SOUTH SOMERSET
DISTRICT COUNCIL

HEALTH WALKS
DIRECTORY

SUMMER / AUTUMN 2017

every step counts

INCLUDES BUGGY WALKS TOO!

South Somerset District Council
Healthy Communities
More about Health Walks

What is a Health Walk?
A health walk is a walk at a brisk pace which is a great way to benefit your health. It’s also a good way of meeting people.

Health walks are popular locally and the Healthy Lifestyles Team at South Somerset District Council has helped to set up walks across the district.

Important note: All walk details correct at the time of printing. If you are considering trying out any of these walks for the first time it is advisable to contact the leader to ensure the walk is taking place. Don’t forget to wear suitable footwear and clothing. If this is your first walk, please arrive early to fill in a Walker Registration form before the walk.

Our Scheme is Accredited
South Somerset - Step out for Health is an accredited health walks scheme with walks led by trained volunteers.

The accreditation is given by ‘Walking for Health’ to schemes that provide beginner walks, meet all the required safety and insurance standards and collect monitoring information.

Why Walk?
Only a third of adults in the UK are active enough.

How Active is Active Enough?
Did you know that we are all meant to do 150 minutes of activity a week? Not being active enough is one of the biggest factors in being overweight, having a stroke, developing cardiovascular disease or type 2 diabetes and getting some cancers.

Why Health Walks?
Walking counts as activity so why not do some activity with like-minded individuals.
GET IN TOUCH
If you have any questions or would like to know more about Health Walks contact the Healthy Lifestyles Team:

📞 01935 462346/7   📧 active@southsomerset.gov.uk
FACEBOOK.com/HealthySouthSomerset   📩 @HealthySomerset
🌐 www.southsomerset.gov.uk/health

FIND YOUR NEAREST WALK
The following walks are all part of our accredited Walking for Health Scheme. If you have any questions about the walks feel free to get in touch with the leader of the walk you are interested in joining.

We have created some icons so that you can see at a glance the walk that suits you best.

- suitable for beginners
- moderate walk
- vigorous walk
- refreshments afterwards

BROADWAY WALKING GROUP
When: 1st, 2nd, 3rd and 5th Tuesday of the month at 9.30am
Where: Standerwick Orchard Village Green, Broadway
When: 4th Tuesday of the month at 9.30am
Where: Precinct at front of Tesco’s Ilminster store
Length of walk: 60-90 minutes
Description: Mixture of roadway and countryside routes
Leader: Elaine Labrom   Tel: 07900 424157
Email: elainelabrom@yahoo.co.uk

BRUTON HEALTH WALKS
When: Every Thursday at 11am
Where: Bruton Museum entrance, 26 High Street, Bruton
Length of walk: 60-90 minutes
Description: Generally flat covering a mixture of pavement and fields in dry weather. Please wear suitable footwear
Leader: Bryan Pearson   Tel: 01749 938191
Email: bryan.pearson@talktalk.net
**CASTLE CARY WALK AND TALK**

**When:** 3rd Thursday of the month at 2pm  
**Where:** Milbrook Surgery, Castle Cary, BA7 7EE  
**Length of walk:** 60 minutes  
**Description:** Walks are very short (1 ¼ mile) and on fairly even ground. Walks will end at The Shambles in the Market house for a cup of tea, if you wish, and a short talk on topics which help you keep on walking and keep healthy (contact below for talk topic)  
**Leader:** Laura Tilling  
**Tel:** 01963 351461

**CHARD HEALTH WALKS**

**When:** Every Wednesday at 10.00am  
**Where:** Boden Centre, Chard  
**Length of walk:** 60-90 minutes  
**Description:** Routes may be around Chard on pavements and also footpaths in wider countryside - some car journeys involved to start points outside of Chard  
**Leader:** David Coath  
**Tel:** 01460 65523  
**Email:** davidcoath@hotmail.co.uk

**CREWKERNE HEALTH WALKS**

**When:** Every Tuesday at 9.45am  
**Where:** Crewkerne Aqua Centre  
**Length of walk:** 60-90 minutes  
**Description:** Mixture of pavement and countryside routes. Every 3rd Tuesday of the month the group uses the Community Bus plus some cars to walk in the areas surrounding Crewkerne  
**Leaders:** Sue and Mike Frackiewicz  
**Tel:** 07761 441453  
**Email:** suefrack@btinternet.com

**CURRY RIVEL HEALTH WALKS**

**When:** Fortnightly, 1st and 3rd Wednesday of the month at 10.30am (meet at 10.15am)  
**Where:** The Green, Curry Rivel  
**Length of walk:** 60 to 75 minutes  
**Description:** Walks are generally flat covering a mixture of urban terrain and fields in dry weather  
**Leader:** Andrew Jordan  
**Tel:** 01458 250725
ILMINSTER HEALTH WALKS
When: Tuesdays at 10.30am
Where: Tesco (main entrance), Shudrick Lane, Ilminster
Length of Walk: 90 minutes
Description: Walks may be off road, on fields, woods and tracks so please wear suitable footwear
Leader: Frances White  Tel: 01460 543560 or 07762 405873
Email: fran.white2@gmail.com

