MERRY CHRISTMAS
& A
HAPPY NEW YEAR
FROM EVERYONE AT THE
HEALTHY LIVING
TEAM

More than 16 years of Health Walks in St Helens

December and January
2017
Welcome...

To our January & December walks programme. We have a range of different walks including Health Walks and Progression walks which are led by qualified, friendly Volunteer Walks Leaders, St Helens Council Rangers and Healthy Living Team Staff.

St Helens Healthy Living Team are proud to be an accredited Walking for Health scheme, who’s aim is to have people able to attend FREE walks whatever the weather, for however long that is suitable to them.

Walking can...

Keep your heart strong.

Give more energy.

Reduce high blood pressure.

And remember...

All our walks are free of charge.

Please come prepared with suitable footwear and clothing.

Bring a drink of water.

All new walkers need to arrive at the walk 10mins before the walk starts.
Frequently asked questions..

**Footwear:** For each walk we recommend sensible flat shoes or walking boots. No slip or high heels.

**Dogs:** Well-behaved dogs on a lead at all times are welcome. Owners must take responsibility for their own dogs at all times including getting them over stiles etc.

**Weather:** Walks usually take place whatever the weather.

**How much should I do?** The recommended amount of physical activity is at least 30 minutes a day, 5 times a week. This can be achieved in bouts of 10 minutes of more. However if you currently do no or little physical activity it is recommended that you start at a low level 1-2 days for 10-15 minutes and gradually build up to the recommended amount.

**How hard should I work?** The recommendation is 5 x 30 minutes of moderate to vigorous intensity physical activity. The best way to judge if you’re working hard enough is that you’re breathing slightly faster, feeling warmer and have an increase in heart rate (you should still be able to hold a conversation) Adults should also aim to do at least two days of activity to improve muscle strength and minimise the amount of time spent being sedentary.

**What happens if the walk leader doesn’t turn up?** If a walk is cancelled, we will try and contact all walkers prior to the walk, update our website and tweet. If we are unable to get in touch with you assume the walk is cancelled if the walk leader does not arrive within 10 minutes.

**Is there anything else other than the walks programme that can improve my fitness?** We have a Lifestyle Referral scheme which is a programme offering one to one advice and support to local people who want to become more physically active in their daily lives whatever their age or ability. We have a Health Trainer scheme were we offer a Health Plan, and we also do Health Checks which check your blood pressure, height, weight, BMI, waist measurements etc.

**Change in Health Status:** If you’re health changes please inform your walk leader and complete a new physical activity readiness questionnaire.
Health Walks

Healthy for health

Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They usually last between 30-45 minutes.

Suitable for people who are looking to increase their activity levels. They are between 30-60 minutes and may include some moderate slopes and uneven surfaces. Ideal for building up to our progression walks.

Monday
5th, 12th, 19th December
9th, 16th, 23rd, 30th January

13:00
Lunch Time Lap
Meet at The Town Hall steps, WA10 1HF, and enjoy the walk around Fosters Park

Walk lasts approx. 30 mins.

Wednesday
1st, 21st December
4th, 18th January

13:00
Taylor Park
Meet at Taylor Park Boat House for a walk around the lake and then a walk in the park.

Walk lasts approx. 30 mins. – 1hr

Wednesday
7th, 14th, 21st, 28th December
4th, 11th, 18th, 25th January

10:00am
Heald Farm Court
Sturgess Street, Newton – Le – Willows WA12 9HP. Two different routes one taking in the canal and the other taking in Lyme Pitts park.

Walk lasts approx. 90 mins.
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<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>1st, 8th, 15th, 22nd December</td>
<td>12:30</td>
<td>Victoria Park Stroll Meet at Bistro near Mansion House, WA10 2UE. Lasts approx. 30 mins.</td>
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<td>5th, 12th, 19th, 26th January</td>
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<td>22nd December</td>
<td>10:00</td>
<td>The Earlestown Walk Meet at the Forum Cafe by the Market Square, Stanley Street and go Down and Round the Dingle. WA12 9DP</td>
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<td>26th January</td>
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<td></td>
<td>2nd, 9th, 16th, 23rd December</td>
<td>10:00</td>
<td>Wargrave Walk Meeting at Newton Community Centre, Park Rd, WA12 8EX Everyone welcome, children must be accompanied by an adult</td>
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<td>6th, 13th, 20th, 27th January</td>
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These walks are more than 90 minutes in duration and are very likely to include slopes, steps and uneven surfaces. The walks will be at a very brisk pace, we would advise you to try out the Health Walks before attending these to build up stamina.

### Sunday
- **Rainford Walk**
  - 4th December
  - 14:00
  - Car Park opposite Village Hall, Rainford, WA11 8HB.
  - Lasts approx. 2hrs

### Monday
- **Rainford Siding Lane Reserve Walk**
  - 19th December
  - 13:30
  - Meet at Visitor Centre, Siding Lane, Car Park off A570 Rainford, WA11 7SR.
  - The walk is approximately 3.5 miles.

### Tuesday
- **Wheatacre Walk**
  - 13th December
  - 13:30
  - Meet at Burtonwood Playground Carpark, Gorsey Lane, WA5 4HP.
  - Includes steep slope as going over to Bold Moss - alternative route available.

### Tuesday
- **Sankey Valley Walk**
  - 13th December
  - 13:30
  - Meet at the visitor centre, Blackbrook Road, St Helens WA11 0AB
**Tuesday**

20\(^{th}\) December  
13:30  
Meet on the green on Moss Bank Road opposite Clinkham Wood  WA11 7DF.

17\(^{th}\) January  
Lasts approx. 90 mins

**Clinkham Wood**

**Tuesday**

24\(^{th}\) January  
13:30  
Meet at main entrance of A571, Billinge, WN5 7HE Some steep slopes.

Lasts approx. 2hrs

**Bankes Park**

**Wednesday**

7\(^{th}\) December  
13:30  
Meet at Ranger Centre, Park Road North, Just off Newton High Street, WA12 9DT.

Lasts approx. 2hrs

**Mesnes Park – Newton-Le-Willows**

**Wednesday**

28\(^{th}\) December  
13:30  
Meet at the Car Park Notice Board, opposite the old Clock Face Colliery, Gorsey Lane, WA9 4SE

Lasts approx. 2hrs

**Clock Face Country Park**

**Thursday**

1\(^{st}\), 29\(^{th}\) December  
13:30  
Starting at the Griffin Inn, Warrington Rd, Widnes, WA8 3XT

Lasts approx. 90 mins

**Bold Loop Walk**
Thursday
8th December 13:00
5th January

Inglenook Farm – Rainford
Moss Nook Lane, Rainford, WA11 8AE
Some rough terrain

Thursday
22nd December 13:00
19th January

Fir Tree Farm Walk
May be some steep hills, Meet at Fir Tree Farm, Pimbo Road, Kings Moss, WA11 8RD

Saturday
3rd December 13:30
7th January

Dream Clock Face Country Park
Meet at the Car Park Notice Board, Opposite Clock Face Colliery, Gorsey Lane, WA9 4SE
Follow us on Twitter: @HealthySTH
Hit@sthelens.gov.uk

The walks programme and more information can also be found at

www.healthysthelens.co.uk or www.walkingforhealth.org.uk

‘Get Yourself Outdoors!’

Travel Website:
For buses from where you live to the walk please check out

http://www.merseytravel.co.uk/pages/welcome.aspx