

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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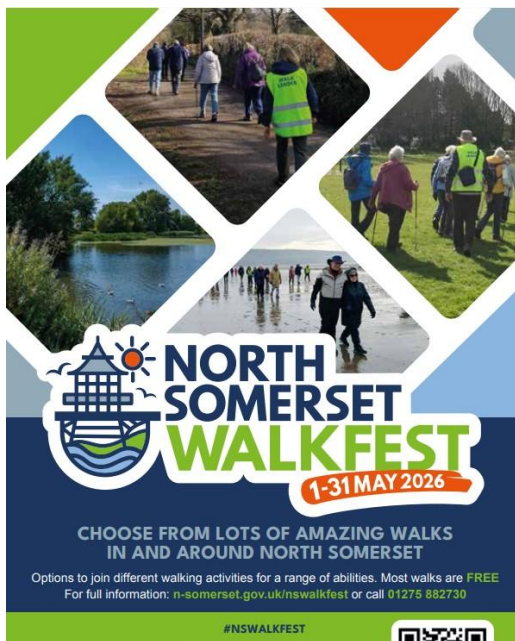
North Somerset Walk Fest

To celebrate National Walking Month, North Somerset Walk Fest is returning this May! 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](#).

Residents who can't access the online programme themselves, can get support to view it 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 Banwell, Churchill and Cheddar, Clevedon, Long Ashton, Nailsea, Portishead, Weston-super-Mare, Winscombe, Worle and Yatton.

If you would like to volunteer to help the health walk programme, we are running [Health Walk Volunteer training](#) on **Monday 18 May, 10am to 1pm in Weston-s-Mare**. 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? Start small 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 Challenges

Two walking challenges are available this May to encourage you and your colleagues to walk a little more.

North Somerset Walking Challenge

The workplace challenge is open to all North Somerset workplaces, which runs from 1 to 31 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. The aim of the challenge is to encourage people to walk a little more, so it doesn't matter how many steps you do.

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; the deadline to sign up is Monday 27 April.

Active wellbeing around the world step challenge

On 18 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. Get loads of help and ideas with free courses, classes and content. And win prizes along the way, plus free giveaways to help budge a little more each day.

This challenge starts **Tuesday 19 May** and runs for two weeks. The deadline to sign up is **Thursday 15 May**. Sign up here: <https://actiwellbeing.me.uk/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.



Explore North Somerset: Your Public Rights of Way



Discover the beauty of North Somerset through more than 500 miles of Public Rights of Way, offering everything from gentle strolls to adventurous countryside hikes. Our footpaths, bridleways and byways connect stunning landscapes, historic villages and wildlife-rich coastlines, perfect for walkers, cyclists, horse riders and families looking to enjoy the great outdoors.

Whether you're exploring wooded trails, wandering across open farmland or taking in far-reaching coastal views, North Somerset's network of paths gives you a unique way to experience the area's natural and cultural heritage.

Our dedicated website makes it easy to explore and enjoy your local paths. You'll find:

- Definitive map showing all public rights of way footpaths
- Guidance on accessing the countryside

- Information on public rights of way
- Advice on responsible use and protecting wildlife
- How to report any issues you encounter on a route

Start planning your next adventure today: <https://n-somerset.gov.uk/my-services/libraries-leisure-open-spaces/parks-countryside/public-rights-way>

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 – win a voucher!



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](#). The survey will open on 1st May.

Join the conversation

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

Bristol Walk Fest

Bristol Walk Fest, the city's hugely popular walking festival, is also back in 2026! Throughout May, Bristol Walk Fest hosts over 400 walking-related events and activities. There is something for everyone, from nature trails, scenic hikes and historical tours to walking sports, family-friendly strolls and cultural walks. Take a look at the event listings on their website, [here](#).



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 have been several rounds of funding available so far with the £63,000 being split across the rounds.

For further information about the fund and how to apply please visit:

<https://www.betterhealthns.co.uk/support/pafund/>



Instructor / Leader Opportunities



ParkPlay – fancy helping out?

Join us online to find out how to get involved and opportunities to help.



ParkPlay is a fun, welcoming way to bring people together through free, weekly games and activities in the park. It's all about families, friends and neighbours moving and playing together, with something for all ages to enjoy. Sessions are relaxed, inclusive and designed to help everyone feel part of their local community.

We're hosting two informal information sessions for anyone who's curious to find out more about ParkPlay and how they might get involved. There's no pressure

and no need to commit to anything regular — we're just looking for people who can offer a little bit of help now and then to keep things running smoothly. If you'd like to

connect with others, support something positive in your community, and have a bit of fun along the way, we'd love to see you there.

The sessions are taking place online on:

- Mon 20 April, 7 to 7.30pm
- Tues 21 April, 1 to 1.30pm

For more info, or to sign up, email: GetActive@n-somerset.gov.uk

ParkPlay happens every Saturday at:

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

Visit the national website: www.park-play.com

Local Opportunities



Cycling in Weston-super-Mare

After a successful launch last summer, Cycling for Health in Weston-super-Mare is back for 2026! This free group is an opportunity to support those who wish to get out and cycle on a regular basis.

