

Get Active in North Somerset

www.betterhealthns.co.uk/get-active



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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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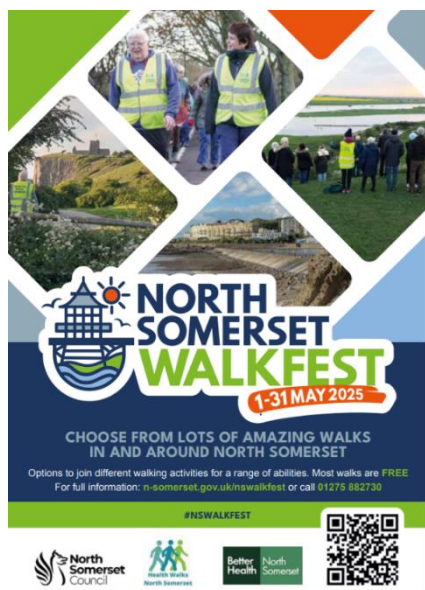
North Somerset Walk Fest

Take part in National Walking Month, for the 5th year running, as part of North Somerset Walk Fest. The festival is a celebration of all things walking with most walking activities being offered for free.



Walking is a great way to improve both physical and mental health, and there are lots of opportunities to enjoy walking in North Somerset. Walking is a simple, free way of being more active and is ideal for people of all ages and fitness levels. As well as the health benefits, walking can be a great way to explore your local area, finding out what's on your doorstep – whether that's local nature and environment or shops and businesses.

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



Walk Fest Programme

Walking activities are happening every day during Walk Fest, across North Somerset. Why not join a health walk, try a walking sport or join a walking group. There are walks to suit all abilities.

View the online Walk Fest programme [on our website](#).

There isn't a printed brochure this year, but residents can get support to view the programme online at their [local library](#).

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 Churchill and Cheddar, Clevedon, Congresbury, Long Ashton, Nailsea, Portishead, Weston-super-Mare, Winscombe and Yatton. Evening walks are also available in Weston-super-Mare.

If you would like to volunteer to help the health walk programme, we are running [Health Walk Volunteer training](#) on **Wednesday 21 May in Clevedon**. Volunteer to lead or assist with walks, help develop new walking routes or provide admin support at walks.

Walking groups

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.



Walk Every Day

Tick the days on the calendar below each time you walk

1 Get those shoes ready – Let's go!	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

Monitor your progress on our downloadable calendar. 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?

Workplace Walking Challenge

Two workplace walking challenges are available during May.

The first challenge is for North Somerset workplaces, which runs from 1st – 31st May. Join a team of up to 10 colleagues and challenge other North Somerset workplaces. All we need to know is how many steps you and your team did each week. 10 x £20 Love to Shop vouchers are available as prizes, these will be chosen at random.

To enter please email: GetActive@n-somerset.gov.uk; deadline to **sign up is Monday 28 April**.

On 19 May, [CSSC](#)'s two-week Around-the-UK step challenge begins. This is open to public sector employees and civil servants, [eligibility list is available here](#). Sign up, join a team and log daily steps to see how far around the UK's 15,000 kilometre coastline we can travel. Either work as a team of up to 10 or challenge yourself to increase your activity.

This challenge starts 19 May and runs for 2 weeks. The deadline to sign up is **Thurs 15 May**. Register your team for the Active Wellbeing Challenge here:

<https://activewellbeing.me.uk/aw25-challenge/>



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, with the majority up to four miles and some 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.

Complete our Survey – Prizes to be won

Complete our short survey and be in with the chance of winning a £50 Love to Shop voucher! Surveys can be completed online from the start of May. Visit [our webpage for the latest information](#).



