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a luxury
pamper day

SOMERSETLIFE



**FOOD & DRINK
AWARDS**

The winners
are revealed



**NICHOLAS
WYLDE**

Rising from
the ashes

OUT & ABOUT

Langport and
Portishead

SOMERSETLIFE

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What's on in WELLS

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Blackdowns

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Health & Beauty News

Your update on Somerset's thriving health and beauty industry

COMPILED BY: GEMMA CLAPP



Walk volunteers needed

Walking for Health, a national scheme co-ordinated locally by the North Somerset Council, helps people in the area become more active.

More than 300 people a week are currently on the scheme, but with the figure slowly increasing the project is looking for more health walk volunteers to help.

If you enjoy walking and would like to encourage others to benefit from getting out and about in the fresh

air, this is the perfect volunteer job for you.

"Helping others to become more active over time is very satisfying," says one of the existing health walk leaders. "And the social interaction whilst walking for health is priceless."

Becoming a walk leader is easy with the council offering regular free training for new volunteers.

Contact North Somerset Council's Sport and Active Lifestyles team on 01275 882 731 or email sport@n-somerset.gov.uk for more information and to book a place.

ABOVE: Ever thought about becoming a walk volunteer?

Award-winning brand at Space NK Bristol and Bath

Popular British brand Aurelia Probiotic Skincare recently launched into Space NK Bristol and Bath.

Founded in January 2013 by Claire Vero, the brand is a natural, luxury age prevention range, which has already won an array of awards, most recently scooping the Best New Brand in the Beauty Bible.

It is widely praised within the beauty industry and until now has only been available in Liberty London and online at Net-A-Porter.com.

The company says it blends breakthrough science with natural

bio-organic ingredients, free from synthetics and gorgeous textures and fragrances from essential oils.

It says it aims to be a perfect marriage of science, nature and luxury.



ABOVE: Aurelia Probiotic Skincare has launched in Space NK Bristol and Bath



ABOVE: Sajid Javid has backed the Taunton watersports centre plans

Unique watersports initiative for Taunton

Taunton could soon be home to a dynamic new £800,000 state-of-the-art, eco-friendly watersports centre.

The proposal was backed by Secretary of State for Culture, Media and Sport, Sajid Javid, after visiting the town at the invitation of Prospective Conservative MP for Taunton Deane, Rebecca Pow, who is working with the team from the COACH charity masterminding the project.

"This will be a much needed community hub and is exactly the kind of facility we need to offer our young people," explains Rebecca. "It's encouraging them to get outside, take exercise and benefit from a healthy lifestyle."

The Watersports Centre has already received positive local support and has secured the majority of the funding needed thanks to Sport England, Taunton Deane Council, Bishop Fox's Educational Foundation and Canoe England. Only £120,000 more is needed to make the plans a reality next year.

OPTICIANS REFURBISHMENT

Langport opticians, Earlam and Christopher has recently undergone a refurbishment, allowing it to display more frames and sunglasses. The opticians has been established in the town for 40 years and offers expert eye care and eyewear.