

October at HOST!

Bringing you the latest Campus updates

VIEW OUR  
SOCIAL  
CALENDAR  
HERE





CARDIO & CONDITIONING  
Mondays, 6pm, Hinkley Campus



MEN'S CORE AND MOBILITY  
Tuesdays, 6:30pm, Hinkley Campus



HAIRCUTS FOR DADS  
20<sup>th</sup> October, 4pm - 9pm, Sedgemoor Campus  
[CLICK HERE TO SIGN UP](#)



SOUND BATH  
7<sup>th</sup> October, 7pm, Sedgemoor Campus  
[CLICK HERE TO SIGN UP](#)

CLICK HERE FOR OUR FULL CALENDAR OF ACTIVITIES

NEW Fitness Challenge & September Winners

1000M ROWING SPRINT

WIN!  
MyProtein Protein Snack Box  
\* Winning time will be announced in the October HOST blog and connected channels.

How it works

- Rowing machine only
- Resistance can be adjusted during the attempt
- Travel 1000m or 0.62 miles
- Record your best time on the leader board  
Get your challenge sign-in sheet on board to get started

TOUR DE HOST

WINNING DISTANCE

Hinkley Campus  
5.3km

Sedgemoor Campus  
7.12km

Zero Harm Week Health Appointments

Tests include:

- Diabetes and cholesterol\*
- Aortic aneurysm (Men 65+)\*
- Menopause\*
- PSA prostate (Men 50+)\*

Other walk-in events include:

- Pneumococcal vaccine (Welders only)
- Sexual Health information
- Blood type and donation suitability
- Bowel cancer information

\*Must be pre-booked

Book now for  
Health Testing Week

October (day & night shifts)

We have **FREE** health tests and information sessions taking place in Hinkley Health and/or Jason Waring Hall.

To find out about the week and to book your tests, visit HPC Link by clicking below.

BOOK HERE



October Walk and Talks

7<sup>th</sup> Oct

 Bowling Green car park, Portway Lane

 Climb the ridge to the trig point on Black Hill returning by thecombe  
4 miles

14<sup>th</sup> Oct

 Esplanade, outside St Andrew's Church

 Out and back along the beach  
4 miles

21<sup>st</sup> Oct

 Bridge on Fore Street, Eastover

 Head along river to town, crossing over the M5 flyover  
4 miles

28<sup>th</sup> Oct

 County Hall, Taunton

 Following West Deane along the River Tone via French Weir

Alzheimer's Society Move-A-Thon



ALZHEIMER'S SOCIETY MOVE-A-THON

Walk for a cause. Spend 30 minutes on the treadmill and support the Alzheimer's Society.  
21st October, 8am - 8pm, Hinkley Campus

CLICK HERE TO DONATE

PLEASE CLICK THE POSTER BELOW TO SIGN UP!



HPC CROATIA MOUNTAIN  
TREK TEAM

CHARITY  
MOVE-A-THON



KEEP MOVING, KEEP GIVING

Join the HPC Croatia Mountain Trek Team as they embark on a 12 hour move-a-thon at Hinkley Campus to raise money for Alzheimer's Society

Mini challenges, a raffle & prizes to be won throughout the day

£10 per 30 minute slot



21 October 2026

Hinkley Campus

8 AM - 8PM

TO BOOK A SLOT - PLEASE CONTACT [joanna.manley@nnb-edfenergy.com](mailto:joanna.manley@nnb-edfenergy.com)

October Local Spotlight



Acoustic Night  
Bring along an instrument and jam with other local performers  
Bridgwater Arts Centre, TA6 3DD  
October 15 @ 7:00 pm - 9:00 pm



Ignacio Lopez: Nada  
Star of Live At The Apollo, Have I Got News For You & Comedy Central Live, Ignacio Lopez returns with his most ambitious & pretentious project yet.  
McMillan Theatre, TA6 4PZ  
6 November @ 20:00

Coming Up In November



Bridgwater Carnival  
Bridgwater Carnival is one of the largest illuminated parades in the world, featuring world-class floats and performances.  
Bath Road, TA7 9QU



Squibbing  
Starting approximately 30 minutes after the main procession finishes, Squibs are giant fireworks which are attached a cosche.  
High Street, TA6 3BG

Roads and bus services may be affected. Please keep an eye on communications closer to the time for any updates

HOST T&Cs Update

We have updated our Terms & Conditions. Please use the link below to view the latest version.

[Click Here To View](#)

Put Your Knowledge To The Test



CLICK HERE TO PLAY OCTOBER'S QUIZ

HOST

YOUR SOMERSET HOME