



# Rock 'n' Stroll

- The newsletter for North Somerset Strollers -

## Introduction

Welcome to the summer edition of Rock 'n' Stroll – a newsletter for everyone involved in North Somerset Strollers.

The aim of this publication is to help to connect health walks in North Somerset. This edition shares the latest regional developments, local Go4Life initiatives and news of exciting summer walking events coming up. Enjoy the read.

## New walkers ap-pier-ing in Clevedon!

Clevedon Strollers look forward to welcoming lots of new walkers over the summer months. Come along and enjoy their wonderful walks on the beautiful coastline.



*Meet at the band stand this summer for fantastic walks – dates below!*

## Health walks grow in popularity

In the last 12 months there have been 256 new health walkers in North Somerset and the number of times walkers have attended walks is an impressive 4,474 times.

In March the viewing figures of the North Somerset Strollers website grew to 1,332 unique hits, proving there is growing interest in the walks that take place across North Somerset.

## Regional news

### *Resources for walk leaders*

The new Volunteer Walk Leader kit being developed by Walking for Health and Natural England looks set to give walkers even more incentive to become walk leaders! The kit is likely to include the following resources:

- Rucksack
- First Aid Kit (at least one per group)
- Clipboard
- Whistle
- High-visibility vest

## Walking for Health research

The national Walking for Health team is organising a regional evaluation of the health walks programme. This will involve contacting those walkers who have ticked question 9 on the long outdoor health questionnaire, answering 'yes' to the question: 'are you happy to be contacted to help us evaluate health walks?'

A selection of walkers will be contacted regarding question number 4. This asks: 'in the past week, on how many days have you accumulated at least 30 minutes of moderate intensity physical activity such as brisk walking, cycling, sport, exercise, and active recreation?'

The reason this evaluation is taking place is because the Walking for Health team has a target from the Department of Health to change the behaviour of 200,000 adults from sedentary to physically active by 31 March 2012.

Any walker when contacted will be asked if he/she is willing to be part of this evaluation and a full explanation of the process will be given. If happy to proceed he/she will be asked to state activity levels at 12-week intervals. The results will not name individuals and will be used to report back to the Department of Health. The contractor conducting the research will consider the most suitable method of communication (letter, phone, e-mail, etc.) The researcher will not have access to the walker's health conditions nor will it be possible for the researcher to have access to the database once the research is completed. If the walker contacted does not want to take part in this research, the interview will not proceed.

Should you have any queries about this important research please get in touch. Thanking you in anticipation of your support.

**Winscombe festival walk**

Winscombe Strollers are hosting another 'kissing gate walk' on 22 June as part of an inaugural Winscombe Festival.

The Winscombe Strollers welcome you to join in the walk that will pass through many of the gates installed in the autumn, thanks to the supportive efforts of Winscombe and Sandford Parish Council and North Somerset Council. The walk will last about an hour and will leave from the front of the Woodborough Inn at 11am. Tim Burrows will lead the walk, which will cover a largely flat route with no stiles!

The Winscombe Strollers started two years ago. The group is ideal for people who prefer to walk in company and who might find other walking groups too strenuous. Winscombe walks have benefited greatly from the installation of the new kissing gates, allowing strollers to enjoy more of the local countryside. A back marker ensures no strollers are left behind and allows people to walk at their own pace.

Anyone interested in volunteering with the Winscombe Strollers is welcome to make contact. To find out more call Tim Burrows on 01934 842 554.

**Cycle around the world on the Strawberry Line!**

On Sunday 20 June families in North Somerset are invited to come along and take part in a free cycle hunt event.

The idea of the event is to find the 'cycle around the world' clues whilst cycling along the Strawberry Line between Yatton Station and Winscombe Station.

You can start from either Yatton Station or Winscombe Station. There is the option of starting and finishing at the same station (14 miles) or finishing at the opposite station (seven miles). If you fancy a longer ride you can continue all the way to Cheddar, although the cycle hunt clues are 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. Last year's event was extremely popular with around a thousand participants of all ages and abilities taking part.

The event has been organised by the Sport and Active Lifestyles Team with support from the Sustainable Travel Team and Events Team at North Somerset Council. The event is part of Bike Week and the Go4Life scheme to encourage inactive adults in North Somerset to get active at least 3 x 30 minutes a week.

Sustrans, the Strawberry Line Café Project and Yatton Rotary Club have kindly volunteered their help on the day.

To register to take part in this FREE family cycle hunt event for all abilities download a registration form from [www.go4life.org](http://www.go4life.org) or email [cyclehunt@n-somerset.gov.uk](mailto:cyclehunt@n-somerset.gov.uk).

### Go4Life Healthy Lifestyles Course

Do you want to be healthier?

This FREE course is aimed at anyone who wants to be more active, improve their eating habits, feel better and get healthier.

