Walk with Me

Bury Health Walks

Autumn Walks Programme
September 2017 – November 2017
Mondays...

Summerseat District Community Health Walk

When: Every Monday
Time: 11:00 am
Duration: Approx. 60 Minutes
Meeting Point: Summerseat Garden Centre
Walk Leader(s): Eileen Robinson, Michael Hartley & Paul Talbot

About the walk...
There are several pleasant country walking routes which involve climbing out of the valley and using footpaths which occasionally can be a little rough and muddy at times. During bad weather the walk tends to stay close to the village along quiet country roads.

The Garden Centre Cafe/Restaurant makes an excellent place to enjoy a hot beverage or even lunch, with a selection of freshly made meals and desserts.
Tuesdays...

Greenmount Medical Centre Community Health Walk

When: Every Tuesday  
Time: 10:30am  
Duration: Approx. 45 Minutes  
Meeting Point: Greenmount Surgery Car park  
Walk Leader(s): Eileen Robinson & Brian Marshall  
About the walk...  
This walk is led near to the Kirklees trail which goes along a disused railway line. The walk often includes some marked footpaths and quiet roads. The walk is mainly on level terrain, with occasional cobbled areas and/ or muddy paths if the group venture into the woods, so please wear appropriate footwear.

Macmillan Cancer Support Community Health Walk

When: Every Tuesday  
Time: 11:00 am  
Duration: Approx. 90 Minutes  
(Including a 20 Minute Coffee/Rest Break at one of the Park’s Cafes)  
Meeting Point: Heaton Park-Metro Link Entrance  
Walk Leader(s): Evan Parker & Brain Cooke  
About the walk...  
This gentle parkland walk is aimed at a beginner level for those who are either new to exercise or who haven’t been active in a while and are wishing to return to some gentle form of physical activity. The park offers a variety of walking routes, with gentle climbs and descents.
New to Tuesdays...

Buggy & Sling Friendly Walk

When: Every Tuesday  
Time: 1:00pm  
Duration: Approx. 60 minutes  
Meeting Point: By the Fountain in Prestwich Village  
Walk Leader: Betty-Ann Bistrow-Castle

About this walk...

This buggy friendly walk welcomes new mums, dads and child carers to join us for a leisurely stroll through the village, visiting St Mary’s Park, areas of Prestwich Clough and St Mary’s Flower Park before returning to the village. We are a friendly bunch and the group will often finish the walk with a visit to one of the village’s baby-friendly cafes. Everyone is welcome!

For more info contact:  
bettyann.bristow@googlemail.com

Progression Walks...

If you have enjoyed walking with us on our Walking for Health Walks, or maybe you already walk regularly and feel ready to progress or try something new, then maybe you would enjoy joining one of our Progression Walks. You could try our new Walk to Fitness sessions or one of our Nordic Walking sessions, or why not give them both a try?

Walk to Fitness  
These new Walk to Fitness sessions are aimed at improving your strength and cardiovascular fitness  
Ideal for people who don’t like indoor gyms but who do want to get fit outdoors with a group of like-minded people  
ALL LEVELS OF FITNESS CATERED FOR!  
Walk to Fitness is run by a qualified Physiotherapist

When: Every Tuesday  
Time: 1:30pm & 6:30pm  
Duration: 60 Minutes  
Meeting Point: St Mary’s Flower Park, Prestwich, Bury  
Walking Instructor: Jayne Granville  

To book contact Jayne on:  
Mobile: 07733 345154  
Email: contact@walktofitness.co.uk  
Website: walktofitness.co.uk

Cost: Pre-book 4 sessions for £12  
OR  
12 sessions for £30
Interested in becoming a Volunteer Walk Leader in your area?

Do you know of any short walks in your area that you would like to share with others? Perhaps you would like to lead a health walk, or become a backmarker for one of our existing walking groups?

Please do get in touch, as we are always looking to extend our walking offer across Bury.

We are currently looking for volunteers to complete a FREE Volunteer Walk Leader Training Course and lead health walks in the following areas:

- Bury East
- Radcliffe
- Whitefield

For more information, contact us on: 0161 253 6396
Or email: walkwithme@bury.gov.uk

Wednesdays...

**BEATS (Bury Exercise & Therapy Scheme)**

**Community Health Walks**

**When:** Every Wednesday  
**Time:** 1:00pm  
**Duration:** Approx. 30 minutes  
**Meeting Point:** Castle Leisure Centre  
**Walk Leader(s):** Siobhan Pimlott & John Pearcey &/or BEATS Exercise Referral Officer

**About the walk...**

This 1-mile circular walk heads down through the underpass, following the dual footpath where it joins the Irwell River. The walk then continues along the Riverside to the footbridge where it then turns right and heads south alongside the Route 6 Cycleway past the Community Fire Station and heading west along Magdalene Road, back along the dual pathway, through the underpass and returning to Castle Leisure Centre.

This is our shortest walk within our Walking for Health led walk offer and is aimed at beginners and those returning to exercise after illness or injury as well as those who maybe living with one or more long term health conditions.

This walk is mainly on level ground, although the footpath alongside the river may be a little muddy at times and sturdy footwear is recommended.

*This walk is buggy & wheelchair friendly!!  
* Dogs are welcome, but must be kept on a lead!
Fridays...

