

Get Walking



LEICESTER-SHIRE
& RUTLAND SPORT
SPORT & PHYSICAL ACTIVITY
www.lrsport.org.uk

with Leicestershire, Leicester and Rutland's Health Walks Programme



WELCOME...

to the Summer/Autumn 2010 programme of Walking for Health walks. Many regular walks take place in the seven districts of Leicestershire (Blaby, Charnwood, Harborough, Hinckley & Bosworth, Melton, North West Leicestershire, Oadby & Wigston), in Leicester City and in Rutland.

WALKING FOR HEALTH...WHAT IS A HEALTH WALK?

The national 'Walking for Health' programme offers health walks designed to encourage people to take regular short walks in their local communities, to benefit their health.

Health walks take on average 30 – 60 minutes and are usually on surfaced paths with no stiles to negotiate.

So why not join in and start walking your way to health?

BENEFITS OF WALKING...

Walking is a great way of meeting new people whilst also exploring your local area and can contribute towards achieving your recommended 30 minutes of moderate activity, on 5 days a week, helping to:

- Reduce the risk of heart disease and diabetes
- Keep your muscles and bones healthy
- Lower your blood pressure
- Reduce feelings of stress and increase your sense of wellbeing



walk 4 life

NHS
Leicestershire County and Rutland

NHS
Leicester City

SUMMER / AUTUMN 2010

THE WALKS

Health walks are suitable for all abilities including beginners.

No matter how much of a beginner you might feel, friendly leaders are always on hand to help and welcome new walkers into the group.

Most walks offer groups the ability to have refreshments and a chat afterwards, if desired.

It is advisable to bring your own water with you for the walk and be aware that if the walk is in the countryside or near water it may be muddy - sturdy footwear is recommended.

REGISTRATION

All walkers are asked to complete a very simple registration form and health questionnaire before their first walk. Please arrive early on your first walk to complete the relevant information.

VOLUNTEERS

Volunteers are needed to help with a variety of tasks including leading and promoting walks.

If you are interested in volunteering you can commit as much or as little time as you wish.

Your support in helping to make the health walks a success will be greatly valued. Free Volunteer Walk Leader training is available.

FURTHER INFORMATION

For details of walks in your area or to volunteer, please refer to the programme and contact the coordinator for your area.

For more information contact Leicester-Shire & Rutland Sport or Walking for Health as below:

www.lrsport.org.uk/active

01509 564888

lrsport@lboro.ac.uk

www.wfh.naturalengland.org.uk

0300 060 4532

bryony.govan@naturalengland.org.uk

PROGRAMME







Local 'Walking for Health' walks are listed in this guide, further information can be found at www.wfh.naturalengland.org.uk/walkfinder





This logo highlights walks that have been quality assured by Natural England.



Active Rutland

AREA	NAME OF WALKS	COORDINATOR DETAILS	WALK DETAILS
Blaby	Community Action Blaby District	Victoria Sanders vicki@vabd.org.uk	Wednesday: 1pm at The Pavilion, Sportsfield Lane, Huncote LE9 3BN; 2 walks, short walk lasting 30mins & long walk lasting 1 hour
	Active Together Blaby	Alex Brown Tel: 0116 2727704 ab2@blaby.gov.uk	Tuesday: 12.15pm Narborough Park Car Park; 2.00pm Glenfield Library, Glenfield Wednesday: 10.00am Bouskell Park, Blaby
Charnwood	Charnwood Healthy Walks 	Nita Pearson Tel: 01509 634594 nita.pearson@charnwood.gov.uk	A range of walks are organised in different locations around Charnwood on a variety of different days. For more information or a walks brochure please contact Nita Pearson
Harborough	Healthy Harborough Walks 	Active Together Team Tel: 01858 828282 activetogether@harborough.gov.uk	Monday: 12.30pm Market Harborough Welland Park Cafe; 1.30pm Lutterworth Lutterworth Sports Centre.
			Tuesday: 2pm Kibworth/Fleckney - alternate weeks. Tel: 01858 828282 for more details.
			Wednesday: 10.00am Market Harborough Welland Park Cafe.
			Thursday: 10.00am Lutterworth Buggy Walk, Lutterworth Sports Centre. 1.30pm Broughton Astley - Thomas Estley Community College.
			Weekend Wanders: A series of walks that will take place on a Sat/Sun. They are longer distance walks for those that would like to see more of the countryside! The walks vary in distance, between 3-6 miles and often involve crossing styles. Contact us for more details.
Hinckley & Bosworth	Let's Walk Bosworth 	Peter Wilson Tel: 01509 567731 peter.wilson@lcrchs.nhs.uk	Tuesday: 10.00am - 2 walks, short and long, meet at Rectory Lane Car Park, Market Bosworth CV13 0LJ
	Let's Walk Earl Shilton		Tuesday: 10.00am Earl Shilton Methodist Church, Wood Street, Earl Shilton LE9 7ND.
	Let's Walk Hinckley 		Wednesday: 10:30am at the Visitor Centre, Burbage Common . 4 different walks; slow, medium (2) and up to 4 miles.
	Let's Walk Groby 		Thursday: 10.00am at Groby Village Hall, Groby , Leicestershire LE6 0DJ.
	Let's Walk Barwell 		Friday: 11.00am at Barwell Methodist Church, Barwell , Leics LE9 8DE
Leicester City	Let's Walk Braunstone	Anita Robinson Tel: 0116 2548467 / 07971 606298 anita.robinson@leicester.gov.uk	Monday: 10:30am at the Stable block, Braunstone Park , Leicester.
	Spinney Hill Park Walking for Health	Penny Brown Tel: 0116 2739992 Penny.Brown2@leicester.gov.uk	Ladies only, Wednesday: 9.15am meet at Spinney Hill Park , near the police station and toilet block, East Park Road/St Saviours Road, Leicester. This park walk is for ladies only. Three levels to choose from. Start with a warm up lap, then walk around the medium lap to include a gentle incline, repeat this and time the third lap, then finish off with a warm down stroll at a gentler pace. Total of 1.9 miles. 45 minutes session.