Join the conversation

Share your North Somerset Walk Fest news, stories and photos on Facebook using #NSWalkFest

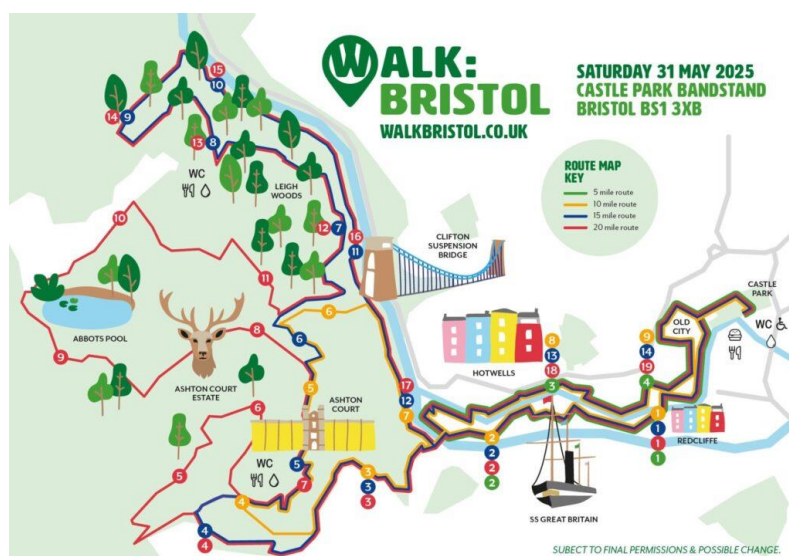
Bristol Walk Fest

Join Bristol Walk Fest who have a wealth of walking related activities and events happening throughout May. There's something for everyone, from nature trails, scenic hikes and historical tours to walking sports, family-friendly strolls and cultural walks.



Join Bristol Walk Fest to celebrate the launch of National Walking Month on 1st May! The event focuses on the benefits that walking can have on mental health and had an exciting line up of guest speakers. More information can be found on [their website](#).

The month long festival also ends with a mass participation walking event and celebration centred on Castle Park. On Saturday 31st May, explore Bristol iconic landscapes with a choice of four varying distances, from 5-20 miles. More information available [on their website](#).



Local Funding Opportunities

Physical Activity Fund Currently Open!

To support delivery of 'Get Active – a physical activity strategy for North Somerset' and the associated action plan, funding has been made available to create the physical activity fund. The purpose of the fund is to enable local organisations to apply for funding, to support delivery of the strategies shared outcomes and specific actions.



You can see an animation which explains the Physical Activity Strategy in more detail here: [Watch the strategy animation](#)

The total fund is £63,000, and we are inviting proposals for actions, programmes or interventions that will help to achieve aims of the strategy. Individual proposals may have a value of up to £2,000.

There will be three rounds of funding available with the £63,000 being equally split across the three rounds, therefore funding is not based on a first come, first served basis.

For further information about the fund and how to apply please visit:
<https://www.betterhealthns.co.uk/support/pafund/>

North Somerset workplaces physical activity funding

We are pleased to launch a new physical activity funding opportunity for workplaces in North Somerset.

The aim is to encourage staff to become more active and break up their working day, to help improve their overall health and wellbeing, and have some fun.

Employers have the chance to consult with staff about which kinds of activities could be possible and then apply for a grant of up to £250 to help implement their chosen activity.

Ideas for how the funding could be spent include exercise equipment, an exercise challenge, starting a physical activity champions programme, exercise classes for employees with long term health conditions or mental health conditions, exercise classes like aerobics or yoga or buying into a physical activity package.

The closing date for applications for the funding is **30 April 2025**.

Please see the website for lots more information or contact the team:
healthyworkplaces@n-somerset.gov.uk

Instructor / Leader Opportunities



ParkPlay – join in or become a Play Leader!

An exciting opportunity to join ParkPlay as a volunteer or as a paid Playleaders.

ParkPlay happens every Saturday at:

- Castle Batch Recreational Ground, Worle, Weston-s-Mare, 9.30-11am
- Merlin Park, Portishead, 10-11.30am

Bringing communities together to have fun through games and activities in a fun and way! Free, welcoming and inclusive.

To find out more about the Play leader role, email: Getactive@n-somerset.gov.uk or call 01275 88 2731. Visit the national website: www.park-play.com

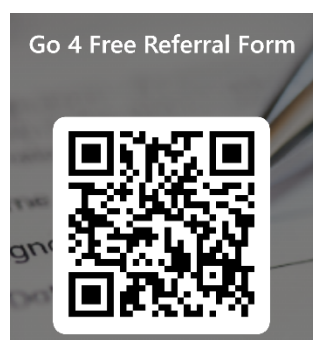
Go4Free - Wanted – More physical activity providers to join the scheme

Are you a Fitness class/Instructor, a sports coach or club based in North Somerset who want to increase participation?



