



August 23 2011

Popular voluntary project seeks more walk leaders!

FREE Health Walk Leaders' Training Day

Tuesday 13 September

10.00-3.00pm

Clevedon Council Offices, Old Road, Clevedon BS21 6BU

If you like being outdoors and appreciate that walking has significant benefits for both physical and mental health, then this FREE accredited walk leader training day is for you.

More than 4000 people have enjoyed one of North Somerset's many Health Walks since the scheme was launched in November 2006. Despite a committed band of almost 90 volunteer walk leaders more are needed to support this growing scheme.

"This Health Walks' project is just one example of the magnificent work the Go4life partnership is doing in North Somerset," said Project Co-ordinator Liz Lansley, NHS North Somerset. " Most of our health walks are short: 'under the hour', and on even surfaces with no stiles. We are particularly interested in hearing from people who have found walking good for their own health as the walks are aimed at people who need to be more physically active for health reasons."

“North Somerset Strollers has been accredited by the nationally recognised, Walking for Health scheme. You do not need to have an extensive knowledge of your local area as walks are short and route planning shared with some experienced walk leaders. You just need to be able to guide and support small groups, be alert at all times and encourage participants to walk more.”

This project is co-ordinated jointly by North Somerset Council and NHS North Somerset and is part of the Go4life initiative encouraging everyone to lead healthier and more active lives. To book a place and find out more, call 01275 882730.

-ENDS-

For further information please contact Liz Lansley On 01276 885143

Email: liz.lansley@nsomerset-pct.nhs.uk