

Winchester Health Walks Newsletter – Winter 10/11

Welcome to the first edition of the Winchester Health Walks newsletter! This quarterly newsletter will keep you up to date with the latest Health Walks news from across the Winchester District

MONDAY MORNING HEALTH WALK ANNIVERSARY

On 3rd November 2008, 10 people turned up for the 1st ever Winchester Health Walk.....2 years on and the start of 5 additional weekly walks later....over 40 people turned up to celebrate the 2 year anniversary of the Monday morning Health Walk. A lovely walk on Magdalen Hill Down was followed by an Anniversary/Christmas lunch at The Golden Lion pub and a good time was had by all. Here's to the next 2 years and beyond!



A BIG THANKYOU.....
.....to all the Walk Leaders who give up their time to lead, back mark, scope out new routes and help with rotas, emails etc. The Health Walks could not happen without you

ALRESFORD HEALTH WALK

The newest walk to be added to the Winchester Health Walks programme; this little town has many picturesque footpaths which are perfect for Health Walks. Brian Anderson who became a Walk Leader back in the summer, is an Alresford resident and leads these walks.

WE'RE ONLINE!

The Winchester Health Walks now has its own website at www.walkingforhealth.co.uk
A big thank you to one of the Monday morning Walk Leaders Mervyn Edwards, for creating the site! The site includes details of all the walks in the Winchester Health Walks programme, details of special walks that are coming up (bus walks etc) and photos from previous walks. If you have access to the internet, please take a look and let us know if you think any other information should be added to the site.

WINTER WEATHER

Don't forget the walks continue throughout the year, in all weathers (except snow due to Health and Safety).

WALK LEADER OF THE MONTH

Dale Greenwood has been helping out with the Monday morning Health Walk since it started a couple of years ago.

"I started walking relatively late in life by joining the LDWA [Long Distance Walkers Association] which specialises in long distance and ultra long distance walks. For the LDWA, a normal "social" walk would be anything between 20 to 30 miles! The longest challenge walk I completed was "The Downman Hundred" – a 100 mile walk from Winchester to Eastbourne which took me 32 hours walking all day

Saturday; all through the night and all day Sunday! One of the most exhausting events was "The Samaritan Way" – a 40 mile walk over the Cleveland Hills [which involved 10,000 feet of ascent and descent] in 10 hours. For 20 years I worked as a walk leader for "Footpath Holidays", leading some 150 guided walking holidays all over the UK and Ireland. As my fitness declined with age I have concentrated on my other main interest as a Blue Badge Tourist Guide for Southern England and a Winchester City Guide.

I am a great believer in the Health Walks concept. Walking has given me improved health; countless hours of pleasure, enjoyment and good company. Being a HW volunteer leader gives me the opportunity to share with others the good fortune I have been lucky enough to enjoy"

NEW WALK LEADERS

Congratulations to Annie Nicholson and Bill Morrison for completing the Walk Leader training in November. Annie will be helping out with the Sutton Scotney Health Walk and Bill will be helping out with the Monday morning Health Walk. We are always on the look out for more Walk Leaders to help out with the current walks and to help expand the Winchester Health Walks programme. If you would like to volunteer, please speak to Lydia or one of the other Walk Leaders.

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

If you wish to include anything in future editions of the newsletter or have any ideas of what else could be included, please contact Lydia (llockhart@winchester.gov.uk / 07816606310)

Walking for Health is a Natural England initiative
www.wfh.naturalengland.org.uk



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