Register your class/session with the Go4Free scheme and you can benefit from the below:

- Access to funding for every time an eligible individual attends your class/session
- Access to free training and promotional opportunities
 - Increase your network of contacts and opportunities
 - Option to apply for funding towards adaptive equipment



Register your class or session by using this [link](#) or scan the QR code:

For further information, please email active@vansmail.org.uk or call Sally Kingston, Physical Activity Coordinator on 07985 153182.

Boccia Coaches Wanted

Following the delivery of a successful Boccia taster session at Weston College, Voluntary Action North Somerset (VANS) are looking to set up regular community Boccia sessions (probably in the Weston-super-Mare area).

Are you a local Boccia coach and looking for more work or are you interesting in completing training to deliver Boccia? Find out more about Boccia, which is a Paralympic sport, by visiting the Boccia UK [website](#).

For more information about coaching opportunities, get in touch with Sally Kingston at VANS for more information via email sally.kingston@vansmail.org.uk or call 07985 153182.



Falls Prevention instructors needed – Age UK Somerset

Age UK Somerset are looking for instructors to teach their Falls Prevention program (Otago), particularly in Worle and Weston-super-Mare. More information can be found on their website:

<https://www.ageuk.org.uk/somerset/activities-and-events/stay-strong-stay-steady/>



Enquiries can be made to fallsprevention@ageuksomerset.org.uk or by calling 01823 345614.

Local Opportunities

Go 4 Free -Self Referrals are now accepted

Voluntary Action North Somerset (VANS) has partnered with North Somerset Council to help people get active, with funding available through a scheme called 'Go 4 Free'. This scheme provides people access to ten physical activity sessions or classes, (5 funded up to the value of £6 and a further 5 funded up to the value of £3).



The scheme has been opened up to accept 'self-referrals', alongside referrals from our social prescribing partners. This simplifies the eligibility criteria to North Somerset residents who undertake less than 30 minutes of activity each week.

Here is a [link](#) to the Self-Referral form. Further details can be found on the Better Health NS website: [Go4Free | Better Health North Somerset](#)



For further information, please email active@vansmail.org.uk or call Sally Kingston, Physical Activity Coordinator on 07985 153182.

Junior parkrun coming to Portishead

Thanks to over 50 volunteers, a junior parkrun will be starting in June along the esplanade at the lake grounds in Portishead.

The free, weekly, timed two-kilometre event will be every Sunday at 9am. Children from age 4-14 years and their parents/carers (if they wish to participate alongside their children) can enjoy getting active out in the fresh air at their own pace.

Without volunteers parkrun would not take place so if you know of anybody who would like to help (how little or often is entirely up to the individual as there is no ongoing commitment) go to the link below.



Portishead junior parkrun will have its own webpage and facebook page when the start date is confirmed in a few week's time.

Other junior parkruns in North Somerset: Yatton recreation, Clevedon Seafront, Golden Valley Playing Field Nailsea and Weston-super-Mare.

<https://www.parkrun.com/about/join-us/junior-parkrun/>

parkwalk is here!

Parkrun is a global health intervention that is embracing movement in the widest sense. It aims to break down barriers to participation by challenging what it means to be active.

It sets out to bring a sense of community, a sense of cohesion and a sense of identity for everyone who goes along to a parkrun whether they are coming to volunteer, walk, run or spectate.

From April onwards walking a parkrun will have a higher profile at all events across the country. Already the first weekend in April saw over a 1000 parkwalkers participate for the first time ever and there was also a record number of people volunteering to support those walking.



Everybody is welcome to come and parkwalk especially on Saturday the 26th April when parkrun hopes to see the most walkers at parkrun ever!

Register via the link below, go along to your local parkrun and look out for the parkwalk flag to join other walkers take part in a parkrun!

[parkwalk | parkrun UK](#)



Cycling in Weston-super-Mare

Over the summer there will be an opportunity to support those who wish to get out and cycle on a regular basis.

Starting mid-June, weekly led rides over a period of six weeks will be on offer to those who wish to cycle with others in Weston-super-Mare.

Aimed at:

- Cycle returners
- those who are confident to ride on roads
- Individuals wishing to build up their fitness through cycling.



