

Health Walk Leaders Quarterly Update

June 2024



- We had six attend our **Health Walks Training** on the 20th May with each one very keen to support our scheme. We now have 91 leaders actively involved with leading.

Sue is already walking with **Portishead** so will become a leader there. Claire is planning to support **Big Worle** to re-start a health walk from the



centre for residents who live in this area. Michael is already walking with **Clevedon** so will become a leader there.

Amanda and Linda are hoping to support the **Winscombe** Health Walk and potentially lead other longer walks (1 hour 30 minutes).

Felicity is looking to either join **Nailsea** or **Long Ashton**.

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- We are still in need of a leader for **Flax Bourton** where Clare is currently a leader with a small and committed group in the village. If you know of anybody who would be interested in supporting Clare please get in touch. This walk will be taking an extended break after the 11th of June and will return early September.



- We are planning to re-start a health walk as part of the **Big Worle** Community Hub programme, some of you may remember that leaders John and Tony led it for many years but it stopped when covid came along. We have a start date of Monday the 1st of July and it will start at 10 am.
- The summer evening walks have started in **Weston** (every Wednesday)



and **Clevedon** (once a month/Mondays) with great numbers (sunset photos welcomed).

- **Churchill and Cheddar** health walk group has now been under our scheme since February with leaders Adrian, Sandi, James and Mandy leading walks in this area. They are fortnightly on Saturdays at 10 am.

Benefited from health walks? – we'd love to hear stories from walkers.

We always love to hear from walkers who have found our walks have helped them whilst having physical or mental ill health. If you do find yourself chatting to someone who tells you about their current health and how coming along has helped them please ask if they would be happy to share their experience.



When visiting **Clevedon health walk** a couple of weeks ago I spoke with a walker called John who was happy to share his experience with others:

‘About seven years ago I found that I couldn’t walk one hundred yards without feeling out of breath and experiencing serious heart palpitations. I eventually ended up having four cardiac stents inserted into the coronary arteries around my

heart. After the heart intervention I felt one hundred percent better and I felt as if I could run a marathon, - well, perhaps not quite, but well enough to walk a reasonable distance without feeling breathless. I was recommended by my GP surgery to join several other people at the local gym for a weekly ‘Healthy Heart’ regime then COVID came along and the sessions had to stop.

We heard about the health walk groups that are run in North Somerset so my wife and I joined the Clevedon Group where we walk twice a week with a really super bunch of people (on occasions as many as forty of us). So if people are looking for exercise and company I cannot recommend joining one of the groups enough. It certainly helps my situation, helps me to keep fit, enjoy some good company and get some fresh air’.

Thank you to all the Health Walk Leaders from **Clevedon** who have made John and his wife so welcome.

We would love to have more photos of our groups and so as and when the sun makes an appearance and if your walkers are happy for you to take photos please snap away! Group photos are always easier so those who do not wish to be in it can step aside.

North Somerset People First (NSPF) Health Walk Leaders:



Karen and Kerry from NSPF now embrace the principles of health walks after attending our training when they take clients with learning difficulties on walks.



We have another **First Aid training** session scheduled for Tuesday 25th June from 9.30am - 12pm at Castlewood. Currently we still have some space so please email Lucy if you wish and can attend.

Lucy.Sherston@n-somerset.gov.uk

On **Thursday 8th August** we will be holding a refresher session (different to our Review Event) for active health walk leaders at Castlewood, Clevedon. Unfortunately, we do not have the room to invite you all so we are suggesting that up to four from each group are welcome to come along. (We can no doubt make an exception to this if a group does have more than four who would like to attend) Can you please discuss amongst yourselves who will be attending.

The session will run from 9.30am -12pm with a tasty break at 11am!

We will be putting together an agenda that will include going back to basics when it comes to leading a safe and enjoyable health walk.

If any of you have any suggestions that you would like to have discussed please let me know.

National Walking Month (NWM)

We were fortunate to receive funding from The Quartet Community Foundation to put more time and resources into NWM this May. We renamed it North Somerset WalkFest and worked closely with Bristol WalkFest to produce a brochure with over 160 walking offers. 2000 brochures were produced and then distributed across North Somerset.

Please let us know if anybody came on one of your health walks because they saw it in any publicity.

On the 13th and the 14th July Culture Weston is once again hosting an **Art and Health Weekend**.

We are looking for any health walk volunteers who would like to help lead a health walk on **Sunday 14th July** on the **Seafront** from **10-11.30am** so please get in touch if you would like to come along and help.

North Somerset Life (NSL) Walks

Several weeks ago I asked you all if you were interested in walking any of the routes that were published in past editions of the NSL magazine (they are now all online) to check their accuracy.

Thank you to all that offered to do this, if you have completed those that you offered to do and you have not sent them to me electronically I will pick them up the next time I visit your walk. Thank you.

Audit of Health Walks publicity

We would like to see better consistency of the publicity that goes out across North Somerset.

Currently Lucy gets posters into pharmacies, surgeries, community venues, churches, libraries, clubs, key partners and town & parish councils.

Although individuals go to the internet to find out what is happening it has been expressed by a few that they no longer see posters about the walks like they used to.

If any of you are happy to distribute flyers in public places in your patch if you are not doing so already then please contact Lucy and let her know. Thank you

Finally, a couple of tips from leaders across our groups:

Clare from Flax Bourton:

I'm being very flexible so to keep everyone happy and interested. We discussed the walks and agreed as a group it was ok to do a longer walk to a coffee shop and then get the bus back if we liked rather than always walking back to the starting point. This means the walk is still one hour if you like but might extend to three hours if you have coffee and walk home. I also wait and see who is there before deciding where we are going to go so that those who walk a bit slower never feel overwhelmed or excluded.

Ruth from Long Ashton:

We are a small enough group to be able to regularly get together (usually after a walk when all the Leaders are present) and discuss issues, any pointers for new leaders or to answer/discuss any questions; and to decide 'away walks'. This mutual support is invaluable.

Extras to take on walks: Hand Sanitiser and lots of spare tissues, plastic bag (for disposal of contaminated tissues etc or for use as a sick bag!). I take a whistle (to get attention for help if required) plus a foil blanket.

Please share you tips in the next quarterly update via email.