

Health Walk Leaders Quarterly Update December 2025



After another year of wonderful walks for our communities the Physical Activity Team would like to **thank you** enormously for all that you do as volunteers.

It sounds simple, lead a walk around your local area for others, but we all know it is so much more than this. I am in no doubt you often hear what the walk means to many that attend, giving opportunities for social interaction that they might not have, enabling them to meet others, enjoying their local area whilst keeping them all safe and providing an enjoyable experience.

You will be able to see the many other reasons when we produce the evaluation document early next year. We hope you enjoy your Christmas lunches and the break from leading walks over Christmas and the new year.

Looking back over the year:



New Worle Health Walk started in November with new leaders Gail and Kate and existing leaders Pete, Jan, Mary and Frid

A beautiful autumnal health walk along the Strawberry Line with the Winscombe group



A crisp February day in and around Lymsham with the Weston group



Clevedon group in Herbert Gardens



A new walk in Banwell started in August



A great shot showing just how busy Nailsea Heath Walk can get!

An away day to Priors wood arranged by the Portishead group in April



The Weston evening group looking very colourful in Uphill with new leader Jan Matthews

Yatton group enjoying Congresbury Churchyard a couple of weeks ago



Long Ashton just before the off in August

In total we have had 17 new walk leaders join us this year which have been critical in supporting all our groups to continue to provide high quality and safe walks.

Amy Symonds, Laura Gregory & Sam Leahy - Banwell
Helen Hatton & Richard Glinn – Clevedon
Sonya Stocker – Congresbury
Joan Anderson, Julia House, Nigel Guy & Stella Sullivan - Nailsea
Julian Marsh & Sue Ferguson – Portishead
Jan Matthews & Peter Bartlett – Weston
Diane Amesbury - Winscombe
Gail Izzard & Kate Brooks – Worle

- A new walk has started in Worle with leaders Gail Izzard and Kate Brooks. Pete, Jan, Mary and Frid have also offered to support them which is great news.
- Eileen has joined Yatton group to support their fortnightly walks across the area.
- Sadly, Congresbury has stopped due to the lack of walkers attending. Sonya from the village is determined to see it start again next spring.
- We have said goodbye to Susan Neville from Weston, Roy Ackrill from Nailsea, and Diane Heath from Clevedon.
- It is sad to hear that Margaret Kendall (first on the right) from Nailsea has passed away. She had been a leader for 14 years.
- Lovely to hear Jennifer Fielding is better and has rejoined the Clevedon health walk group.
- Attendance figures from January through to September show that we have had 92 new walkers and a total number of health walk attendances (throughput) as 9181.



ICE/Next of Kin

Just another reminder to check in with all walkers that they do hold their next of kin details.

It is straightforward in putting it on a phone (Android or Apple). Here is a link to show you how: <https://firstaidtrainingcooperative.co.uk/ice-iphone/>

Thanks for all your support with this.

‘A Walk Down Memory Lane’

Celebrating 20 years of Health Walks in North Somerset

On Thursday 7 May we will be inviting all active leaders to come together at a celebratory morning with lunch from 9.30am - 1pm at the Tithe Barn, Nailsea.

The morning will include looking back at significant milestones whilst acknowledging all the hard work of all our volunteers throughout the morning.

We are planning to have speakers at the event, some surprises and lots of positive conversation as well as a special lunch.

An email has already gone out to you all so please let us know if you can attend, I hope that many of you can attend.

In addition, if you have any ideas of celebrating 20 years with your walkers please let us know asap as we do have some funding that could cover expenses.

Walk Leader Training



**Tuesday 10 February
10am – 1pm
Clevedon Town Hall**

Volunteer with your local health walk group to lead or assist with walks, help develop new walking routes or provide admin support at walks.

Full training and support is provided.

To book your place, or for more information please
call: 01275 882 731 or email:
GetActive@n-somerset.gov.uk



<https://www.betterhealthns.co.uk/get-active/walking/>

<https://www.betterhealthns.co.uk/information/walk-leader-training/>



Our next training for anyone who is interested in becoming a health walk volunteer is on:

Tuesday 10 February 2026

at Clevedon Town Council Offices from 10am-1pm. If you know of anybody who is interested and who would make a great leader, volunteer back maker, middle marker or helper, please pass on our details so they can make contact.

Thank you. Kira.thorpe@n-somerset.gov.uk
07882 474 692

An overview of the training:

- Outline the aim of the Health Walks Scheme in North Somerset.
 - Highlight the positive impact exercise can have on health in the widest sense.
 - Support those who most need to become active to attend walks on a regular basis.
 - Understand the role of a walk volunteer from completing the paperwork required to making sure safety and enjoyment is a priority on all walks.
 - Be clear about the practicalities of running a safe and enjoyable health walk.
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First Aid Training

We plan to offer some first aid training early next year so please make contact if you wish to attend.

Volunteer Evaluation

We would like to ask you all a few questions as Health Walk volunteers. The questionnaire will be sent out to you early next year which you will be able to access online or as a paper copy.

The aim of the survey is to find out how satisfied you are as a health walk volunteer, to tell us why you get involved and to let us know what you think of the support you receive.

This information will be used to continue to support you in providing a great walking experience for all those that attend.

Another key aim of the survey is to provide evidence on the impact volunteering has on people's lives; you will also be able to provide any suggestions or concerns you may have.

Thank you in advance for completing this.

Postal address:

A reminder:

Physical Activity Team, 1 West Post and Print, Town Hall, Walliscote Grove Road
Weston-super-Mare, BS23 1UJ

If you would like us to send you some stamps to cover any postage costs, please let us know.

Our website where all the walking programmes are accessible to the public:

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

Access to up-to-date paperwork:

<https://www.betterhealthns.co.uk/information/hw-paperwork/>

We would like to take this opportunity to wish you all a wonderful festive season, and a happy and healthy new year. We look forward to more great walks during 2026 and celebrating with you 20 years of health walks in North Somerset 🐼🐼

Kira, Catherine and Lucy