LANGPORT HEALTH WALKS
When: Mondays at 11.30am (check notice board for Bank Holidays)
Where: Langport Library
Length of walk: 45-60 minutes
Description: Walks are mainly flat but some of the terrain may be uneven and muddy when wet. Walks finish at the library where refreshments are provided for a modest fee! No need to book. Please check the library foyer notice board for more details.
Leader: Shirley Robinson  Tel: 01458 251437

LANGPORT SHORT WALKS
When: Tuesdays at 4pm
Where: Langport Library
Length of walk: 15-25 minutes
Description: Join us for a short walk on flat terrain. No need to book, just turn up in weather appropriate clothing and footwear. Please check the library foyer notice board for more details.
Leader: Shirley Robinson  Tel: 01458 251437

MARTOCK HEALTH WALKS
When: 3rd Friday of every month at 9.30am
Where: The Precinct, Moorlands Shopping Centre, Martock
Length of Walk: Approximately 45 - 60 minutes
Description: Everyone is welcome for a friendly and social walk covering a mixture of pavement and countryside routes
Leader: Maggie and Peter Ludbrook
Contact: Maggie  Tel: 01935 824252
**STOKE SUB HAMDON HEALTH WALKS**
When: 2nd and 4th Monday of the month at 10.30am  
Where: The Lighthouse Coffee Shop, All Saints Hall, Stoke Sub Hamdon  
**Length of walk:** 60-90 minutes  
Description: Mixture of roadway and countryside routes  
Leader: Penny Trapnell  
Tel: 01935 822208  
Email: pennyatrapnell@aol.com

**MILBORNE PORT HEALTH WALKS**
When: Every other Monday at 2pm  
Where: Starting at Milborne Port Surgery (everyone welcome)  
**Length of walk:** 30-60 minutes  
Description: A country walk off roads, on pavements and up short inclines to help build confidence, stay healthy, socialise, increase mobility and discover the local area  
Leader: Chris Beechey and Sally Oxford  
Tel: 01963 250334  
Email: christopher.beechey@milborneportsurgery.nhs.uk

**SOMERTON HEALTH WALKS**
When: 1st and 3rd Thursdays of the month at 11.30am  
Where: Somerton Library  
**Length of walk:** Up to 1 hour  
Description: A mixture of pavement and countryside routes, please bring appropriate footwear such as walking boots. At the end of the walk we visit a local pub for refreshments  
Leader: Mo Fletcher  
Tel: 01458 274631  
Email: fletcher080@btinternet.com

**SOMERTON SHORT WALKS**
When: 4th Thursday of the month at 11.30am  
Where: Somerton Sports Club, Gassons Lane, Somerton  
**Length of walk:** 30 minutes  
Description: A gentle low impact walk for beginners who would like to start exercising and socialise.  
Leader: Annie Morley and Mo Fletcher  
Tel: 01458 274631  
Email: fletcher080@btinternet.com
STOKE SUB HAMDON EVERY STEP COUNTS SHORT WALKS
When: 2nd and 4th Monday of the month at 9.30am
Where: The Lighthouse Coffee Shop, All Saints Hall, Stoke Sub Hamdon
Length of walk: 30-40 minutes
Description: Village walks on mostly level pavements. Walks help to build confidence, stay healthy and increase mobility
Leaders: Mark & Jane Gooch Tel: 01935 823868

WINCANTON SHORT WALKS
When: Every Tuesday at 11.30am
Where: Wincanton Health Centre
Description: Short 30 minute walks on level pavements and footpaths suitable for beginners. Walks help to build confidence, stay healthy and increase mobility
Leader: Ali Leftwich Tel: 01963 31842

WINCANTON HEALTH WALKS
When: Every Tuesday at 10am
Where: The Balsam Centre, Wincanton
Length of walk: 50 minutes
Description: Walks are all around Wincanton town and rural edges and are mostly on pavements and footpaths with some inclines. Please arrive early to fill in a health questionnaire before the walk. Call the number below to book
Leader: Ali Leftwich Tel: 01963 31842

YEovil - PREston GrovE MEDICAL CENTRE
When: Wednesdays at 2pm
Where: Preston Grove Medical Centre, Yeovil
Length of walk: 50-60 minutes
Description: A gentle low impact walk for beginners who would like to start exercising and socialise at the same time. Walks include town footpaths or park walks. Everyone is welcome
Leaders: Health coaches Tel: 01935 470737
**YELOWIL SOCIAL WALKS LEVEL WALKS**

When: Every Tuesday at 2pm  
Where: The Gateway Cafe, Yeovil  
Length of walk: 30-45 minutes  
Description: Level walking on easy footpaths in Yeovil Country Park and the surrounding area  
Leader: Jean Phillips  
Tel: 07812 049678

**YELOWIL SOCIAL WALKS INTERMEDIATE**

When: Every Tuesday at 2pm  
Where: The Gateway Cafe, Yeovil  
Length of walk: 60-90 minutes  
Description: Town and countryside footpaths in Yeovil Country Park and the surrounding area, routes may be hilly  
Leader: Jean Phillips  
Tel: 07812 049678