BEATS (Bury Exercise & Therapy Scheme)
Community Health Walks

When: Every Friday
Time: 10:00am
Duration: Approx. 90 minutes
(including 15-minute rest/coffee break at the Burrs Activity Centre)
Meeting Point: Castle Leisure Centre
Walk Leader(s): Siobhan Pimlott & Brain Marshall

About the walk...
This 3-mile circular walk follows the same route as the 1-mile route on a Wednesday up until the footbridge, where it then crosses the River Irwell and heads into Burrs Country Park, following the River to the Activity Centre, where walkers can enjoy a tea or coffee before heading back to Castle Leisure Centre. These walks are mainly on level ground, although the footpath alongside the river may be a little muddy at times and sturdy footwear is recommended.

Saturdays...

Prestwich District Community Health Walk

When: Every Saturday
Time: 10:30am
Duration: Approx. 60-75 Minutes
Meeting Point: St. Mary's Church, Church Lane, Prestwich
Walk Leader(s): Ann Bowes & Brain Oseman

About the walk...
This woodland, water & lake circular walk lasts usually just over an hour. There are some uneven surfaces which can be a little muddy at times, especially in bad weather. The walk usually includes walking through areas of Prestwich Clough, Drinkwater Park and Waterdale Park, although the route may vary depending on conditions.
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Time: 10:30am
Duration: Approx. 60-75 Minutes
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Walk to Fitness

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Time: 1:30pm & 6:30pm
Duration: 60 Minutes
Meeting Point: St Mary’s Flower Park, Prestwich, Bury
Walking Instructor: Jayne Granville

To book contact Jayne on:
Mobile: 07733 345154
Email: contact@walktofitness.co.uk
Website: walktofitness.co.uk

Cost: Pre-book 4 sessions for £12 OR 12 sessions for £30
Tuesdays...
Greenmount Medical Centre
Community Health Walk
When: Every Tuesday
Time: 10:30am
Duration: Approx. 45 Minutes
Meeting Point: Greenmount Surgery Car park
Walk Leader(s): Eileen Robinson & Brian Marshall
About the walk...
This walk is led near to the Kirklees trail which goes along a disused railway line. The walk often includes some marked footpaths and quiet roads. The walk is mainly on level terrain, with occasional cobbled areas and/or muddy paths if the group venture into the woods, so please wear appropriate footwear.

Macmillan Cancer Support
Community Health Walk
When: Every Tuesday
Time: 11:00 am
Duration: Approx. 90 Minutes
Meeting Point: Heaton Park-Metro Link Entrance
Walk Leader(s): Evan Parker & Brain Cooke
About the walk...
This gentle parkland walk is aimed at a beginner level for those who are either new to exercise or who haven’t been active in a while and are wishing to return to some gentle form of physical activity. The park offers a variety of walking routes, with gentle climbs and descents. Although these walks are not part of the Walking for Health scheme (As they require the use of Nordic Poles & include a small charge for instruction), there is no doubt that these walks are still of great benefit to our physical health & wellbeing. Furthermore, as we will provide the Nordic Poles for you, there’s no need to worry about the expense of purchasing additional walking equipment. Just remember to book your place in advance using the contacts overleaf & bring along a pair of comfortable shoes and a waterproof coat if you have one.
Nordic Walk: Heaton Park
When: Every Monday
Time: (Regular Group) 11:00am
(Parkinson’s Specific Group) 12:00pm
Duration: 60 Minutes
Meeting Point: Lakeside Car Park Off Sheepfoot Lane, Heaton Park,
Prestwich
Booking: 07967318501
Instructor: Hamish Willis
Cost: £6.00 P/Session OR £30 for 6 Sessions (Pole Hire Included)

Nordic Walk: Nuttall Park or Kirklees Trail (Alternate Weeks)
When: Every Wednesday
Time: Nuttall Pk: 1:00pm OR Kirklees Trail: 1:00pm (Alternate Weeks)
Duration: 60 Minutes
Meeting Point: Old Ranger Base, Nuttall Park, Ramsbottom OR Toby Cavery,
Car Park, Greenmount
Booking: 07967318501
Instructor: Hamish Willis
Cost: £6.00 P/Session OR £30 for 6 Sessions (Pole Hire Included)

Nordic Walk: Clarence Park
When: Every Friday
Time: 1:30pm
Duration: 60 Minutes
Meeting Point: Lido Car Park,
Clarence Park, Bury
Booking: 07989151302
Instructor: Diana Askew
Cost: £4.00 P/Session (Pole Hire Included)
Getting active can be difficult. But we’re here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It’s a great way to stretch your legs, explore what’s on your doorstep, and make new friends. For over 12 years, we’ve helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

Why walk?
Walking is truly accessible – almost everyone can do it anywhere and at any time. It won’t cost you anything, and you don’t need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase ‘good’ cholesterol

How you can get involved
Walk with Me’ is a series of local walks, led by trained walk leaders in association with Bury Sport & Physical Activity Service and the National Walking for Health Scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you’d like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you’re free to take part in as many walks as you like, as often as you like. If you want to know more about walking or volunteering with us, just get in touch via our email address at walkwithme@bury.gov.uk or call us on 0161 253 6396.

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers’ Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)
Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604)