If you have anybody you support who would like to cycle more then please get in touch. Kira.thorpe@n-somerset.gov.uk – 07882 474692.

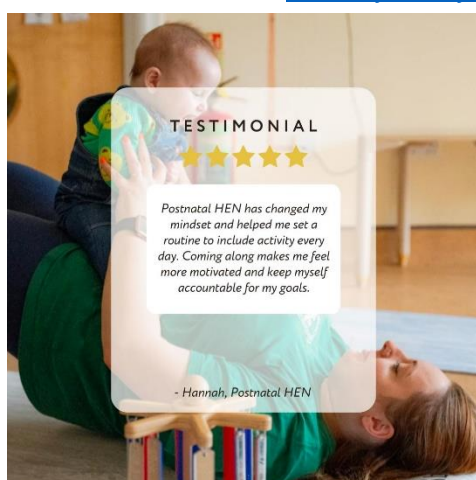
Healthy Lifestyles Support in 2025

Our North Somerset Healthy Lifestyles Advisors provide FREE 1-1 or group healthy lifestyles support for up to 12 weeks. Topics of support include: get active, lose weight, eat well, liver health, postnatal health and stop smoking.



For further information about the healthy lifestyles support available visit our [website page](#) and to self-refer, complete our [form](#).

Residents can also contact the Healthy Lifestyles team via telephone on 01934 427661 or email: healthylifestyles@n-somerset.gov.uk



The healthy lifestyles advisors also run a postnatal healthy lifestyles group (HEN) for further information about this visit:

<https://www.betterhealthns.co.uk/information/hen-postnatal/>

Age UK Somerset Timetable

Age UK Somerset are regularly adding new classes.

Visit [their website](#) to view the latest timetable.



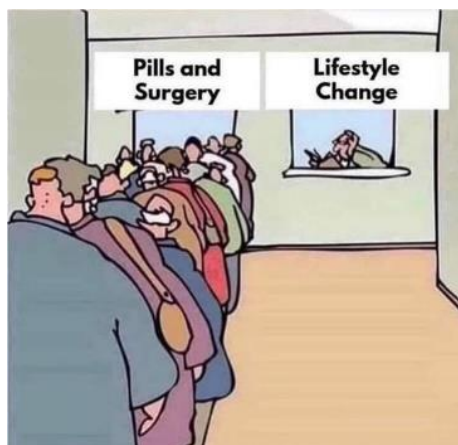
Training

Physical Activity Raising Awareness Workshop

1 in 4 individuals would be active if recommended by a health professional. This workshop provides health and social care professionals with an understanding of physical activity and how it can help their service users/patients become more active. It will include the benefits of getting active, recommendations and local opportunities to get active.

PHYSICAL ACTIVITY RAISING AWARENESS WORKSHOP

**Weds 7 May 2025, 10am-12
Town Hall, Weston, BS23 1UJ**



The next workshop take place in Weston-super-Mare, at the Town Hall on: **Weds 7 May 2025**, 10am to 12pm. And more dates will be planned.

We will also be offering a workshop with an early years (0-5 years) focus. Email us to express your interest in attending and we will contact you once the date is finalised.

To book your place or register your interest for future workshops, email: Getactive@n-somerset.gov.uk

Sport England Updates

This Girl Can releases new insight report

[This Girl Can](#) have shared their latest findings on how to help women move more. They have published a new research report and communications toolkit for anyone who provides opportunities for women and girls to get active.

With a focus on the least active women, the [Belonging Starts with Inclusion](#) resources unearth their barrier and motivation, and how you can support them.



The results of the insight report were also shared during a [webinar](#) that was attended by more than 1,000 people from across the sector.

Funding for Sports Facilities – Sport England

The government has announced [£100 million to upgrade facilities](#) across the UK, such as pitches, changing rooms, goalposts and floodlights.

At least 40% will go to multi-sport facilities, with the funding as a whole being targeted at deprived areas in an attempt to increase participation levels in women and girls, disabled people and those from ethnically diverse communities.

Public Health Update

Yuno - new integrated sexual health service

Yuno is the new integrated sexual health service for Bristol, North Somerset and South Gloucestershire, providing people of all ages with free, confidential support for people of all ages. [Yuno Sexual Health | Local Sexual Health Clinic and Free STI Tests | Yuno sexual health](#)



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