There will be the choice of riding for up to an hour at a comfortable pace, or in a progressive group that builds endurance each week.

Starting: **Thursday 23 April, 6.30pm** at The Tropicana on Weston-s-Mare sea front. Then a different location in Weston each week.

Aimed at:

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

There is an online sign-up form on our Better Health website:

<https://www.betterhealthns.co.uk/information/cycling-together/>

Or for more information, contact Kira: Kira.thorpe@n-somerset.gov.uk / 07882 474 692.

Healthy You

Healthy You offers eligible North Somerset residents 12 weeks of group support to improve healthy habits with a focus on healthy eating and exercise. This is a free service for adults with a body mass index (BMI) equal to 28 or more.

The programme is designed to give people the tools they need to make small but sustainable changes that can be maintained long term, supporting them to live a healthy lifestyle. Courses are starting this April at [Hutton Moor Leisure Centre](#) and [Scotch Horn Leisure Centre](#). Full eligibility and referral link can be found here: <https://www.betterhealthns.co.uk/information/healthy-you/>



Volunteers needed for Parkinson's Walking Football with Weston-s-Mare AFC

Weston-super-Mare AFC are looking for someone to manage their Walking Football sessions on a weekly basis, supported by members of the club. The role is voluntary and will involve setting up the equipment for the session, taking payment from attendees, organising the teams for the game and packing up afterwards.

Weston-s-Mare AFC's first Parkinson's Walking Football session takes place on Wednesday 22 April from 10-11am, followed by a cuppa and a chat in the Clubhouse afterwards and with the intention to run weekly sessions thereafter.

The Walking Football Community via the EFL and FAW have been building strong links with Parkinson's UK to encourage people living with Parkinson's to get into Walking Football and lead an active lifestyle.

Walking Football has many benefits for people living with Parkinson's including:

- better cardiovascular health
- improved bone health
- better coordination and balance
- reduced risk of falls or freezing
- increased concentration and better sleep
- better fitness generally
- improved muscle and joint strength
- more social opportunities and better wellbeing.



For further information, please contact: walking@wsmafc.co.uk

Active Worle Project launched



The Active Worle Project (AWP) is a new referral scheme delivered by the @Worle Centre in Weston-super-Mare. It will provide eligible non-members with 12 weeks limited access to physical activity sessions for £12.

Aimed at individuals who would benefit from being more active, users will be supported, encouraged and guided through their sessions.

Residents can be referred by a GP, Social Prescriber, or can self-refer on the AWP website. Full eligibility and referral information can be found here: [Active Worle Project — @Worle Centre](#)

Neuro Circuits class in Portishead

Neuro Circuits is a new class coming to Parish Wharf Leisure Centre in April 2026. Designed for people living with MS, advanced Parkinson's, stroke, or any acquired brain injury. The class is part seated and part standing, so is suitable for any ability level.

Every Wednesday, 2pm from 1 April at [Parish Wharf Leisure Centre](#), Harbour Road, Portishead, BS20 7DD

For more information, contact Alistair Macfarlane: alistair.exercisespecialist@gmail.com / 07508 539 760

Healthy Lifestyles Support in 2026

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 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 service also offers Mind, Body and Baby – a postnatal health and wellbeing group lifestyles group. For more information about this visit: <https://www.betterhealthns.co.uk/healthy-families/healthy-baby/mind-body-baby/>

Age UK Somerset Ageing Well Exercise Classes

Age UK Somerset are regularly adding new classes to the North Somerset timetable.

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

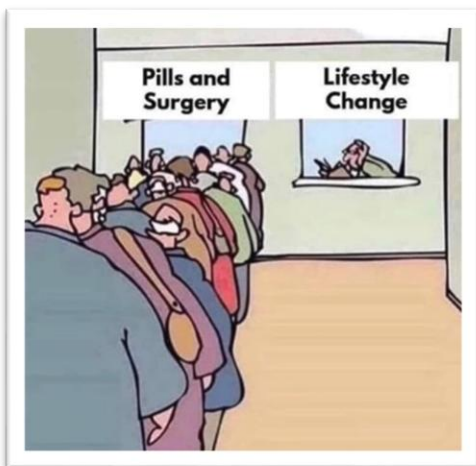


Training

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
Wed 29 April 2026 , 10am-12
Town Hall, Weston, BS23 1UJ



The next workshop take place in Weston-super-Mare, at the Town Hall on: **Wednesday 29 April 2026**, 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

Local and National Campaigns

Let's Dance for Parkinson's

As part of Let's Dance!, professionals across the region are being encouraged to talk about dance with patients/clients with Parkinson's and to signpost them to Parkinson's-appropriate dance classes.

Evidence shows dance interventions improve motor severity, gait speed, balance and quality of life. Classes are adaptable (seated/standing), can be in person or virtual and can be accessed via social prescribing or direct self-referral.



You can find local dance for Parkinson's patients classes at: [People Dancing - UK or online dance classes for people living with Parkinson's.](#)
www.communitydance.org.uk/what-we-do/live-well-and-dance-with-parkinsons



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