

# The North Somerset Strollers



Walking the way to health



## Health Walks



**What is a Health Walk?** A short walk up to one hour in a social, supportive environment and an ideal first step for anyone wanting to become active or for people with health conditions. If you are unsure about coming on a health walk due to a health condition or a long period of inactivity speak to your GP first. We do not allow dogs on walks except guide dogs. Sorry.

**Who leads the walks?** Walks are led by trained volunteer health walk leaders. The programme is supported by North Somerset Council and NHS North Somerset.

**Will I be able to keep up?** Choose a walk with the right rating for you. Contact the walk leader direct if you want to find out more; support is available to all walkers.

**I'm new to these walks!** Arrive ten minutes early to fill out a short health questionnaire, put your name on the register, meet the leader and find out about the route.

**Do I need to wear walking gear?** No, just wear sturdy footwear and waterproofs.

**I do not drive.** We aim for walks to be on bus routes. We may be able to arrange a lift share.

**I'd like to lead walks!** You do not need to be super fit just friendly, approachable, enthusiastic and convinced about the benefits of walking.

**Contact Go4Life on 01275 810995, e-mail [go4life@n-somerset.gov.uk](mailto:go4life@n-somerset.gov.uk) or visit [www.nsstrollers.co.uk](http://www.nsstrollers.co.uk) to find out more about health walks near you.**

# March

Day	Meeting Place	Rating	Group
Mon 1 Mar 11am	Grove Sports Centre, St Mary's Grove		Nailsea Strollers
Mon 1 Mar 11am	The Café, Lake Grounds		Portishead Strollers
Mon 1 Mar 1.30pm	Hutton Village, Moor Lane Bus Stop		Weston Strollers
Tues 2 Mar 10.30am	Bandstand, Seafront, Elton Road		Clevedon Strollers
Tues 2 Mar 11am	St James Church Hall, Woodborough Road		Winscombe Strollers
Thurs 4 Mar 2pm	Yatton Library, High Street		Yatton Strollers
Mon 8 Mar 11am	Grove Sports Centre, St Mary's Grove		Nailsea Strollers
Mon 8 Mar 1.30pm	Kewstoke Village Hall		Weston Strollers
Tues 9 Mar 11am	Woodborough Inn, Sandford Road		Winscombe Strollers
Mon 15 Mar 11am	Grove Sports Centre, St Mary's Grove		Nailsea Strollers
Mon 15 Mar 11am	The Café, Lake Grounds		Portishead Strollers
Mon 15 Mar 1.30pm	Railway Inn, Sandford		Weston Strollers
Thurs 18 Mar 2pm	Fishing Lakes, Kingston Seymour		Yatton Strollers
Fri 19 Mar 10.30am	Bandstand, Seafront, Elton Road		Clevedon Strollers
Mon 22 Mar 11am	Grove Sports Centre, St Mary's Grove		Nailsea Strollers
Mon 22 Mar 1.30pm	Worlebury Golf Course, Monks Hill, Worlebury		Weston Strollers
Tues 23 Mar 11am	Woodborough Inn, Sandford Road		Winscombe Strollers
Mon 29 Mar 11am	Parish Wharf Leisure Centre, Harbour Road		Nailsea Strollers
Mon 29 Mar 11am	The Café, Lake Grounds		Portishead Strollers
Mon 29 Mar 1.30pm	Congresbury Public House or Library		Weston Strollers

## Welcome to the Spring 2010 brochure

All the walks are free and you can choose walks with the right rating to suit your needs. If there is something you would like to ask you can contact the individual groups as follows:-

Clevedon Strollers— Call Gay on 01275 875 316

Nailsea Strollers—Call John on 01275 852 942

Winscombe Strollers—Call Tim on 01934 842 554

Portishead Strollers—Call Anne on 01275 374 867

Weston Strollers— Call Terry on 01934 621 368

Yatton Strollers—Call Marion on 01934 833 605




## April

Day	Meeting Place	Rating	Group
Thurs 1 Apr 2pm	Village Hall, Bishops Road, Claverham		Yatton Strollers
Mon 5 April	BANK HOLIDAY NO WALK		Nailsea Strollers
Mon 5 April	BANK HOLIDAY NO WALK		Weston Strollers
Tues 6 April 10.30am	Bandstand, Sea Front, Elton Road		Clevedon Strollers
Tues 6 April 11am	St James Church Hall, Woodborough Road		Winscombe Strollers
Mon 12 April 11am	Scotch Horn Leisure Centre, Brockway		Nailsea Strollers
Mon 12 April 11am	Parish Wharf Leisure Centre, Harbour Rd		Portishead Strollers
Mon 12 April 1.30pm	Hornets Rugby Club, Hutton Moor Road		Weston Strollers
Tues 13 April 11am	Woodborough Inn, Sandford Road		Winscombe Strollers
Thurs 15 April 2pm	Salthouse Fields Car Park, Clevedon		Yatton Strollers
Fri 16 April 10.30am	Bandstand, Sea Front, Elton Road		Clevedon Strollers
Mon 19 April 11am	Scotch Horn Leisure Centre, Brockway		Nailsea Strollers
Mon 19 April 1.30pm	Coronation Hall, Corona- tion Road, Bleadon		Weston Strollers
Mon 26 April 11am	Scotch Horn Leisure Centre, Brockway		Nailsea Strollers
Mon 26 April 11am	Parish Wharf Leisure Centre, Harbour Road		Portishead Strollers
Mon 26 April 1.30pm	Uphill Way Car Park, Uphill		Weston Strollers
Tues 27 April 11am	Woodborough Inn, Sandford Road		Winscombe Strollers

# May

Day	Meeting Place	Rating	Group
Mon 3 May	BANK HOLIDAY NO WALK		Nailsea Strollers
Mon 3 May	BANK HOLIDAY NO WALK		Weston Strollers
Tues 4 May 10.30am	Bandstand, Sea Front, Elton Road		Clevedon Strollers
Tues 4 May 11am	St James Church Hall, Woodborough Road		Winscombe Strollers
Thurs 6 May 2pm	Yatton Library, High Street		Yatton Strollers
Mon 10 May 11am	Grove Sports Centre, St Mary's Grove		Nailsea Strollers
Mon 10 May 11am	Marina Healthcare Cen- tre, Harbour Road		Portishead Strollers
Mon 10 May 1.30pm	Prince Consort Gardens, Old Pier		Weston Strollers
Tues 11 May 11am	Woodborough Inn, Sandford Road		Winscombe Strollers
Mon 17 May 11am	Grove Sports Centre, St Mary's Grove		Nailsea Strollers
Mon 17 May 1.30pm	Grand Pier, Seafront		Weston Strollers
Thurs 20 May 2pm	Quarry Car Park, Goblin Combe		Yatton Strollers
Fri 21 May 10.30am	Bandstand, Sea Front, Elton Road		Clevedon Strollers
Mon 24 May 11am	Away day walk - to be confirmed		Nailsea Strollers
Mon 24 May 11am	Marina Healthcare Centre, Harbour Road		Portishead Strollers
Mon 24 May 1.30pm	Argos, Worle		Weston Strollers
Tues 25 May 11am	Woodborough Inn, Sandford Road		Winscombe Strollers
Mon 31 May	BANK HOLIDAY NO WALK		Nailsea Strollers
Mon 31 May	BANK HOLIDAY NO WALK		Weston Strollers

## North Somerset Health Walk Ratings:

-  Easy, mainly flat road, footpath, town or beach route.
-  Some gentle slopes and some uneven terrain or quicker flat walks
-  Steeper slopes with variable conditions.

