facebook page: CLEVEDON LADIES RUNNING GROUP and forums on the website [www.womensrunninguk.co.uk](http://www.womensrunninguk.co.uk) which will tell you what we are up to.



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## Tai Chi and Taijiwuxigong

As from September 2011 all class prices in all venues will be as follows:

Ten Week set terms - One class- £70.00 per term Two classes- £130.00 per term. Drop-in rate is £10.00 per class (all classes same price)

### Long Ashton - Taijiwuxigong



Monday classes, starting on 12 September 10-11.30am at Church House, 74 Long Ashton Road, Long Ashton, BS41 9LE, new students welcome at any time

Feel free to drop and see what it is all about if you are a new student looking to start.

Also one Sunday a month at Church House, beginning 11 September 10am-4.30/5pm, all are welcome, no previous experience required. Refreshments provided.

This class will give students the opportunity to look in detail at the system, its amazing health benefits to mind and body and focusing on how you can really make the exercises work for you. The course will be suitable both for complete beginners and people who would like to extend their knowledge and improve practice. I would like to support students practice with a handout to accompany each day session, with detailed explanations of concepts.

Bring lunch and a mat for lying down exercises.

### Blagdon – Tai Chi and Taijiwuxigong

Thursdays at Blagdon Village Hall starting 8 September.

Taijiwuxigong can refresh and heal the whole self. The exercises are simple and enjoyable to learn but have a profound effect, helping to clear old emotional information, detoxifying the physical body, improving energy levels and promoting greatly improved health and a sense of well being.

Class 1 Taijiwuxigong 10.15 -11.30am

Class 2 Tai Chi from 11.45am-1pm

**Clevedon** - coming soon

For more information email for details or call 07815 662 844



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For over 55's

The moves are easy to follow by individuals of any size, age or ability. The music uses dance moves and rhythms from Salsa, Merengue, Tango, Rumba, Cha-Cha and many others and you can also perform the dance moves in a wheelchair or on a chair. No termly payments – sessions only cost £3 (special discounted price)

Location	Day	Time
Hobbs Court Link Road, Nailsea BS48 1AJ	Mondays	11.00am – 12.00pm
Jubilee Hall Slade Road, Portishead BS20 6BE	Mondays	2.00pm – 3.00pm
Hobbs Court Link Road, Nailsea BS48 1AJ	Wednesdays	11.00am – 12.00pm
Martindale Court Martindale Road Weston-super-Mare BS22 8QQ	Thursdays	3.00pm – 4.00pm
Sandringham Court Lonsdale Avenue Weston-super-Mare BS23 3QW	Fridays	2.00pm – 3.00pm

For more information contact Aimee Phipps on 01275 398 124/07795 092651 or email [aimee.phipps@alliancehomes.org.uk](mailto:aimee.phipps@alliancehomes.org.uk)

#### NEW Clevedon Basketball Team

A new basketball team is being formed in Clevedon and the first official training session is at Clevedon School Sports Centre on Saturday 3 September 11am-1pm.

For more information please email [clevedonbasketball@hotmail.co.uk](mailto:clevedonbasketball@hotmail.co.uk)



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## Flexercise

Flexercise is chair based, gentle and fun, and keeps you feeling younger

For the mature adult

Location	Day	Time
The Maltings High Street Worle Weston-super-mare BS22 6JB	Tuesdays	2.30pm – 3.30pm

For more information contact Aimee Phipps on 01275 398 124/07795 092651 or email [aimee.phipps@alliancehomes.org.uk](mailto:aimee.phipps@alliancehomes.org.uk)

## Walking for Health – September

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.

Thu 1	2pm	Yatton, meet at the library	Yatton
Mon 5	11am	Grove Sports Centre, St Marys Grove	Nailsea
Mon 5	11am	The Café, Lake Grounds	Portishead
Mon 5	2pm	Uphill, meet at Uphill Road car park	Weston-s-Mare
Tue 6	10.30am	Bandstand, Seafront, Elton Road	Clevedon
Mon 12	11am	Grove Sports Centre, St Marys Grove	Nailsea
Mon 12	2pm	Railway Inn, Sandford	Weston-s-Mare
Tue 13	11am	Woodborough Inn, Sandford Road	Winscombe
		Kingston Seymour,	
Thu 15	2pm	Fishing Lakes car park	Yatton
Fri 16	10.30am	Bandstand, Seafront, Elton Road	Clevedon
Mon 19	11am	Grove Sports Centre, St Marys Grove	Nailsea
Mon 19	11am	The Café, Lake Grounds	Portishead
		Plantation Fisheries,	
Mon 19	2pm	Kingston Seymour	Weston-s-Mare
Mon 26	11am	Lady's Mile, Bristol	Nailsea
Mon 26	2pm	Weston Rugby Club (rear of station)	Weston-s-Mare
Tues 27	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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## Backwell Sequence Ballroom Dance Club



You can keep physically and mentally fit learning new ballroom sequence dances at Backwell Sequence Ballroom Dance Club, which starts its winter season in October on Tuesdays evenings at the WI Hall Backwell, 8-10.15pm, cost £3.50 . For more information contact Bob on 01275 462 366.

## 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.

### **Date and Walnut Brownies**

Makes 12

#### Ingredients:-

225g plain chocolate  
75g dried dates  
1 tablespoon baking powder  
½ teaspoon bicarbonate of soda  
75g soft dark brown sugar  
1 medium egg, beaten  
150g self-raising flour  
3 tablespoons skimmed milk  
50g walnuts

#### Equipment:-

Chopping board, knife, small pan, scales, mixing bowl, teaspoon, tablespoon, mixing spoon, 17 x 27cm baking tin

#### Method:-

1. Preheat the oven to 180°C/350°F/Gas mark 4. Grease and line a 17 x 27cm (7 x 11inch) baking tin
2. Melt the chocolate over a pan of simmering water. Place the dates in a pan with six tablespoons of water and simmer gently until they form a puree.
3. Combine all the ingredients, including the chocolate and the date puree in a large bowl then transfer to the prepared tin. Smooth the surface. Bake in the oven for 25-30 minutes until just firm to the touch. Cut into 16 squares and serve.



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Tell us your story and receive a Go4Life t-shirt!...

We're looking for people who have really benefited from taking part in Go4Life activities or initiatives.

We're putting together a booklet of case studies to highlight some of the most inspiring stories from people in North Somerset who have been encouraged to become healthier and more active through involvement in Go4Life.

You may have overcome a health problem or built confidence through taking part in Go4Life schemes such as the Healthy Lifestyles course, Walking for Health initiative or Back to Sport programme. Perhaps you find day-to-day life a little easier or you are more energetic through getting fitter. If so, we'd love to hear more.

Please contact us to arrange a short, informal interview and you'll receive a Go4Life t-shirt.

Contact the Sport and Active Lifestyles team on 01275 882 730.

**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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