**YELOWIL SOCIAL WALKS WEEKEND WALKS**

When: 2nd Sunday of the month at 2pm  
Where: Outside Goldenstones Leisure Centre, Yeovil  
Length of walk: 50-60 minutes  
Description: Based in Yeovil Country Park, walks are suitable for all abilities  
Leaders: Martin & Susy  
Tel: 07798 672137

**YELOWIL - WALK AND TALK AT RYALLS PARK**

When: Mondays at 2pm (not bank holidays)  
Where: Ryalls Park Medical Centre, Yeovil, BA21 3BA  
Length of walk: 45 minutes  
Description: A gentle low impact walk for beginners who would like to start exercising and socialise. (You do not need to be a patient at Ryalls Park to attend the walk)  
Leaders: Cheryl/Fran  
Tel: 01935 434000
JOIN US FOR A CALM ON THE FARM HEALTH WALK

STOKEHILL FARM, NEAR WINCANTON
FORTNIGHTLY ON THURSDAYS
10.30AM TO 12.30PM

Calm on the Farm Health Walks are for walkers from organisations (not for individuals) who can be transported to the farm as a group.

These walks are ideal for groups who would like to spend some time walking at a gentle pace, with time to enjoy the seasonal changes in the green space of our small farm.

Booking essential, contact: debbiehicks@stokehill.com

BUGGY WALKS

ILCHESTER BUGGY WALKS
When: Every Friday at 9.15am
Where: Ilchester Primary School lower site, meet outside reception
Description: This buggy walk is suitable for children of all ages, and offers both slower and faster walking options. Please bring along a small amount of money for tea and coffee afterwards
Leader: Jenny    Email: tumbleschildcare@hotmail.co.uk

BALSAM BUGGY WALKS WINCANTON
When: Every other Thursday (phone for next walk)
Where: Stourhead Visitors Centre, Stourhead
Length of walk: Approximately 40 minutes depending to the speed of any toddlers walking. Please register with the Balsam Centre first
Description: A walk on paths around the beautiful gardens of the Stourhead estate
Leader: Terri Mills   Tel: The Balsam Centre 01963 31842
Email: info@balsamcentre.org.uk
WHAT MADE YOU BECOME A HEALTH WALK LEADER?
I was a volunteer at Crewkerne Aqua Centre, where the walks were based, and it seemed a natural progression. Within two years, my husband Mike and I were the only leaders, as the original leader could not continue due to an injury.

BEST BITS ABOUT BEING A LEADER?
The obvious enjoyment of the walkers - and hearing lots of laughter on the walks.

DO YOU HAVE ANY FAVOURITE WALKS?
My current favourite is a walk across fields to the East of Crewkerne. It is so near the main A30, but you wouldn’t know it. The views are glorious, and almost the entire walk is off-road.

AFTER YOUR WALK, TEA, CAKE OR A PIECE OF FRUIT?
I know it’s the wrong answer, but definitely tea (or coffee) and cake, often with some of the walkers. The walk is good for the body, the refreshments afterwards are good for the soul!
RAIN OR SHINE? OR OTHER
Either, as long as I am dressed for it - as Oscar Wilde said “there is no such thing as the wrong weather, only the wrong clothes.”

MUDDY TRACK OR DRY PAVEMENT?
Muddy track (within reason). Always nicer to walk away from pavements and roads.

ARE THERE ANY FUNNY OR EMBARRASSING MOMENTS THAT YOU ARE WILLING TO SHARE!
Funny - Being escorted by about 20 very young cattle on last week’s walk (picture attached) Embarrassing - As if I would tell you.

“LEADING THE WALKS IS NOT SOMETHING I PLANNED WHEN I MOVED TO THE WEST COUNTRY TEN YEARS AGO, BUT I REALLY ENJOY IT. I HAVE MADE A LOT OF GOOD FRIENDS, AND LEARNED A LOT ABOUT THE AREA, AS WELL AS STAYING ACTIVE AND HEALTHY. I THOROUGHLY RECOMMEND IT!!”

FANCY BECOMING A LEADER?
Please see the back page, we’ve got FREE training so that you can lead a walk in your own community!
Health Walks are short walks under 1.5 hours
South Somerset District Council offers training for anyone who would like to lead health walks on a voluntary basis.
These 1-day workshops are ideal if you who would like to start up a health walk in your local community.
A free leaders pack is provided but participants must bring their own lunch.

Train to become a Health Walk or Buggy Walk Leader
FREE!
at the Council Offices, Brympton Way, Yeovil, BA20 2HT
Thursday 21 September 2017

The course will cover
* Risk Assessments
* Suitability of the walks
* Accident Reporting
* Benefits and barriers to exercise
* Physical activity needs

For more information or to book your place:
Contact SSDC’s Healthy Lifestyles Team
Tel: 01935 462346/7
Email: leisurebookings@southsomerset.gov.uk
www.southsomerset.gov.uk/healthwalks