



Encouraging and helping people to live healthier and more active lives

Partners' Bulletin

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The aim of this bulletin is to keep colleagues and partners informed about what is happening in the promotion/development of physical activity in North Somerset as well as nationally. If you have something you would like to share, please get in touch for us to add to the bulletin. The bulletin will be produced as and when there is enough information to share.

National Walking Month – May

May is National Walking Month and we aim to highlight the many walking opportunities here in North Somerset as well as celebrate what walking has brought to many lives during the pandemic, inspiring others to start or to continue walking for the rest of their lives.

Whilst adhering to Covid restrictions, we want to encourage families and friends to reconnect and enjoy National Walking Month together.

All the latest information will be displayed on [our website](#). This is being updated with more information in the coming weeks.

Walking Cafes



Several cafes across North Somerset are supporting National Walking Month by displaying local walking routes. Why not meet a friend or family member there for a socially distanced walk and catch up?

Anyone who visits can pick up a route to follow and explore the local area. All walks are between one and four miles and can be done at your own pace. A list of cafes will soon be available on our [website here](#).

Walk A Mile A Day In May

If you want to be more active and need some support in getting started why not commit to walking one mile a day throughout May starting with just ten minutes. If you have had to shield during lockdown, or you are recovering from Covid, this is an ideal starting point. You can track your progress by downloading the 'Active 10' app.



A calendar and some motivational tips to support you in achieving a daily exercise habit are available on [our website](#). Walking A Mile A Day is a great goal to motivate you to start to become more active.

Why not challenge your client/friend/family to Walk a Mile a Day in May? You can download the [Active 10 app](#), or the [motivational calendar](#) to track your progress.

Where to Walk in North Somerset

We will be providing an [extensive list](#) of walking routes all around North Somerset, with walks up to four miles and also signposting you to other longer walks in the area. Why not explore somewhere you haven't walked before?



Walking groups in North Somerset



Many of us want to re-connect with others through walking and we hope to support the development of new walking groups in the future starting during May.

We would love to hear from anybody who has an interest in setting up a new walking group as well as walkers who would like to join so get in touch. [More information available here](#).

We can provide support to those looking to set up a new walking group, including help applying for funding if needed.

Win a £50 shopping voucher

Look out for a chance to win a prize by completing our [quick walking questionnaire](#) during May.

For more information....

To keep up to date with everything walking during May visit, follow and tag us in:

www.n-somerset.gov.uk/walking

Facebook: [Go4LifeNS](#)

Twitter: [NSHealthTrainer](#)

Return to Play

For the latest guidance on the current rules of easing out of lockdown restrictions, please visit the [Sport England website](#). As of 12th April, more facilities can open.