



Winchester Health Walks Newsletter – Spring 2011



Welcome to the second edition of the Winchester Health Walks newsletter! Spring has finally sprung, signified by the finer weather and Daffodils appearing everywhere! One of the best times of year to get out and enjoy a good walk...

BISHOPS WALTHAM BUS WALKS

The last Thursday of every month, the Bishops Waltham Health Walk is a bus walk. At the end of February the group caught the bus out to Swanmore and walked back to the village. The walk was led by Volunteer Walk Leader, Janet Eade... "this walk was made up of footpaths, (some rather muddy!) fields and country roads. There was a beautiful view of the surrounding countryside during the walk and good weather as well. After the walk some of the walkers had time to stop for a cup of coffee and chat at one of the many coffee shops in Bishops Waltham".



Previous bus walks have included Wickham, Upham and Durley.

WALKINGFORHEALTH.CO.UK

Don't forget that Winchester Health Walks has its own website where you can check out other Health Walks around the district and find out about up and coming special walks etc

RACE FOR LIFE

This year's 'Race for Life' is taking over Winchester on Sunday 12th June. It's the UK's largest women-only (sorry chaps!) fundraising event, where participants walk, jog or run 5k to raise money for Cancer Research UK's lifesaving work. It's a truly amazing event with a unique atmosphere of both sadness and celebration. If you don't wish to take part but wish to still be part of the event, they are on the look out for volunteers to help out on the day. Go to www.raceforlife.org or phone 0871 641 1111 for further information.

DATES FOR YOUR DIARY!

27th June - picnic walk (Abbotstone Down)
1st August - Whitchurch walk (back by popular demand, hopefully with more sunshine and less mud this time!)

ALRESFORD HEALTH WALK

Alresford seems to have its fair share of celebrities for such a little town. Last week's route took us past Colin Firth's house (allegedly!) and apparently there was a certain Miss Middleton shopping in one of the posh clothes shops there the other day...outfits for her honeymoon maybe?

I'm still waiting for Colin to join us on the Health Walk one day.....

The Alresford Health Walk is every Tuesday at 1.30pm, meeting outside Perins School

WALK LEADER OF THE MONTH

Cate Lacey helped to set up and is the main Volunteer Walk Leader for the Health Walk in Sutton Scotney

"I trained as a nurse, and later as an aromatherapist & fitness teacher to both children and adults. It suited my lifestyle as I followed my RAF husband around the country and occasionally to far flung corners of the world!

I often power walked to keep fit whilst living in the Falkland Islands and I was lucky enough to walk around many of the small islands there & observe the amazing wild life. I also travelled to Chile and finished up in the National Park in Patagonia to do some walking; a fabulous area.

I have always had an interest in health and fitness and have been very concerned about the growing lack of fitness across all age groups.

I knew about the Health Walks and approached Lydia about starting one in my area. Having just moved back to the village from overseas, it was a perfect opportunity to help others and for me to get involved with my local community. This duly happened almost a year ago and I'm thrilled to see it growing in popularity.

It's a great pleasure to be involved in this scheme and very rewarding to see people making new friends and getting fitter in the process

"Long live the Health Walks"

RE:FRESH CAFÉ IN WINCHESTER

There's a new café in town perfect for post-Health Walk (or post-shopping!) teas and coffees. Re:Fresh café is based in the Gothic 13th Century undercroft of St Johns House (on The Broadway, near the statue of King Alfred)

They are open every day from 10.00 p.m. to 2.30 p.m. offering a range of drinks and hot and cold food.

All the profits go towards supporting the great work the YMCA are carrying out with the young people (11 to 19) of Winchester.

The Winchester Health Walks newsletter is written by Lydia Lockhart and produced by Winchester City Council.



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