

PRESS RELEASE

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**RUNAWAY SUCCESS OF NORTH SOMRSET WALKS
PROGRAMME PROMPTS CALL FOR MORE VOLUNTEERS**

The search is on for more volunteers to lead North Somerset's Health Walks programme. Since its launch in November 2006 more than 3000 people have participated in the programme and its committed bank of 70 volunteer walk leaders needs additional numbers to service this rapidly expanding project.

Explained Project Co-ordinator Liz Lansley, of NHS North Somerset:

"If you enjoy the outdoors, like working with people and want to be more active in your spare time you are welcome to apply for a place on our next free training session at the Badger Centre, Wadham Street, Weston super Mare on Wednesday 19 January 10.00am-3.00pm . "This Health Walks' project is just one example of the magnificent work the Go4life partnership is doing in North Somerset,"

She added: "We are looking for people with a love of the outdoors who want to encourage others to enjoy the pleasures of walking. All walks are short: 'under the hour', and most are on even surfaces with no stiles. "

"We are particularly interested in hearing from people who have found walking good for their health as we aim to attract people who may have a health condition that would benefit from walking."

North Somerset Strollers has been accredited by the nationally recognized. 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.

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