



Issue 2

FROM THE EDITOR

Welcome to the second edition of “@ The ORC”, keeping you up to date with everything that’s happening here at the Overton Recreation. This month, our focus is on walking, and all the great health benefits it has to offer.

As usual, if your club or society would like to feature in this newsletter, please email Graham Devereux at chairman@overtonrecreationcentre.org.uk

Don’t forget to follow us on Facebook and Twitter, as well as visit our website. All the details are at the end of the newsletter.

CHAIRMAN’S CHAT

The ORC has wasted no time in getting things done this year already! If you visit Town Meadow you will see a new tarmac car park and storage buildings that bring us into the 21st century. And it won’t be long before we have established some new hedging.

The damaged fencing at Bridge Street has been addressed and we will plant new hedge in the spring. You can expect appropriate tree management once we are clear of bird nesting. Step by step we will continue to improve our facilities so as to make them all a great place to enjoy your activities.



Congratulations are due to our dedicated groundsman Kevin Ratcliffe as he has been recognised by Hampshire FA recently coming 3rd for the best football ground facility in the county – players at Bridge Street acknowledge it’s a great place to play!

WALK4HEALTH

<https://www.walkingforhealth.org.uk/>

Why is Walking Good for You?

Are you feeling a little bit inactive? Do you find that your day involves a lot of sitting down?

The Chief Medical Officers of the UK have identified that if we are more active then we will improve our ability to avoid obesity, type 2 diabetes, heart disease and certain types of cancer. Physical activity helps you maintain a healthy weight, improves cholesterol levels, reduces blood pressure, builds healthy muscles and bones, improves balance and reduces the risk of falls. **It is never too late to get active** — even those who take up physical activity late in life will experience benefits.

Physical activity is good for our minds – it really does make us happier. Being active promotes mental health and wellbeing. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue.

Walking is a stimulating way to enjoy our local countryside and if you’re able to join a group then it’s a good opportunity to develop friendship networks.

And of course it's a really cost effective way to improve your health! Participation is FREE although we'd love you to support us through membership of the Overton Recreation Centre – forms available at the Pavilion or online.

Walk4Health at The Overton Recreation Centre

Over a year ago Denise & Steve Williams saw the possibilities of this scheme and set out to bring the opportunity to our local community. "We offer organised walks which are either 60 minutes or 90 minutes (faster pace) in our beautiful local countryside, setting out from The ORC in the heart of the village. We began with a few enthusiastic souls and now we have 50-60 regular participants." Our ramblers genuinely find improvements in their physical, mental and social well being.

Not only is The Overton Recreation Centre building community relations but we have benefited from grants from the local authorities. During 2018 volunteers from the group helped to improve the footpaths in the local area and in return we have received funds to buy a brush cutter together with a relevant training package.

And those familiar with the Polhampton area will have noticed improvements to fence gates thanks to our collaboration with local farmer Richard Gibbins.



GET INVOLVED! Walks take place **every Monday at 10am.**

Meet at The Overton Recreation Centre, Bridge Street, Overton. Tea, biscuits and a social experience guaranteed.

Contact Denise Williams via our web site – www.overtonrecreationcentre.org.uk

Overton Tennis Club

Overton Tennis Club will commence club nights on Tuesdays and Thursdays commencing 7 p.m. 2nd April 2019.

The club has two hard courts and floodlights so we can play throughout the year.

We have teams in the men's, ladies and mixed leagues and are always on the look-out for more players.

Anyone interested in playing club tennis or casual please contact Bob Pallister on 01256 770643.

Website: www.overtonrecreationcentre.org.uk

Facebook: www.facebook.com/overtonrecreationcentre

Twitter: www.twitter.com/orc_overton

Design and development of this newsletter by Overton Web Services
www.overtonwebservices.uk / email: contact@overtonwebservices.uk