Hello everyone!

Despite the late Spring and Summer being almost a complete washout I was amazed to see how many of you continued to participate in our health walks.

Numbers have certainly not dwindled due to the weather - in fact they’ve increased! One particular day stands out in my mind. Thursday 31st May was a very wet and miserable day! I arrived at Gribdale Gate in low cloud and drizzle not expecting a single person to turn up for the walk up to Captain Cook’s Monument. But soon, one after another of you began to arrive and before long 18 of us had set off to trudge through the murk towards the top of Easby Moor. The views from the Monument are usually superb and you can see for miles, but we couldn’t see a thing! After descending back down to Gribdale Gate we were all absolutely drenched, but guess what? All I saw and heard were smiles and laughter and “where are we going for a cuppa?” Well done to every one of you who came - you deserved a medal!

Don Burluraux
Health Walks Co-ordinator
Health Improvement Service
South Tees NHS Foundation Trust
Langhaugh House, Bow Street
Guisborough TS14 7AA
Tel: 01287 284424  Mobile: 07929 213417
Email: don.burluraux@nhs.net

Walk in the Olympic Shadow!

After the phenomenal success of the 2012 London Olympics and Paralympics let’s try to keep the momentum going and get our proud nation fitter and healthier by continuing with or taking up some kind of physical activity.

Of course, not all of us can sprint, swim fast or jump high any more. However, most of us are capable of doing the simplest and one of the most beneficial physical activities of all – walking. Healthy Stepping, part of the Walking for Health strategy, is aimed to encourage people of all ages and abilities to become physically active in their local community.

All our walks are free and are led by trained walk leaders, most of whom are volunteers. The walks vary from 30 minutes to over two hours depending on your choice but most are on safe, easy terrain and are not strenuous.

Looking back at the Olympics and Paralympics we witnessed thousands of happy, smiling faces and so many people meeting new friends. That’s exactly the same reaction we see in our walking groups; people join in and are soon telling us what a massive difference it has made to their health and general quality of life.

Whilst the wonderful pleasures the Olympics gave to most of us are still fresh in our minds let’s make it a priority to go out walking regularly in the fresh air, enjoying our countryside, meeting new friends and staying healthy.
# Health Walks Groups

## Middlesbrough Area

### Health Walks Group Details

#### Hemlington (Mondays)
- Meet 10.30am every Monday
- Hemlington Recreation Centre
- Cass House Road, Hemlington
- Local walks include Hemlington Lake, Brookfield, Coulby Newham, Stainton & Thornton
- Refreshments available afterwards
- Walks last approx 1 hour

#### Hemlington (Wednesdays)
- Meet 10.30am every Wednesday
- Hemlington Recreation Centre
- Cass House Road, Hemlington
- Local walks include Hemlington Lake, Brookfield, Coulby Newham, Stainton & Thornton
- Refreshments available afterwards
- Walks last approx 1 hour

#### North Ormesby
- Meet 10.00am every Tuesday
- Near traffic lights opposite Market Place
- Local walks incl Transporter Bridge, Riverside Stadium, Albert Park, Pallister Park & Town Centre
- Walks last approx 1 hour

#### Rainbow Leisure Centre Coulby Newham
- Meet 10.30am every Tuesday
- At entrance to Rainbow Leisure Centre, Parkway Centre, Coulby Newham
- Local walks around Lingfield and Coulby Newham
- Refreshments available afterwards
- Walks last approx 1 hour

#### Brookfield & Kader Strolling & Walking Group
- Meet between 9.30am - 9.45am
- At St Clare’s Church, Low Lane, Middlesbrough
- For registration: 2 to 3 miles local strolls every other Wednesday 4 to 6 miles countryside walks (car share) alternate Tuesdays or Wednesdays
- For more details ring Mike McCann: 01642 592682

#### Middlesbrough U3A Group
- Register at 9.30am at Natures World
- Ladgate Lane, Acklam, 2nd & 4th Thursday each month
- 2 to 4 miles local strolls/walks and 4 to 5 miles countryside walks (car share)
- For more details ring Mike McCann: 01642 592682
- Fred & Marilyn Wood: 01642 821090

#### Langdon Square Coulby Newham
- Meet 10.30am every Thursday
- At Langdon Square Community Centre
- Coulby Newham
- Local walks including Fairy Dell, Coulby Newham & Hemlington Lake
- Refreshments available afterwards
- Walks last approx 1 hour

#### West Middlesbrough Walkers & Strollers Group
- Meet most Monday afternoons 1.15pm
- At Melbourne House, Newport Road, Middlesbrough
- Local walks, minibus or public transport to walks in Cleveland & North Yorkshire
- Refreshments most walks afterwards
- For further details ring 01642 862574 or 01642 878435