You will be given lots of tips, activities, new skills and useful information to help you make the changes you want. You will learn how to: eat more healthily, make physical activity fun, feel better about yourself and relax!

Open to anyone over the age of 19 who lives in North Somerset, the course will be fun and friendly. We will give you some free stuff to help you do the things you want, and there will be lots of activities to help you learn and remember.

For more details or to reserve a place call the Community Learning Team on 01275 888 461.

### Heart Start training

Walk leaders are invited to take a free two-hour basic life support session that covers the appropriate emergency response to haemorrhage, suspected heart attack, the unconscious person, adult basic life support and choking.

The course runs in Weston-super-Mare from 9:15am – 12pm on the following dates:

25 June	23 July
17 September	15 October
12 November	10 December

To book a place please email: [waht.training@nhs.net](mailto:waht.training@nhs.net)

### We want to hear from you!

To contact us about anything in this newsletter or to provide stories or pictures from your walk for future editions please use any of the following methods...

- Write to: Go4Life, Community Involvement Office, Somerset Square, Nailsea, BS48 1RQ.
- Telephone: 01275 812 054
- Email: [go4life@n-somerset.gov.uk](mailto:go4life@n-somerset.gov.uk)
- Visit: [www.go4life.org](http://www.go4life.org) or [www.nsstrollers.co.uk](http://www.nsstrollers.co.uk)

**Health Walks: June – August 2010**

<b>Day</b>	<b>Meeting Place</b>	<b>Time</b>	<b>Group</b>
1 June	Woodborough Inn, Sandford Road	11am	Winscombe
1 June	Bandstand, Seafront, Elton Road	10.30am	Clevedon
3 June	Claverham Village Hall, Bishops Road	2pm	Yatton
7 June	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
7 June	The Café, Lake Grounds	11am	Portishead
7 June	Night Jar Public House, Mead Vale	2pm	Weston
8 June	Woodborough Inn, Sandford Road	11am	Winscombe
14 June	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
14 June	Clarence Park café	2pm	Weston
17 June	Millennium Green, Congresbury	2pm	Yatton
18 June	Bandstand, Seafront, Elton Road	10.30am	Clevedon
21 June	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
21 June	The Café, Lake Grounds	11am	Portishead
21 June	Plantation Fisheries, Kingston Seymour	2pm	Weston
22 June	Woodborough Inn, Sandford Road	11am	Winscombe
28 June	Salthouse Fields Car Park Clevedon	11am	Nailsea
28 June	Opposite Matalan	2pm	Weston
1 July	Yatton Library, 48 High Street	2pm	Yatton
5 July	Grove Sports Centre, St Mary's Grove	11am	Nailsea
5 July	Parish Wharf Leisure Centre	11am	Portishead
5 July	Westhay Nature Reserve - meet at Matalan	12.30pm	Weston
6 July	Woodborough Inn, Sandford Road	11am	Winscombe
6 July	Bandstand, Seafront, Elton Road	10.30am	Clevedon
12 July	Grove Sports Centre, St Mary's Grove	11am	Nailsea
12 July	Weston Rugby Club, rear of station	2pm	Weston
13 July	Woodborough Inn, Sandford Road	11am	Winscombe
15 July	Bus Stop Shelter 370, Cleeve	2pm	Yatton
16 July	Bandstand, Seafront, Elton Road	10.30am	Clevedon
19 July	Grove Sports Centre, St Mary's Grove	11am	Nailsea
19 July	Parish Wharf Leisure Centre	11am	Portishead
19 July	Uphill Way Car Park, Uphill	2pm	Weston
26 July	Winscombe	11am	Nailsea
26 July	Sand Point National Trust car park	2pm	Weston
27 July	Woodborough Inn, Sandford Road	11am	Winscombe
2 Aug	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
2 Aug	Marina Healthcare Centre, Harbour Road	11am	Portishead
2 Aug	Ashcombe Park Café, Top Road	2pm	Weston
3 Aug	Bandstand, Seafront, Elton Road	10.30am	Clevedon
3 Aug	Woodborough Inn, Sandford Road	11am	Winscombe
5 Aug	Salthouse Fields Car Park, Clevedon	2pm	Yatton
9 Aug	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
9 Aug	Winscombe, rear of Woodborough Arms	2pm	Weston
10 Aug	Woodborough Inn, Sandford Road	11am	Winscombe
16 Aug	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
16 Aug	Marina Healthcare Centre, Harbour Road	11am	Portishead
16 Aug	Coach House Inn, Locking	2pm	Weston
19 Aug	Yatton Library, 48 High St	2pm	Yatton
20 Aug	Bandstand, Seafront, Elton Road	10.30am	Clevedon
23 Aug	Scotch Horn Leisure Centre, Brockway	11am	Nailsea
23 Aug	Worlebury Hill Road	2pm	Weston
24 Aug	Woodborough Inn, Sandford Road	11am	Winscombe