

October 2010

Walking for Health
A Time Travellers guide to Bristol
Have your say on important changes to your local parks and green spaces Travel Actively 2nd annual report
Centre for Exercise, Nutrition & Health Sciences Speaker Series
Remodelling Play: Children and Young People's Involvement in Design Creative Play launch
Health and Well-Being Through Dance Seminar
Breakin' Convention

Walking for Health

Training opportunities

Booking essential, call: Nic Ferris: 07810 506738 / 0117 3531283

Refresher Health Walk Training Monday 29 November, 11 am – 1.30pm @ Colston 33 (Lunch provided).

Walk Route Exploration and Risk Assessment Training:

Wednesday 27 October 10 am – 12 noon & Tuesday 2 November 1.30 – 3.30pm. Meet @ Temple Meads.

Bat Walk Leading – A refresher: Tuesday 22nd February 2011, 10 am – 11.30 am, Colston 33.



New walks and groups

Weekly Walk in Badock Wood: Health Trainers, Zoe and Jasmine have started up a regular Friday afternoon walk for beginners (up to 1 mile walk / 30 minutes) in beautiful Badocks Wood, Southmead. For further info call Zoe: 07785998926.

Avonmouth and Shirehampton: This new group is being developed by Health Trainers Anna (07785 977 290) and Hayley (07785 996 949). Fortnightly walks of 2 – 3miles are being organised for Oct – Dec with the hope of building up to weekly walks in the Spring.

Back on Track: A weekly Monday morning walk in Manor Woods for those new to walking or recovering from illness or injury. Call Shaun for further info: 07785976239



A Time Travellers guide to Bristol

World of Arthur Cox have completed a internet Time Travellers guide to Bristol
You can watch old and new films and see more about the project at
www.atimetravellersguide.com

You can also download the free iPhone app on the App Store. and walk around Bristol whilst seeing old photos and films of the places you are walking through.

Have your say on important changes to your local parks and green spaces

Bristol City Council are seeking your views on Area Green Space Plan ideas and options, setting out how all of Bristol's communities can have better access to a range of quality parks, green spaces and facilities.

The aims are to make improvements that concern local residents most, such as:

- providing new and improved children's play areas
- improving accessibility, and
- making spaces safer

Some plans also identify specific sites that could be sold for development to generate much of the cash needed to invest in and maintain our most important green spaces and protect them for future generations.

How to make comments

The public consultation will run until Friday, 29 October 2010. There are 14 Area Green Space Plans available to view and comment on - one for each Neighbourhood Partnership area in the city. You can make comments by:

- completing the [online questionnaire](#) or download the [PDF questionnaire](#) and return it to the address on the form
- attending a [drop-in sessions](#) during October
- email Park.Strategy@bristol.gov.uk
- write to Area Green Space Plan Consultation (AG/Col33), Freepost BS4341, PO Box 595, Bristol BS99 2BR



Travel Actively 2nd annual report

The second annual monitoring report from Travel Actively is now available at:
www.travelactively.org.uk

Travel Actively projects reached almost 160,000 people in 2009, providing opportunities to become more physically active through active travel.

Travel Actively is a portfolio of 50 projects from the Active Travel Consortium that addresses health and wellbeing through regular walking and cycling across England.



Centre for Exercise, Nutrition & Health Sciences Speaker Series 2010-2011

Dr Adrian Davis, NHS Bristol / Bristol City Council

“Transport and Health: from theory to public health engagement”

Wednesday 13 October 2010 – 12 noon

Associate Professor Greet Cardon, Ghent University

“Research on physical activity in early childhood: recent insights and future challenges” Wednesday 9 March 2011 – 12 noon

Dr Mark Hamer, University College London

“Health behaviours, mental health and disease risk in the elderly”

Wednesday 18 May 2011 – 12 noon

Seminars open to all Held in Lecture Room Centre for Sport, Exercise & Health,
Tyndall Avenue



**Remodelling Play:
Children and Young People's Involvement in Design
26 October 2010**

Considers the contribution made by children and young people to the evidence base that has underpinned the remodelling of play provision in Bristol.

Professor Lamine Mahdjoubi, University of the West of England and Les Compton, Deputy Head of Young People's Services, Youth and Play. 26th October 2010, 3-4.30pm, The Pavillion, Bristol

These events are free of charge but places are limited, if you would like to sign up for any of these events please contact Bonnie Curran, Information and Evaluation Officer, Joint Commissioning Team
bonnie.curran@bristol.gov.uk 0117 9037745

Creative Play launch: 29 October 2010

Are you:-

- a professional working in play, community development, youth work..
- interested in new ways to use the arts;
- interested in using familiar materials in new and exciting ways;
- interested to explore new ways to engage adults in play;
- working with people who could benefit from creativity in play?

acta (access, creativity, theatre, arts) invite you a celebration of Magic Day, our three year creative play project in North Bristol. Come along to the launch of the new Magic Day toolkit, which provides loads of big art ideas developed through acta's Magic Day project.

An opportunity to meet the arts facilitators and play workers who worked on Magic Day, and find out how you can use big art ideas in your own area.

Free copy of the Magic Day toolkit (book & dvd) for all attendees.

To book a place tel. 0117 953 2470 email. helen@acta-bristol.com



Health and Well-Being Through Dance Seminar

Learn about great evidence based dance projects.

- Developing multi-agency partnerships to deliver local health outcomes.
- Contribute to commissioning opportunities of dance programmes in your area.
- How dance can tackle health inequalities in your locality.

15th November 2010, Swindon or 2nd December 2010, Plymouth

Who is it for?

Front line health professionals in primary care and hospitals, obesity leads in primary care trusts, physical activity promoters in local authorities, adult and social care managers, healthy school coordinators, voluntary and community representatives. This event is free and is inclusive of lunch.

To book, contact the Healthy Weight Healthy Lives Team on 0117 900 3507 or email HWHL@gosw.gsi.gov.uk

Breakin' Convention 15 November 2010



A Sadler's Wells Project
breakin' convention 10
AN INTERNATIONAL FESTIVAL OF HIP HOP DANCE THEATRE

Now in its 7th year in London, Breakin' Convention is coming to Colston Hall. It is the not-to-be-missed hip hop experience of the year starring some of the top dancers on the planet. **There will also be special performances from local crews** who won the chance to appear in the show alongside their breakdancing heroes.

Breakin' Convention takes place on Monday 15 November. To book tickets, call the box office on 0117 922 3686 or book online at www.colstonhall.org

This newsletter is produced by Claire Lowman, Active Bristol Manager. If you would like to make a contribution to future newsletters, have colleagues who would like to receive it or would like to be taken off the distribution list please e mail: claire.lowman@bristol.gov.uk or phone 0117 3525 689. Previous issues appear at: www.activebristol.org