#### Lanchden Square Coulby Newham
- Meet 10.30am every Thursday
- At Langdon Square Community Centre
- Coulby Newham
- Local walks including Fairy Dell, Coulby Newham & Hemlington Lake
- Refreshments available afterwards
- Walks last approx 1 hour

#### Lunch-Time Walks Bottle of Notes
- Meet at 12.15 every Wednesday
- At seats near the Bottle of Notes (opposite the Mima Gallery)
- 2-mile (45-minutes) brisk walks to Middlehaven, Transporter Bridge, North Ormesby, Longlands etc
- Last Wednesday in each month 2.5-mile / 1 hour walk to Albert Park
- Office staff and other town workers are all welcome

#### Acklam Library Walks
- Meet 1.30pm every Thursday afternoon
- At Acklam Library on Acklam Road
- Local walks last approx 1 - 1½ hours including to Acklam Hall, Devil’s Bridge, the Avenue of Trees and Mandale
- Refreshments are available afterwards at Acklam Library for a small donation
- For further details ring Marjorie on 01642 814933

#### Men’s Health - Waist Removal
- 3rd Thursday of each month
- Trinity Centre, James Street, North Ormesby
- (nr Market Place)
- Our FREE Activities include:
  - Health Walks (30 mins or 1 hour)
  - Cycling (bikes provided or bring your own)
  - L.E.A.N. - Weight Management service
  - Practical Cooking for men
- All men 16 and over are welcome - ring 01287 284479 for further details

#### Buggy Walks
- 1st and 3rd Thursday of each month - all walks start at 10.30am
- Pram, pushchair and baby-carrier friendly walks for parents, babies and toddlers in Middlesbrough, Redcar & Cleveland
- Please ring 01287 284427 for further details of walk venues

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For more information ring Don Burluraux on **01287 284424** or 07929 213417
# Redcar & Cleveland Area

## Health Walks Groups

### Guisborough

<table>
<thead>
<tr>
<th>Day</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Time</th>
<th>Level</th>
<th>Starting Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>2</td>
<td>-</td>
<td>-</td>
<td>10.30</td>
<td>L2</td>
<td>LIDL car park, Enfield Chase</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9</td>
<td>6</td>
<td>4</td>
<td>10.30</td>
<td>L2</td>
<td>Pinchinthorpe Visitor Centre</td>
</tr>
<tr>
<td>Tuesday</td>
<td>16</td>
<td>13</td>
<td>11</td>
<td>10.30</td>
<td>L2</td>
<td>GP Surgeries, Rectory Lane</td>
</tr>
<tr>
<td>Tuesday</td>
<td>23</td>
<td>20</td>
<td>18</td>
<td>10.30</td>
<td>L2</td>
<td>Pinchinthorpe Visitor Centre</td>
</tr>
<tr>
<td>Tuesday</td>
<td>30</td>
<td>27</td>
<td>-</td>
<td>10.30</td>
<td>L2</td>
<td>LIDL car park, Enfield Chase</td>
</tr>
</tbody>
</table>

**Level Guide**

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>L1</td>
<td>Level 1 walk or stroll (20-30 minutes)</td>
</tr>
<tr>
<td>L2</td>
<td>Level 2 walk (1-1½ hours)</td>
</tr>
<tr>
<td>L2*</td>
<td>Saltburn (Weds) has two groups - easy stroll or longer brisker walk - both 1hour</td>
</tr>
</tbody>
</table>

### Kirkleatham, Marske & New Marske

<table>
<thead>
<tr>
<th>Day</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Time</th>
<th>Level</th>
<th>Starting Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>1st Sunday each month</td>
<td>10.30</td>
<td>L2</td>
<td>Kirkleatham Museum car park</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Every Tuesday</td>
<td>14.00</td>
<td>L1</td>
<td>Marske Clinic, Hall Close</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Skelton

<table>
<thead>
<tr>
<th>Day</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Time</th>
<th>Level</th>
<th>Starting Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Every Thursday</td>
<td>12.30</td>
<td>L1</td>
<td>Hillside Surgery, Skelton</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Every Thursday</td>
<td>13.00</td>
<td>L2</td>
<td>Hillside Surgery, Skelton</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Normanby

<table>
<thead>
<tr>
<th>Day</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Time</th>
<th>Level</th>
<th>Starting Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Every Thursday</td>
<td>11.00</td>
<td>L2</td>
<td>Manor House Surgery</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*For further details of this walk contact Stephen Mussett on 01642 496430*

