FREE!

Shropshire Community Health NHS
NHS Trust

WALKABOUT WREKIN '- WALKING FOR HEALTH PROJECT

TIMETABLE OF WEEKLY LED WALKS (EXCLUDING BANK HOLIDAYS)

26th March - 28th October 2012

TIME	VENUE	GRADE
SUNDAY		
10.30am	MADELEY, Tesco Car Park	3♥
10.30am Monthly	Family walks, Wonderland Café, Telford Town Park (3rd Sunday of the month)	2♥ - 3♥
2.00pm Monthly	WELLINGTON, Wellington Leisure Centre (3rd Sunday of the month)	3♥
MONDAY		
10.00am	LEEGOMERY, Community Centre	3♥ - 4♥
2.00pm	TOWN PARK, Meeting Point House	3♥
2.00pm	APLEY CASTLE PARK (Peregrine Way entrance)	4♥
TUESDAY		
10.15am	ASDA, DONNINGTON, Levels 1, 2 & 3	4♥ & 4♥+
10.30am	ASDA, DONNINGTON, Routes to Renewal	1♥
1.00pm	'WOMEN IN MOTION', Ketley Community Centre	4♥
1.00pm	TOWN CENTRE, Outside Debenhams, by the clock	2♥
2.00pm	STIRCHLEY, Stirchley Recreation Centre	1♥ & 3♥
2.00pm	HORSEHAY, Horsehay Golf Course	3♥
WEDNESDAY		
10.00am	HADLEY, Castle Farm Community Centre	3♥
10.30am Monthly	RANDLAY VALLEY, Hollinswood Community Centre (3rd Wednesday of the month)	2♥ - 3♥
1.00pm	COALBROOKDALE, Community Centre, Darby Rd	4♥+
1.00pm	WOODSIDE, Park Lane Centre	1♥ - 3♥
2.00pm	OAKENGATES, Oakengates Leisure Centre	3♥
1.15pm	EDGMOND, Car Park opposite the village hall	2♥
2.00pm	EDGMOND, Car Park opposite the village hall	3♥ - 4♥
2.00pm	WELLINGTON, Wellington Leisure Centre	4♥ & 4♥+
THURSDAY		
12.30pm	LILLE-WALK, Reception, Lilleshall National Sports Centre	3♥
1.30pm	'BUMPS & BUGGIES', Stirchley Library	3♥
2.00pm	TOWN PARK, Meeting Point House	3♥
6.00pm	LILLESHALL, The Red House	4♥+
FRIDAY		
10.15am	SHAWBIRCH, Shawbirch Medical Centre	1♥ - 3♥
2.00pm	TOWN PARK, Meeting Point House	2♥ - 3♥

♥See reverse for more details♥

MONTHLY walks for carers

RING CARER'S CONTACT CENTRE - (240209)

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MONTHLY walks for carers

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IMPORTANT DETAILS

- ♥ Walks start at various times and venues, please pay close attention to the timetable on the front.
- ♥ No special clothing required. Suitable shoes recommended.
- ♥ Please meet 5-10 minutes prior o the start of a walk.
- ♥ Each walk will last between 15 and 90 minutes, depending on the grading (see below), with no scheduled stops.
- ♥ If you have not exercised for some time, or feel that you have a medical condition that may affect your ability, please consult a GP, or alternatively, contact Tel: 01952 382735, regarding GP referral scheme.

GRADING

1♥	1-2km (0.6 - 1.2m), very few or no gradients. Easy terrain.	15mins
2♥	2-3km (1.2 - 1.9m), possible gradients. Mainly easy terrain.	30mins
3♥	3km (1.9m), possible but few gradients.	45mins
4♥	4.8km (3.0m), definite or likely gradients. Brisk walk.	60mins

THE BENEFITS OF REGULAR WALKING

- ♥ Reduces blood pressure
- ♥ Reduces the risk of heart disease
- ♥ Aids weight management
- ♥ Increases aerobic fitness (brisk walking)
- ♥ Reduces long term pain of arthritis
- ♥ Reduces risk of bowel and colon cancer
- ♥ Improves psychological well being

Health benefits may be achieved through regular participation in a moderate level of physical activity, such as walking, when done for 30 minutes a day, on 5 out of 7 days each week.

Why not use Walkabout Wrekin led health walks to help you Achieve the '5 x 30 minutes a week' target?

For further information and Walk Leader Training please contact:
01952 217474/382582
email: jenny.stretton@shropcom.nhs.uk, Website: www.wfh.naturalengland.org.uk

- symbol indicates that walk is wheelchair and pushchair friendly

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