

**Better  
Health**

North  
Somerset

# Partners' Bulletin

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April 2023

The aim of this bulletin is to keep colleagues and partners informed about what is happening in the promotion/development of physical activity in North Somerset as well as nationally. If you have something you would like to share, please get in touch for us to add to the bulletin. The bulletin will be produced as and when there is enough information to share.

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## **National Walking Month – May**

We are celebrating National Walking Month this May by highlighting the walking opportunities available in North Somerset. There's lots to get involved in, including joining a local Health Walk, walking group or activity; challenging yourself to Walk Every Day in May and trying out a new walking route. Most walks are free and it's a great way to get fit, meet new people and enjoy being active with others.

For more information, visit our [website](#).

### **Walks Calendar**

Walking activities are happening every day during National Walking Month. You could visit one of our Health Walks, go Nordic walking, try a walking sport, or join a walking group. There are walks available to suit all abilities. [Download the calendar](#) from our website or collect a printed copy from your local library at the end of April. Please contact the walk organiser to confirm details before attending.



### **Health Walks**



The [Health Walks programme](#) offers short walks across North Somerset, which are ideal for individuals looking to start and stay active. Walks are between 30-90 minutes long, and some groups offer faster and slower paced walks, with everyone meeting at the end. All walks are led by trained leaders, and the groups are friendly and sociable.

Health Walks take place in Clevedon, Long Ashton, Nailsea, Portishead, Weston-super-Mare, Winscombe and Yatton. And evening walks are starting in Clevedon and Weston-super-Mare.

Look out for more information on our [facebook page](#) and the Nextdoor app.



## Walking groups in North Somerset

As well as Health Walks, there are a range of walking groups, for different abilities across North Somerset. Download the list of [walking groups here](#).

If you are interested in setting up your own walking group, contact us and we can provide support and training.

## Walk Every Day in May

Walking is one of the best things you can do for your health, even if it is a short walk. Why not commit to Walking Every Day in May? You could start with a short walk and try to walk a bit further each time or each week.

Monitor your progress on our [downloadable calendar](#). If you would like printed copies, contact us: [GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk) and we can post them.

Walking every day is a great goal to motivate you to start to become more active. If you plan when you are going to walk, you are more likely to stick to it. Maybe you could go before work, lunchtime or afterwork?

Why not challenge your client/friend/family to Walk Every Day in May?

If you are taking on the challenge to Walk Every Day in May, let us know and you will be entered into the prize draw where you could win a £10 Love to shop voucher.

**Better Health North Somerset** **North Somerset Council**

### Walk Every Day in May

Tick the days on the calendar below each time you walk

1 Get those shoes ready – let's get	2 Walk with a friend to keep you going	3 Start slowly and build up gradually	4 Why not walk first thing to get into a routine	5
6	7 Keep a record of when you walk to help with motivation	8	9 Have your kit ready the night before	10 Plan when you are going to walk and stick to it
11 Don't think about it – just walk!	12	13 Put a reminder on your phone to walk every day	14	15 Walk in the morning? Lunchtime? or evening?
16	17 Are you up for another walk today?	18	19	20 Are you counting your steps?
21 Did you manage to get out and walk today?	22 It only takes 20 minutes to walk a mile – try it!	23	24 Noticed anything different on your walk today?	25 Have you got into the habit of walking every day?
26 Why not join a Health Walk?	27	28 Give ParkWalk a go! More info on ParkRun website	29	30-31 Well done, you did it! Why not continue?



## Where to walk in North Somerset

Why not try a new walking route? We have an extensive list of [walking routes](#) across North Somerset. Walks are of varying length, up to four miles and also signpost to longer walks in the area.

Have you got a favourite walk? Let us know the route and we can include it on our website for others to enjoy.

## The Power of Walking

Walking has so many benefits, physically and mentally. Hear from some of our local walkers about what walking means to them. Visit [our website](#), it might inspire you to walk more.

