

Getting active can be difficult. But we're here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

Why walk?

Walking is truly accessible – almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol



Supporting you to get active and stay active

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)
Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604)

How you can get involved

Walk Stockport is your local Walking for Health Scheme. Our walks are **free** and friendly; perfect to help you get active and meet new people. If you'd like to take part, come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like. Please ensure you wear appropriate clothing and footwear.

For more details contact **Dawne Fawcett-Tandy on 07800 618575**

For all national enquiries, please contact Walking for Health on **0207 339 8541** or walkingforhealth@ramblers.org.uk



step right up

Walk Stockport Health Walk Programme (April 2016)



STOCKPORT
METROPOLITAN BOROUGH COUNCIL





Monday

Woodbank Park, Offerton

Every Monday (*This walk will not be led by a leader during school holidays*)

Meeting place: Vernon Park café (at the side of Woodbank Park),
Turncroft Lane, Offerton, SK1 4JR

Time: 10.30am

Length of walk: Total walk 1.5hrs – this walk starts with a flat walk for the first 30 mins around Woodbank, then down in to Vernon Park (steep gradients) and ends back around the top of Woodbank Park

There are 3 options to the walk – 30mins, 1hr, 1.5hrs

The walk ends at Vernon Park Café

Contact: Dawne Fawcett-Tandy on 07800 618575

Friday/Saturday

Macmillan Bramhall Park, Bramhall

Fridays – 1st & 3rd of the month

Saturdays – 2nd & 4th of the month (no walk - 23/4, extra walk - 30/4)

Meeting place: Ladybrook Pub, Fir Road, Bramhall, SK7 2NP

Time: 10.15am (start at 10.30am)

Length: 1hr (leisurely pace)

This walk is open to anyone who has been affected by cancer.

The walk ends at the Ladybrook Pub. The £1 parking ticket is refundable when purchasing a drink

Contact: Helen Adamson at Macmillan on 0161 291 4875/6 or
Dawne Fawcett-Tandy on 07800 618575

If you have not attended a walk previously, please call the walk leader to confirm the walk is on.

Always wear appropriate clothing for the walk.

New walkers are required to complete a health questionnaire before joining.

If you are interested in volunteering with the Walk Stockport Scheme or are interested in setting up an independent walking scheme, contact Dawne Fawcett-Tandy on dawne.fawcett-tandy@stockport.gov.uk for further information



Wednesday

Reddish Vale Park, Reddish

Every Wednesday *(This walk will not be led by a leader during school hols)*

Meeting place: Reddish Vale visitor's hut, Mill Lane, Reddish, SK5 7HE

Time: 2.00pm

Length: 1hr Suitable for confident walkers – no benches along the walk

The walk ends at the café within the park

Contact: Dawne Fawcett-Tandy on 07800 618575

Brackendale Surgery, Heaviley

Starts Wednesday 27th April for 12 weeks

Meeting place: Brackendale Surgery, Wellington Rd, Heaviley, SK2 6QA

Time: 2.30pm

Length: 40 mins. Ends at a local café

Available to people registered at Brackendale Surgery

Booking on to this walk is required – limited places

Contact: Avril Jackson on 07800 764525 or enquire at Brackendale surgery

Tuesday

Tangshutt Lane, Romiley

Every Tuesday

Meeting place: Hewitt's coffee shop, Compstall Rd, Romiley (opposite the Forum), SK6 4BT

Time: 10.00am

Length of walk: 30 mins

The walk ends at Hewitt's coffee shop

Contact: Chantal Johnson on 07500 316561 or Dawne Fawcett-Tandy on 07800 618575

Adswood Park, Cheadle

Every Tuesday *(This walk will not be led by a leader during school holidays)*

Meeting place: Park entrance nearest to the Mickerbrook Pub on Councillor Lane, Cheadle, SK8 2LF

Time: 10.30am

Length: 30 mins

The walk ends at the Mickerbrook Pub

Contact: Dawne Fawcett-Tandy on 07800 618575

'Women only' walk, Cheadle

Starts Tuesday 3rd May for 8 weeks

Meeting place: to be confirmed

Time: 10.30am

Length: 30 mins

The walk will take place around Cheadle

Contact: For further details call Rifat Mirza on 07940 175710 or Dawne Fawcett-Tandy on 07800 618575



Tuesday

Cheadle Medical Practice, Cheadle

Starts Tuesday 19th April for 12 weeks

Meeting place: Cheadle Medical Practice, Ashfield Crescent, Cheadle, SK8 1BH

Time: 2.00pm

Length: 40 mins

The walk ends at Abney café

Available to people registered at Cheadle Medical Practice
Booking on to this walk is required – limited places available

Contact: Dawne Fawcett-Tandy 07800 618575 or enquire at Cheadle Medical Practice

Wednesday

Marple Cottage Surgery, Marple

Starts Wednesday 20th Apr for 12 weeks

Meeting Place: Marple Cottage Surgery, Church St, Marple, SK6 6BW

Time: 10.30am

Length: 40 mins

The walk ends at a local café

Available to people registered at this Marple Cottage Surgery

Booking on to this walk is required – limited places available

Contact: Dawne Fawcett-Tandy on 07800 618575 or enquire at Marple Cottage Surgery

Brinnington Health Centre,

Brinnington

Wednesday 20th April for 12 weeks

Meeting place: Brinnington H/C, Brinnington Road, Brinnington, SK5 8BS

Time: 11.00am

Length: 1 hr

The walk ends back at the clinic

Available to people registered at Brinnington Health Centre

Booking on to this walk is required - limited places available

Contact: Paul Lindley on 07800 762545 or enquire at Brinnington Health Centre

