



The weight watchers of Pensford, whose walk for health and fitness raised funds for the British Heart Foundation

A group of women, who meet weekly at the Weightwatchers class in Pensford, have raised £110 for the British Heart Foundation by joining in the nationwide walk for health and fitness challenge.

They had to walk one and a half miles and had friends and family sponsoring them.

Leader, Michelle Head from Woollard, said: "Our reasons for taking part in this challenge were to raise funds for the Heart

Foundation as well as raise awareness as to how we can all have healthier and fitter lives.

"We all enjoyed walking around the playing field several times and it made us think about healthier living."

People come to the class from all over the Valley and they all took part in the walk which, said Michelle "made it a real Valley event."

Words and photo by **Ros Anstey**

Doctor helped robbery victim

A Chew Magna GP was among six people who rushed to help an elderly woman after she had her bag snatched in Nailsea, and whose efforts were recognised with an award from Avon and Somerset Constabulary.

A 79-year-old lady was walking back from the shops in Nailsea last year when two women grabbed her bag and made off in a car driven by a third person, a man.

Dr Sandra Fenn of Stanton Wick, saw the robbery as she drove past with her 10-year-old daughter.

She pulled over, locked her daughter in the car and ran to the scene, where she offered support until the police arrived.

All six members of the public were honoured with a Waley Cohen Award at a ceremony at Avon and Somerset Constabulary Headquarters, Portishead.

Country Market wants help

Chew Valley's Country Market, which meets every Friday morning from 10am until 11am in the Old Schoolroom in Chew Magna, is asking for helpers and also cake makers to join its friendly members.

If you want to find out more then please come along on a Friday morning and speak to Mrs Dorothy Sanderson. Or you can ring her on 01749 677259 to find out more.

Many bargains can be found at Chew Valley's Country Market, which boasts a friendly atmosphere, and where members of the organisation sell their wares.

These are all high quality goods and include cakes, preserves, plants, fruit, vegetables, flowers, honey, crafts and free range eggs. While there you can also enjoy a coffee in pleasant surroundings and company.

Ros Anstey

Balloons launch for heart charity

Children at Stanton Drew Primary School recently took time from their usual lessons to help launch balloons on behalf of the 'Syncope Trust and Reflex anoxic Seizures' (STARS) charity.

Across the UK almost 3000 balloons had been sold and were being released from many sites to help raise awareness of Heart Rhythm Day and the Arrhythmia Alliance Awareness Week.

One of the children's parents, Jo Jerome, from Chew Magna, who works as a volunteer for STARS in their Youth and Educational support section, was there to organise the launch.

She said: "STARS hopes that the balloons launched from sites like Stanton Drew will help raise awareness for young people and their families who experience blackouts, unexplained loss of consciousness or have been diagnosed with a type of syncope such as Reflex Anoxic Seizures (RAS) or Vasovagal Syncope (VVS), both of which can be misdiagnosed as epilepsy."

Doctors suggest more than 225 000 young people in the UK experience blackouts, and as a result they can miss a great deal of schooling or even struggle to access education.

In later years work and even following a 'normal' daily routine are all affected. Jo, whose niece has RAS said: "Most worrying is that syncope (blackout) can be a warning for a serious, and possibly fatal heart condition. Department of Health guidelines now recommend that anyone who has 'fainted' for no apparent reason should be given a twelve lead ECG as a matter of routine."



Stanton Drew children and the balloons

The charity now waits to see which of the balloons travel the furthest, but have prizes for many categories including a cash prize of £50.00 for the person who sold the furthest travelling balloon and the person who finds it. While for the purchaser the winning prize is a family holiday in the Scottish Highlands!

STARS website offers further information: www.stars.org.uk or helpline: 01789 450 564

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