

www.bristol.gov.uk/healthwalks

www.wfh.naturalengland.org.uk

Brand new ... We have a new Walk for Health Bristol logo which we hope you like. There will be guidelines available for partners on its use in publicity.



New Host Organisation for Walking for Health

Natural England is currently going through a tendering process for who will be Walking for Health's new national host organisation from end of March 2012. This should make no difference to the operation of Walk for Health Bristol. More news in the April bulletin.

Gold, Silver, Bronze – Walker Awards 2011



Congratulations to Mike Bird – Fishponds / Hillfields Walker and walk leader for being our Gold Award winner this year having attended 43 walks through out 2011.

Congrats also go to Maureen Garmston and John Guy the Silver Award winners (36 walks) and Nesta Babb and Christine Peacock (35 walks)

September Partnership Walk in Nightingale Valley

A scorching hot day meant water rather than cups of tea were heavily in demand after our last partnership walk! Another wonderful walk attended by over 80 walkers from all over Bristol.

Thanks to the Brislington Twalkers for hosting!



Spring Partnership Walk: Thursday 19 April 2012 – Hosted by Bedminster and Southville Link Age Group

There will be 3 options of walk to suit most abilities - around historic Victoria Park and onto the Northern Slopes. Meet at **10.45 am, Thursday 19 April at St. Michaels and All Angels Church, Vivian Road, Windmill Hill** (or meet in your local area and come with your group).

We look forward to welcoming a variety of Bristol walking groups along to this event.

If you are a new walker or health professional coming to the partnership walk independently of an existing walk group please phone to book.

We will be risk assessing the routes on **Thurs 2 Feb, 2 – 4pm**. Meet outside Asda, on East Street. Walk leaders are invited to join us to check the walks suitability for their own group.

Future Training and Events: Booking Essential – Contact Nic Ferris.

- **Health Walks Leader / Assistant Training: Tues 15 May and Wed 17 October 2012**, 10am – 3.30pm. Venue: The CREATE centre, Smeaton Road, Hotwells.
- **Refresher Health Walks Training: Wed 15 Feb, 1 – 4pm**. Venue; Room 6 (Ground Floor), Brunel House, George Road, BS1.
- **Walk Route Exploration and Risk Assessment: Wed 25 Jan, 10 am**. Meet at Neptune's Statue. Finish by 12 noon.
- **Level One Walks Training:** Walking aides, how to support walkers with mobility issues, setting up a "beginner level" walk: **Wed 14 March, 10 am – 1pm**; Sian: 07810506736.
- **Volunteer Forum: Voice your Ideas!** An informal group that meets every 2 months, run by leaders & helpers for leaders & helpers. **Wed 15 Feb and Wed 11 April, 11am – 12 noon**. Venue: Top floor Lloyds Bar (Wetherspoons), City Centre.

New and developing walking initiatives:

- **Learning Disabilities Walking Group - Stapleton:** Last Tuesday of every month, meet at New Friends Hall, 12.30pm – 1.30pm. Starting January 2012. Ffi call Tracy Smith: 0778994332
- **Hengrove and Stockwood walk initiatives:** Contact Cheryl ffi: cherylmartinlinkage@gmail.com 075 3056 4332 / 0117 9715873 (Mon / Tues).
- **The Downs Walking programme:** Starting Feb 2012. Ffi contact Tim Dowling: 9733834
- **MSHed history walks** - starting springtime, Date TBC. Ffi Sian Davies
- **Nordic Walking** – For people with mobility problems (arthritis etc), meet at 1pm Mondays, Eastville Park. Contact Sian Ffi.

Measured Routes: www.bristol.gov.uk/page/measured-routes-parks

We are currently creating measured and signposted routes within some Bristol parks. The routes vary from a few hundred metres to up to a mile in length and can be used to increase your activity levels as well as enjoying our parks all year round. The routes are being funded by Active Bristol with support from local community groups and organisations.

Three measured routes are already available in Canford, Hillfields and Redcatch parks.

A further eight routes are being developed and are due to be completed in Spring.

CREATE centre café and Park Kiosk Café's.

These are currently not operating so don't rely on them for your after walk refreshments. The CREATE centre reception can still provide you with hot drinks but it is best to let them know you are coming at least half an hour before turning up. Call: 0117 9250505.

Police Community Support Office's (PCSO's) – Have you ever thought to invite your local PCSO along on your walk? A good link to make if you haven't already.

Call **101** to contact your local police in a **non** - emergency. 101 is available 24 hours a day, 7 days a week and it costs 15p no matter how long the call.

Or visit <http://www.avonandsomerset.police.uk> and click on "in your area" link, top right.

Olympic Year Walk Challenges:

2012 – The year London hosts the Olympics! To mark this occasion WfHB will be challenging existing walkers to get more active and to encourage their friends and family to get more active too.

- 1) **Mrs / Mr Motivator Awards:** Introduce new walkers to any of our "5 ring" health walk scheme's (contact Nic Ferris for a list or visit www.bristol.gov.uk/healthwalks) between **Wed 1st Feb and Fri 31st Aug 2012**. Introduce 1 new walker get a bronze award, introduce 2 – get a silver award, introduce 3 – get gold! (gold award winners also get a prize). The new walkers must attend at least **5 walks with 1** a WfHB "5 rings" group.
- 2) **Measured Routes Challenge:** Record your visits to and around any of our measured routes from **April – Aug 2012**. Awards for those that use the routes most often.
- 3) **Pedometer Challenge: August – September 2012:** Record and try to increase your average daily steps over a 8 week period.

To participate in any of the above Bristol walk – a –lympic challenges contact Nic Ferris for an entry form and more information. (or download from www.bristol.gov.uk/healthwalks)

For information about any of the above please contact
Nicola Ferris on 07810506738 or email: nicola.ferris@bristol.gov.uk

Walking for Health Bristol, Bristol City Council, 4th Floor, Brunel House, St. George's Rd, BS1 5UY



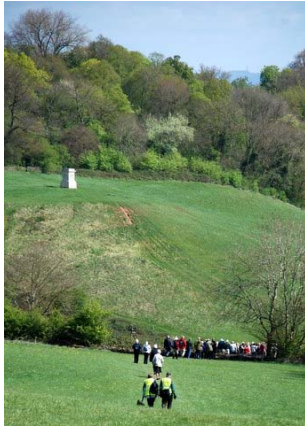


Developing the Measured Route in Redcatch, Jan 2011



Photos by Cheryl

Partnership Walk in Stoke Park, April 2011



Westbury Walkers Launch — March 2011



St. George Strollers Launch — May 2011



Volunteer Thank you, May 2011

Brislington Twalkers 1st Birthday walk, July 2011





Avon Aquatic Amble, St. George's Strollers, July 2011



Walking in MIND re-launch, Sept



Walks 4 Women Launch, Sept 2011



Photos by Cheryl

Volunteer Awards and photo shoot in Redcatch Park, Sept 2011



Photo by Paula Davies



Photo by Di



Partnership Walk in Nightingale Valley, Sept 2011



St. George Park Link Age 1st Walk, Oct 2011