## Prizes to be won

We want to hear from you! To be in with a chance of winning a £10 Love to Shop voucher, share:

- your inspirational walking story
- what you love about walking
- your favourite walking route.
- Or take part in the Walk Every Day in May challenge



Email us: [GetActive@n-somerset.gov.uk](mailto:GetActive@n-somerset.gov.uk) or use #NSWalkThisMay on facebook and tag Better Health North Somerset.

## For more information

To keep up to date with everything walking during May visit, follow and tag us in:

[www.n-somerset.gov.uk/walking](http://www.n-somerset.gov.uk/walking)

Facebook: [BetterHealthNS](https://www.facebook.com/BetterHealthNS)

Twitter: [BetterHealth\\_NS](https://twitter.com/BetterHealth_NS)

#NSWalkThisMay

## Local Activities

### Active Hearts

Active Hearts is a cardiac rehabilitation class running at Parish Wharf Leisure Centre.

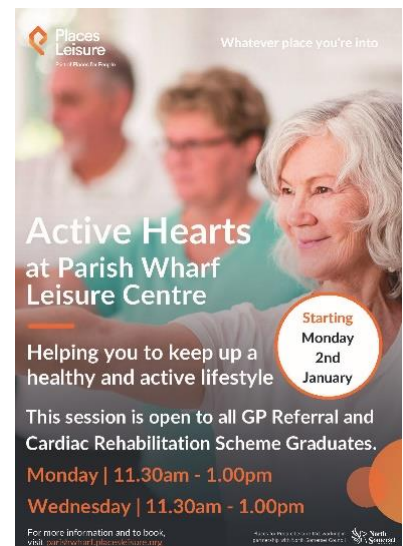
Run by friendly and experienced staff, the 90-minute sessions support people to become more physically active.

The course is available on Mondays and Wednesdays from 11.30am to 1pm.

For full details please visit:

[www.betterhealthns.co.uk/information/active-hearts/](http://www.betterhealthns.co.uk/information/active-hearts/)

or contact: [lizward@pfpleisure.org](mailto:lizward@pfpleisure.org) / 01275 848 494



### ParkPlay

ParkPlay is building happier and healthier communities up and down the country through the life-changing power of play every Saturday morning.



During the summer of 2023, ParkPlay will be coming to some local parks in Weston-super-Mare with the first two Parkplay programmes taking place at Castle Batch open space and Ellenborough West Park.



We aim to bring families within communities of all ages and abilities together to have fun through a variety of games and activities.

It's free safe, welcoming, and will be a fully inclusive way for many to connect and have fun.

If you work closely with families we are particularly keen to work with you and ensure that those families you support come along.

For more information, visit:

<https://www.betterhealthns.co.uk/information/parkplay/>



## Age UK Somerset's Ageing Well classes



Spring has sprung and Age UK Somerset are launching new exercise sessions in North Somerset!

In Kewstoke, there is a new Tai Chi QiGong class which started on Thursday 13<sup>th</sup> April, in Kewstoke Village Hall, 3-4pm. A series of easy-

to-learn gentle movements for mind, body and wellbeing.

In Wrington, there is a brand-new Flexercise class starting on Wednesday 19<sup>th</sup> April, in Wrington Memorial Hall, 2:30-3:30pm. Chair-based exercise session which uses fun props, music and laughter to get you moving in a relaxed informal way.

There are also online exercise classes available for people who can't get out and about. More information available on [their website](#).

The full North Somerset class [timetable is available here](#).

## Play Your Way

Play Your Way allows more children to play in their streets without fear of traffic. Neighbourhoods across North Somerset can apply to close their roads and enjoy traffic free playing out.

Play Your Way is a fantastic opportunity for neighbourhoods to come together. If you want to make this happen in your street, contact the Physical Activity team. We can guide you through the process of applying for a road closure, at no charge, and provide approved signage for the event.

