

walk it together

is an accredited scheme
which means we offer walks for all levels of fitness
and meet safety standards.



With all of us in mind

South West Yorkshire Partnership **NHS**
NHS Foundation Trust

walk it together

What is a Health Walk?

Health walks are a great way to be more active, improve your health and make new friends. They're not about rambling, hiking or 'power walking' - they're just short led walks in your local area at your own pace.

All our walks are led by qualified, friendly walk leaders who will welcome you to the group and support you on your walk.

Why walking works

Walking more is a simple way to help you stay healthy.

Walking more can help:

- ♥ Prevent illnesses like heart disease, diabetes and high blood pressure
- ♥ Weight loss and weight management
- ♥ Give you that feel good factor, reduce stress and improve your sleep

Health walks will also give you the opportunity to meet new people and get to know your local community better.

Getting Started

- ♥ We recommend that you wear flat, sensible footwear and bring suitable clothing for the unpredictable British weather!
- ♥ Before you start your first health walk you will be asked to complete a short health questionnaire. If you haven't filled one in already it's a good idea to arrive for your first walk about 10 minutes early so your walk leader can go through this with you.
- ♥ Children are more than welcome to join the health walks but anybody aged 14 or under must be accompanied by an adult.

Please ring 01422 281529 to check if walks are going ahead in poor weather.

For any enquiries about **Walk It Together** please call 01422 281529
or email walkit@swyt.nhs.uk



Health Walks in Calderdale January-March 2012

A programme of Health Walks
to suit people of all ages and abilities.

Part of the national Walking for Health Scheme



Day	Meeting Place	Leader	Date	Time	Route	Grade (and notes)
Monday	Illingworth Meet at Keighley Road Surgery (near fire station) HX2 9LL	Jean Butler	9, 23 Jan 13, 27 Feb 12, 26 Mar	1.00pm	Circular	Moderate Some rough ground and slopes
	Ovenden Meet outside Beechwood Medical Centre, Keighley Road HX2 8AL	Mike Barnett	2, 16, 30 Jan 6, 20 Feb 5, 19 Mar	1.00pm	Circular	Easy
	Todmorden Todmorden College Foyer (toilets available) Burnley Road OL14 7BX	Margaret Allison/ Douglas Wilson	9, 23 Jan 6, 20 Feb 5, 19 Mar	11am	Circular Canal or path walk approx 1 hour	Easy Flat as possible, suitable for all. Slow walk with stops to catch breath.
Thursday	Hebden Bridge Meet at Valley Medical Centre, Valley Road HX7 7BZ	Alastair Bishop/ Nicola Salter	5 Jan 2 Feb 1 Mar	10.30am	Hebden Water Circuit A 1 ½ hour circular walk on roads and footpaths around Hebden Water, which flows into Hebden Bridge.	Moderate One steep incline taken at a slow pace, and one steep set of stairs also taken slowly.
	Hebden Bridge Meet at Valley Medical Centre, Valley Road HX7 7BZ	Nicola Salter	23 Feb	10.30am	Nordic Walk Along a shortened version of the Hebden Water circuit.	Moderate Limited number of Nordic poles available for walkers.
	Hebden Bridge Meet outside Hebden Bridge Tourist Information Centre HX7 8AF	Alastair Bishop/ Nicola Salter	19 Jan 16 Feb 15 Mar	10.30am	Towpath walk (Linear) From Hebden Bridge to Todmorden, about 4 ½ miles. Bus/train back to starting point.	Moderate Mostly flat route, some uneven ground.
	Hebden Bridge Meet at St James' Church, Church Lane HX7 6DS	Alastair Bishop/ Nicola Salter	26 Jan 22 Mar	10.30am	Eaves and Leaves A 1 ½ hour circular walk through Eaves Wood on footpaths and a bridleway.	Moderate Mostly flat, some uneven ground. Dogs welcome. Not suitable for buggies.
Saturday	Savile Park, Halifax Meet at Flutterbites Café in Manor Heath Park (near butterfly house) HX3 OEB	CREW Heart Support Group	14, 28 Jan 11, 25 Feb 10, 24 Mar	10.30am	Circular Various routes around Savile Park/Skircoat Green.	Easy All welcome
Easy = 30-60 minutes, mostly level ground. Suitable for new walkers.				Moderate = 60-90 minutes and/or includes some inclines or steps		