



Health Improvement Team

2001-2011 - 10 years of Health Walks in St Helens

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Dear Walkers

Tel: 01744 697433

Welcome to February and March's programme of health walks. We have our 10th anniversary this year so hope to make it the biggest and best year for health walks since the walks started 10 years ago. It is great that we still have the original walk leader Celia Kerr, who with Celia's late husband Bill was amongst those who started the scheme 10 years ago at Queens Park Leisure Centre (Boundary Road). Each month we will highlight a walk of the month see below and encourage you to try the variety of walks on the guide. Some of which you may not of been on, but any walk is beneficial to your health so try and get to as many as you can this year and bring a friend or relative. During the summer we hope to organise a social event, details yet to be confirmed. This will give you the opportunity to meet all the walk leaders and fellow walkers in a celebration of our 10th anniversary. From the team and I we hope you and all those yet to join us enjoy the walks and have a fantastic year in 2011. "Here's to the next 10 year's" As the evenings slowly draw out the programme will develop further thanks to the brilliant team of walk leaders.

Nordic Walking sessions, Men's and Women only walk/jog sessions are only getting small numbers attending. We are trying to provide alternative options to increase the number of walkers we attract to the programme so if you are interested or know someone who may benefit or may be interested please call me or turn up at the day time on the programme.

Walk of the Month: Rainhill Sunday 13th February. Walk Leader: Celia Kerr

This is an excellent walk and takes in the local countryside around the area of Rainhill and Cronton. Suitable for families but be aware the walk lasts approximately 1 hour 15 minutes I have done this walk with my family and my 4-year-old son managed the walk well. Not ideal for prams due to the steps up and down the bridge and a couple of gates. But well worth attending if you have not been before.

Walk of the Month: GO Men's Walk Parr Monday 7th March. Walk Leader: Len McGrail

This is an excellent opportunity for men to make the first step to becoming more active. The numbers for this walk are very low and that's part of the problem with us men! We generally don't do something about our health until it is too late. So don't fall in to this category the first step is not always the hardest to take. For the women it is also a good thing to have a go at your men about. For the men it is an opportunity to have some friendly male banter and get into our local green space.

Due to the current financial climate across the country we will no longer be sending out copies of the walks programme via mail, but we will be providing you with a list of alternative ways to access the programme locally or via the Internet if you have access. As you may appreciate each time we send a guide it costs money in postage, time and cost printing, time putting guides into envelopes and results in over 500 copies going out to walkers and venues across St Helens.

So you will be able to access a copy from the following venues and sources:

**Walk Leader
Local Health Trainer**

**Local Library
Fresh Start Course**

**Local Council Leisure Centre
Lifestyle Advisor**

www.healthimprovementteam.co.uk

or

www.wfh.naturalengland.org.uk

As a last resort contact the team on 0300 300 0103

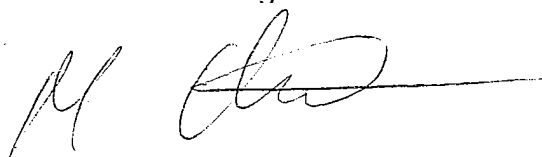
Physical activity is a key component of reducing many of the risks to men's health an outlet for carers, reducing the risk of falls, reducing the risk of developing dementia reducing stress, anxiety, depression and improving overall health. Again getting out of the home or office for a walk and into our local green spaces can lower blood pressure reducing risks for Stroke and many other conditions.

The walks are dependant on volunteers who give their time to lead the walks. As such we always need more volunteers to support the walks. If we want to expand and develop the walks further in the next 10 years we need you to think about becoming a Volunteer Walk Leader. If you feel you could spare some time to lead or support a health walk please contact me on 01744 697433 as I will be running the free one day walk leader course during the next few months.

If you have any walk photos you want us to put into the guide please e-mail me. If you are taking a picture of individuals please ensure you have their permission first

I hope you enjoy the walks over the next two months and hope to see you on the walks in the future

Thanks and Kind Regards



Mike Clinton
Health Improvement Specialist – Physical Activity.



active



St Helens