Play Your Way sessions can be for up to two hours, once a week, during out of school and daylight hours. Cul-de-



sacs and no through streets as well as residential streets serving cul-de-sacs and hamlets are suitable for the sessions.

If you would like to host a Play Your Way session on your street contact North Somerset Council's Physical Activity team on 01275 882 730. You can also read more information at [www.betterhealthns.co.uk/information/play-your-way/](http://www.betterhealthns.co.uk/information/play-your-way/)

### Free activities for Over 55s in Weston

Friends of Grove Park are running free activities for over 55s this summer, thanks to funding from the Quartet Community Foundation and St Monica's Trust.

Yoga, Tai Chi and a Massage Therapy coffee morning are currently on offer, with more activities due to be confirmed. Places must be booked in advance by emailing:

[friendsofgroveparkwsm@gmail.com](mailto:friendsofgroveparkwsm@gmail.com)

You can keep up to date by following their facebook page:

<https://www.facebook.com/groveparkwsm>



**Grove Park**  
**LIFE LONG ACTIVE**  
Wellbeing Activities

Come and join Friends of Grove Park for a FREE series of activities and events aimed at over 55s this summer.

**Yoga With Pauline**  
These FREE sessions with Pauline Cook; Accredited British Wheel of Yoga teacher are accessible and no previous experience or ability or special equipment is required. Experience gentle and mindful yoga sessions in a welcoming, outdoor setting.  
**DAY:** Mondays, 11am  
**DATES:** July 24th and 31st, August 7th, 14th, 21st and 28th

**Tai Chi with Kieran**  
Enjoy FREE Tai Chi sessions in the open air with Kieran. Gentle, easy to follow movements, to improve balance, coordination and muscle strength. Suitable for complete beginners.  
**DAY:** Thursdays, 11am  
**DATES:** June 1st, 8th, 15th, 22nd and 29th, July 6th.

**Massage Therapy Coffee Morning with Philippa - Friday 9th June, 10am to 12pm**  
Philippa will be here providing a FREE massage faster for you to enjoy before or after tea and chatting. You can choose between scalp massage or hand massage. Both take place whilst you are sitting down, fully clothed.

**Booking is essential, email**  
[friendsofgroveparkwsm@gmail.com](mailto:friendsofgroveparkwsm@gmail.com) to reserve your space

WITH THANKS TO FUNDING FROM  
Quartet Community Foundation St Monica Trust

### Encouraging parkwalk at parkrun



Did you know you can go along to any parkrun and walk it from beginning to end? Parkrun have made sure that all walkers are welcome. Tail walker volunteers are now in place and terminology in all their publicity embraces walkers as well as runners to attend. Branding was also changed during October 2022 to encourage walking.

There are three adult parkruns in North Somerset. They all meet at 9am on a Saturday:

Marine parkrun, Weston-super-Mare - <https://www.parkrun.org.uk/marineparade/>

Long Ashton parkrun - <https://www.parkrun.org.uk/ashtoncourt/>

Clevedon parkrun - <https://www.parkrun.org.uk/clevedonsalthousefields/>

All you need to do is register beforehand and don't forget your barcode:  
[www.parkrun.org.uk/register/](http://www.parkrun.org.uk/register/)

And there's always the opportunity to volunteer: [register | parkrun UK](https://www.parkrun.org.uk/register/)

## **Wesport social prescribing webinar – this Wednesday!**

The free 30 minute webinar will provide information about what Social Prescribing is, key facts and information about what is happening within the local area. Wednesday 19<sup>th</sup> April, 12.15-12.45pm.

To book, visit:

[www.surveymonkey.co.uk/r/QLJMNQT](http://www.surveymonkey.co.uk/r/QLJMNQT)



## **National Campaign**

### **This Girl Can – Closing the enjoyment gap**



Read This Girl Cans [latest newsletter](#) to get inspired to help close the enjoyment gap. There are lots of insights, toolkits, brand assets and photos available to help design activities which will be more appealing to women and girls.