### East Cleveland

**Includes Loftus, Skinningrove, Brotton, Lingdale, Skelton**

<table>
<thead>
<tr>
<th>Day</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Time</th>
<th>Level</th>
<th>Starting Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Every Tuesday</td>
<td>13.00</td>
<td>L2</td>
<td>Varied weekly walks in East Cleveland</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Every Friday</td>
<td>13.00</td>
<td>L2</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Ring Sue on 01287 642020 for details of venues*

### Grangetown Community Walking Group

<table>
<thead>
<tr>
<th>Day</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Time</th>
<th>Level</th>
<th>Starting Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>2nd and 4th Thursday in each month</td>
<td>10.00</td>
<td>L2</td>
<td>Grangetown Neighbourhood Centre, Bolckow Road</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*For further details of this walk contact Janet Easley on 01642 774774*

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*Redcar Racecourse - please use car park accessible from West Dyke Road.*
**Car-sharing ‘Away Day’ Walks for Healthy Stepping participants**
in Middlesbrough and Redcar & Cleveland (all walks start at 10.30am)

<table>
<thead>
<tr>
<th>Date</th>
<th>Walk</th>
<th>Starting point &amp; directions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>THURSDAY 4TH OCT</strong></td>
<td>HARDWICK PARK, near SEDGEFIELD</td>
<td>Meet at Hardwick Park Visitor Centre, near Sedgefield - free car park at time of writing.</td>
</tr>
<tr>
<td><strong>TUESDAY 9TH OCT</strong></td>
<td>REDCAR PRIMARY CARE HOSPITAL - BOROUGH Primary Care Hospital, West Dyke Road, Redcar - free parking. Nice café in hospital.</td>
<td></td>
</tr>
<tr>
<td><strong>MONDAY 22ND OCT</strong></td>
<td>PINCHINTHORPE - QUISBOROUGH FOREST</td>
<td>Pinchinthorpe Visitors Centre. Car parking charge - £1 for all day.</td>
</tr>
<tr>
<td><strong>THURSDAY 1ST NOV</strong></td>
<td>MARSKE - STRAY CAFÉ, REDCAR</td>
<td>Meet at Mermaid pub car park, Marske. Nice carvery available in pub afterwards!</td>
</tr>
<tr>
<td><strong>TUESDAY 6TH NOV</strong></td>
<td>KIRKLEATHAM WOODS</td>
<td>Kirkleatham Museum car park - free. Nice café afterwards!</td>
</tr>
<tr>
<td><strong>WEDNESDAY 14TH NOV</strong></td>
<td>NATURES WORLD - BROOKFIELD - KADER - MANDALE - BLUEBELL BECK 2½ hrs - flat.</td>
<td>Meet at Nature’s World car park, Ladgate Lane - café afterwards.</td>
</tr>
<tr>
<td><strong>MONDAY 19TH NOV</strong></td>
<td>GREAT AYTON CIRCULAR 1½ hrs - field paths may be muddy or wet.</td>
<td>Meet at the village green opposite Petch’s butchers shop - free roadside car parking. Plenty of cafes in village afterwards.</td>
</tr>
<tr>
<td><strong>THURSDAY 29TH NOV</strong></td>
<td>TEES BARRAGE - BILLINGHAM BECK</td>
<td>Talpore Pub &amp; Premier Inn car park, Teess Barrage - turn left off A66 for Teesside Retail Park then right at lights and back across A66 to Tees Barrage.</td>
</tr>
<tr>
<td><strong>TUESDAY 4TH DEC</strong></td>
<td>COATHAM MARSH, SAND DUNES &amp; BEACH</td>
<td>Mungle Jungle car park, Majuba Road, near boating lake opposite Redcar Leisure Centre - free parking</td>
</tr>
<tr>
<td><strong>MONDAY 10TH DEC</strong></td>
<td>STOKESLEY CIRCULAR 1½ hrs - flat. Some field paths may be muddy if wet.</td>
<td>Meet in Stokesley Co-op car park - free</td>
</tr>
<tr>
<td><strong>WEDNESDAY 19TH DEC</strong></td>
<td>CHRISTMAS WALK AT SALTBURN</td>
<td>Meet outside the CIU Holiday Centre (Saltburn House) on Marine Parade - free roadside parking</td>
</tr>
</tbody>
</table>

**Longer Walks**

If you would like to progress and walk a bit further here are a few longer walks with the brookfield & kader group

**Brookfield & Kader Strolling & Walking Group** was formed to encourage more people to enjoy the benefits of walking and at the same time explore the local greenbelt and countryside - all walks are led by trained community volunteer walk leaders.

