

### St. George's Day Walk, April 2010

#### Hosted by the Indian Association

Walkers from East Bristol enjoyed a sunny walk in St. George's Park on Friday 23<sup>rd</sup> April followed by refreshments at the Gurdwara (Sikh Temple) on Church road. A few walkers were taken on a trip down memory lane as they went on a tour of the Sikh temple that used to be the school some had attended. Walkers expressed an interest in visiting a different place of worship combined with a walk in the future.



### Recent Training

- **Health Walks Training for Community Workers:** Barton Hill, May 2010. Work continues to develop walking within the Somali and refugee communities. 2 health trainers and 5 community workers are trained and engaged with the project. Health Trainer, Ismail Omar, is now also able to offer Walk leader training in Somali.

### Future Training: (Booking Essential)

- **Managing Groups with Confidence:** Wednesday 21<sup>st</sup> July, 10 – 1pm. The Council House.
- **Working with Adults with Learning Difficulties:** Tuesday 17 August, 10.30 – 1pm. Colston 33.
- **Leading Bat Walks:** Thursday 19<sup>th</sup> Aug, 7 – 9pm. St. Werburghs Community Centre.
- **Walk Leader / Assistant Training:** Wednesday 13<sup>th</sup> October 2010, 10 am – 3.30pm. @ the CREATE centre, Hotwells.
- **Refresher Leader Training:** Wednesday 20<sup>th</sup> October: 10am – 12.30pm. Colston 33.



Community Workers having completed their walk leader training May 2010



Karron leading a bat walk @ Crox Bottom

### Walking for Health Bristol Partnership Walk: September 2010

Calling all health professionals, leaders and walkers! **Monday 20<sup>th</sup> September** is your next chance to experience a Walking for Health Bristol Partnership walk. Come with a health walks group or come independently but don't miss it!

**Meet at 11 am at the Scout Hut on Bishport Avenue** (Opposite Honeygarston Road), Hartcliffe. There will be a variety of walks and refreshments are provided. Thanks to Hartcliffe and Withywood group for hosting the event. If your coming independently of a walking group **please book, call Nic Ferris on 07810506738.**

## Hillfields Group's 5<sup>th</sup> Birthday



## Lockleaze and Horfields 1<sup>st</sup> Birthday



## New walks and groups:

**Brislington:** Brislington's first health walk is planned for Friday 2<sup>nd</sup> July and a second on Wed 14<sup>th</sup> July. A fortnightly programme of walks will then follow. Call Nic for more info.

**Walking for Mental Health (BALP):** Rebecca Muncey and Rebecca Martin (new volunteers as of March 2010) have started a new Walking for Mental Health Group which meets at the MIND office on Old Market Street every Thursday at 2pm. Brian McCann and Richard Hughes have been helping to set up this group. The first few walks have been sunny and successful. FFI contact: Rebecca Martin 07725884587.

**Somerfield House BCC Staff walks:** Jeff Rowland and Jane Lewis have done fantastic work setting up a new lunch time walk for BCC Staff in Hengrove (Somerfield House). After setting up a new group in May this year they are now leading walks twice a week!

**Bigger Women Stroll:** An evening walk that is proving very popular: Every Tuesday Meet 7pm @ Oldbury Court (Vassals) Car Park, Fishponds Road.

**Voice your Ideas!** An informal group which will meet every 2 months run by leaders & helpers for leaders and helpers. Next meeting: Wednesday 18 August, 11am. Venue: City Centre Café to be confirmed. FFI contact: Sian Davies: 07810506738 / 3521199.

## Other news:

**Henbury Group successful in receiving £1000 Funding for Equipment.** Well done Roy and we hope the group is enjoying their new, all weather walking gear!

**Case studies:** How has walking with a group benefited you? Get in touch if you have a story to share.

For our latest news and walks programmes please visit our web pages at [www.bristol.gov.uk/healthwalks](http://www.bristol.gov.uk/healthwalks)

For information about any of the above please contact  
Nicola Ferris on 07810 506 738 or email: [nicola.ferris@bristol.gov.uk](mailto:nicola.ferris@bristol.gov.uk)

Walking for Health Bristol, Bristol City Council, 1st Floor, 33 Colston, Colston Avenue, BS1 4AU