AREA	NAME OF WALKS	COORDINATOR DETAILS	WALK DETAILS
Leicester City	New Parks Footsteps	Dennis Fisher Tel:0116 2321273 lordoftheteapot@googlemail.com	First Tuesday of every month: 10:00am at New Parks Library, New Parks , Leicester, walk around Western Park and the surrounding area.
	Cossington Recreation Ground Health Walk	Philip Brown Tel:0116 229 3663 philip.brown@leicester.gov.uk	Wednesday: 10.30am at Belgrave Library , Cossington Street, Leicester, LE4 6JD
	Humberstone Park Health Walk		Sunday: 10:00am at Humberstone Park at the Uppingham Road entrance near the cafe.
Melton	Melton Health Walks 	Liz Ashbridge Tel: 01664 502389 eashbridge@melton.gov.uk	Thursday: Senior Walks: 1.30pm meet at Melton Country Park visitor centre at the end of Wymondham Way. There are two types of walks organised which are indicated by heart levels. The one heart level walks, suitable for newcomers, last between thirty minutes and one hour and are always at Melton Country Park. The two heart level walks are up to ninety minutes covering a variety of paths, which may be uphill and over stiles. Paths may be uneven or muddy in places and appropriate footwear must be worn. Friday: Buggy Walks: 10.30am meet at the cafe, Wilton Park .
North West Leicestershire	Health Walks with Nita Pearson/ Victoria Tuck	Zara Barnes Tel: 01530 454606 zara.barnes@nwleicestershire.gov.uk	Friday: Fortnightly Health Walk 10.30 am Meet at The Hermitage Leisure Centre, Whitwick . For more information about other walks within North West Leicestershire Please contact Zara Barnes Tel 01530 454606
Oadby & Wigston	Let's Walk South Wigston	Judith North Tel:0116 2882625 j_north1@tiscali.co.uk	Saturday: 9.30am meet at South Wigston Methodist Church
	Oadby & Wigston Active Together	Leanne Plummer Tel: 0116 2572672 leanne.plummer@oadby-wigston.gov.uk	Wednesday: 10.30am meet at Wigston Library . Once a month. Saturday: 9.20am meet at Wigston Methodist Church . First Saturday of every month: 10.00am meet outside the Grange Pub, Oadby .
Rutland	Ketton Healthy Walking Group 	Richard Kerr Tel: 01572 720936 RKerr@rutland.gov.uk	Thursday: 1.45 pm meet at Ketton Sports Association . Tel: Joyce 01780 721507 or Andy 01780 763421
	Oakham Healthy Walks	Bernard Powell Tel: 01509 567717 bernard.powell@lcrchs.nhs.uk	Monday: 10.15am meet at St Ann & St John's , South Street, Oakham (next to the Fire Station). Tel Bob & Joyce 01572 755718 or Glenys 01572 724361
	Oakham Walking Together	Richard Kerr Tel: 01572 720936 RKerr@rutland.gov.uk	Tuesday: 10.15am meet at Common Room , Barlow Road, Oakham . Tel: Debbie Marsh 07919 385314.
	Ryhall Walking Group		For more information, Tel: Bob 01780 756917
	Uppingham Healthy Walking Group		For more information contact the Physical Activity Development & Volunteer Officer Tel: 01572 722577
Market Overton and Barrowden	We are looking at developing new walking groups in Market Overton and Barrowden	For more information contact the Physical Activity Development & Volunteer Officer Tel: 01572 722577	