Register for all walks at St Clare’s Church, Low Lane, Brookfield at 9.30am for 9.45 start! Bring a drink and a snack, walking boots/shoes and a rainproof coat. Coat per walk / stroll 50 pence - moneys go towards two annual bus outings. Car-sharing - we suggest a £2 minimum donation to the driver towards fuel costs.

**LOCAL STROLLS LASTING APPROXIMATELY 1 - 1½ HOURS ARE HELD ON ALTERNATE WEDNESDAYS IN BETWEEN THE WALKS BELOW**

**Wednesday 10th October 2012**

**A WALK FROM GREAT AYTON**

After registration drive (car share) to Low Green. Great Ayton for a lovely walk via Quarry Wood to Low Easby. Refreshments in the village afterwards. About 6.0 miles, a few stiles and muddy paths.

**Tuesday 23rd October 2012**

**A WALK IN ERRINGTON WOODS**

After registration drive (car share) to Errington Woods car park. A circular walk through the woods and Upleatham village. A few stiles and uneven paths but gentle gradients throughout. Lots of sculptures to admire. About 5 miles.

**Wednesday 7th November 2012**

**A WALK FROM ANTJORPHE VILLAGE**

After registration drive (car share) to Anthorphe (near Danby) for walk up Anthorphe Rigg and return via River Esk, Duck Bridge and Danby Castle. Stunning views of Fryup Dale. Refreshments afterwards at the Fox and Hounds. 5.5 miles, some climbing and exposed moorland on Anthorphe Rigg (warm and water-proof clothing essential). Could be muddy in places if wet.

**Tuesday 20th November 2012**

**A WALK FROM INGLEBROUGH VILLAGE**

After registration drive (car share) to Inglebrough Village for a walk along field paths to Bank Foot, a disused railway and field paths to Old Sheepfold Farm, returning by field and woodland paths. Panoramic views of the Cleveland Hills. Refreshments afterwards at The Wainstones. Over 5 miles, easy gradients, a few stiles and muddy paths.

**Wednesday 5th December 2012**

**A WALK FROM SEATON CAREW TO HARTLEPOOL MARINA**

After registration drive (car share) to Seaton Carew for a lovely walk along the promenade to Hartlepool Marina for coffee at the historic quayside before returning to Seaton to perhaps enjoy some fish and chips! Strollers could walk to the Marina (about 2.5 miles) and catch the bus (or canoe!) back to Seaton Carew. About 5 miles on good paths. Note: Seafront promenade exposed, warm/water-proof clothing essential!

**Tuesday 18th December 2012**

**A CHRISTMAS WALK TO LARCHFIELD**

A delightful walk to Hemlington Lake and then on to Larchfield for refreshments and an opportunity to meet some of the residents and browse the shop for Christmas vegetables or presents before returning to St Clare’s. About 5 miles, good paths.

For more details on above walks ring Mike McCann on 01642 592682
COMMUNITY WEIGHT MANAGEMENT GROUP

Community Weight Management offers you the opportunity to manage your weight, improve your health and enhance your quality of life by providing programmes that are right for you.

SHAPE UP - friendly group support
ONE2ONE - personalised planning
L.E.A.N. - a drop-in service

Ring 01287 284479 and make that Change 4 Life STOP SMOKING SERVICE

Smoking is the single biggest cause of preventable death and disease in the UK. People can and do give up - more than 12 million people in the UK are ex-smokers. There are many ways that we can help you to give up smoking so if you are thinking of quitting contact Middlesbrough and Redcar & Cleveland Stop Smoking Service on 01287 284487 for more information.

WOMEN OUT WALKING (WOW) GROUP

The Women Out Walking (WOW) group are a voluntary ‘LADIES ONLY’ group that get together for moderate to long walks around our local area of Cleveland and North Yorkshire.
For further details of walks and venues ring 01642 750344 or email: topher987@sky.com

CVD SCREENING

‘Are you a health-conscious employer?’
NHS Tees is offering FREE Healthy Heart Checks in the workplace for your employees.
If you have 15 or more employees aged between 40-74 with no previous cardiovascular illness (Heart Disease, Stroke, Diabetes, High Blood Pressure or Cholesterol) then you are eligible for the free checks.
If you are interested and would like more information please contact Gareth Harding, CVD Screening Co-ordinator on 01287 284491 or gareth.harding@tees.nhs.uk

South Tees Hospitals NHS Foundation Trust (STHFT) Health Improvement Service also provide...

SMOKEFREE FAMILIES
Smokefree Families’ promotes better health for local families. It aims to protect your children and family from the harmful effects of second-hand smoke. For more information ring STHFT Health Improvement Service on 01287 284473.

Healthy Stepping is supported by:

For more information ring Don Burluraux on 01287 284424 or 07929 213417 or email: don.burluraux@nhs.net