

## Physical activities and healthy living

### Walk, Jog, Run

Activity	Ages	When	Where	Accessibility	Contact
Ladies Running		Fridays 9.30am	Winscombe Community Centre Annexe 11 Sandford Road Winscombe BS25 1JA	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Madi Hearne 07896 076 387  <a href="mailto:Madi.hearne@btinternet.com">Madi.hearne@btinternet.com</a>
<b>Nailsea and District Footpath Group</b> Wide variety of walks suitable for all ages and abilities. Walks vary in length from 2 to 10+ miles.	18+	Tuesdays, Thursdays and occasional weekends. Times vary, please check website	Nailsea and further afield	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input checked="" type="checkbox"/> None of the above	Gordon Bennett  01275 810 067  <a href="mailto:info@nfp.org.uk">info@nfp.org.uk</a>  <a href="http://www.nfp.org.uk">www.nfp.org.uk</a>

# Get Active in North Somerset

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<p><b>North Somerset Health Walks</b> Group walks encourage inactive individuals to start to get active. Walks vary in duration from 30 to 90 minutes. All abilities welcome.</p>	All ages	Walks in and around Clevedon, Nailsea, Portishead, Weston-super-Mare, Winscombe, Long Ashton and Yatton. Visit website for more information.		<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	Visit: <a href="http://www.betterhealthns.co.uk/information/healthwalks/">www.betterhealthns.co.uk/information/healthwalks/</a>
<p><b>Parkrun – Clevedon</b> A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!</p>	All ages (children under 11 years must be accompanied during the run)	Saturdays 9am	Salthouse Park Clevedon BS21 7TU	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="http://clevedonsalthousefields@parkrun.com">clevedonsalthousefields@parkrun.com</a>

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<p><b>Parkrun – Weston-super-Mare</b> A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!</p>	All ages (children under 11 years must be accompanied during the run)	Saturdays 9am	Marine Parade Weston-super-Mare BS23 1BE	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="mailto:marineparade@parkrun.com">marineparade@parkrun.com</a>
<p><b>Junior Parkrun – Clevedon</b> Weekly, free, 2km timed events</p>	4 to 14 years	Sundays 9am	Clevedon Seafront Clevedon BS21 7EH	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="http://www.parkrun.org.uk/clevedonseafont-juniors/">www.parkrun.org.uk/clevedonseafont-juniors/</a>

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<b>Junior Parkrun – Weston</b> Weekly, free, 2km timed events	4 to 14 Years	Sundays 9am	Walford Avenue Weston-super-Mare BS22 7RD	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="http://www.parkrun.org.uk/westonsupermare-juniors/">www.parkrun.org.uk/westonsupermare-juniors/</a>
<b>Parkrun Junior – Yatton</b> Weekly, free, 2km timed events	4 to 14 years	Sundays 9am	Yatton Recreation Ground Yatton BS49 4HS	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="https://www.parkrun.org.uk/yattonrecreation-juniors/">https://www.parkrun.org.uk/yattonrecreation-juniors/</a>

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Activity	Ages	When	Where	Accessibility	Contact
<p><b>Walk and Talk for unpaid adult carers</b> Gentle exercise for all abilities Carers can join us for our walk and talks and coffee breaks. Varied routes and durations. Connect with nature and others.</p>	18+	Twice a month	Different locations across North Somerset	<input type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input checked="" type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>North Somerset Carers Support Team 03000 120 120</p> <p><a href="mailto:carersupport@alliancehomes.org.uk">carersupport@alliancehomes.org.uk</a></p> <p><a href="https://www.alliancehomes.org.uk/support-services/">https://www.alliancehomes.org.uk/support-services/</a></p>
<p><b>Walking at Tyntesfield</b> Getting active across the Tyntesfield estate is the perfect way to see the plants, trees and wildlife.</p>	All ages	<p>10am to 6pm in Summer</p> <p>10am to 5pm in Winter</p> <p>Every day except Christmas eve and Christmas day</p>	Tyntesfield Wraxhall Bristol BS48 1NX	<input type="checkbox"/> Blind / visual impairment <input type="checkbox"/> Deaf / hard of hearing <input type="checkbox"/> Learning disability / difficulty <input type="checkbox"/> Mental health condition <input type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input checked="" type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<p>Tyntesfield Office 01275 461 900</p> <p><a href="mailto:Tyntesfield@nationaltrust.org.uk">Tyntesfield@nationaltrust.org.uk</a></p> <p><a href="http://www.Nationaltrust.org.uk/tyntesfield">www.Nationaltrust.org.uk/tyntesfield</a></p>

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Activity	Ages	When	Where	Accessibility	Contact
<p><b>Weston Whippets Running Club</b> Social running group encouraging members to enjoy running with a variety of running distances and terrain</p>	<p>Road and Trail running: 16+</p> <p>Youth Training: 12 to 16 years</p> <p>Funetics: 4 to 12 years</p>	<p>Monday: 7.30pm Tuesday: 7pm Wednesday: 6.30pm (under 16) Thursday: 7pm Saturday: 8am Saturday: 9am (4 – 16 years) Sunday: 8.30am</p>	<p>Various locations in Weston-super-Mare</p> <p>4 to 16 year olds at Haywood Village school</p>	<p><input type="checkbox"/> Blind / visual impairment</p> <p><input type="checkbox"/> Deaf / hard of hearing</p> <p><input type="checkbox"/> Learning disability / difficulty</p> <p><input type="checkbox"/> Mental health condition</p> <p><input type="checkbox"/> Autistic spectrum disorder</p> <p><input type="checkbox"/> Physical impairment</p> <p><input checked="" type="checkbox"/> All of the above</p> <p><input type="checkbox"/> None of the above</p>	<p><a href="mailto:westonwhippetsrc@gmail.com">westonwhippetsrc@gmail.com</a></p>