Welcome

Welcome to our new walkers, of which there are many! Over 60 new walkers have registered with us in the last 12 months and with the east end walkers who joined us last year we now have over 200 ‘active’ walkers who join us on at least one walk every month.

For the benefit of the new walkers (and maybe some of the walkers who have been with us for longer) we should say a bit here about what sort of ‘exercise’ group they have joined.

We are a limited company, but a Community Interest Company — we don’t trade and we don’t make profits!

Our income is from grants and fundraising, all of which is put back into the company’s activities — walking and promoting walking!

No one gets paid a wage but out-of-pocket expenses are paid to walk leaders and volunteers. Nothing Else!

We are all volunteers! We have no office, admin work is carried out in our homes!

The Company has four Directors, Andy Robertson (also Company Secretary), Peter Burnett, Sandra McLellan and James Ward. They are all Walk Leaders.

In addition we have 12 Volunteer Walk Leaders. Like any other company we need to have an administration and organising structure.

Overall Scheme Co-ordinator is Andy Robertson, main contact for Walking for Health, funders and other contacts. Responsible for overall coordination, basic health walks, finance and fundraising, meetings, trips and keeping records of all activities that we do.

Our Health Walks Extra Co-ordinator is James Ward (Director, responsible for all the ‘extra’ walks, (weekdays as well as the Saturdays), planning the walks programmes, risk assessments (for all walks including trip walks) and walk leader training.

Dianne O’Neill and Linda Merritt (both Walk Leaders) support us with admin work on the database and webpage and all walk leaders help with leaflet distribution, attending meetings from time to time or looking after a stall at events.

The volunteers do a lot more than just going on a walk!

No Volunteers? No Walks!

Sadly we have to report on two other bereavements. Catherine Shaw passed away as a result of cancer. We believe her wish was to have her body donated to science, so no details of funeral or celebration, at the time of writing.

On the same day as Catherine, Amanda’s Brother Michael died as a result of a fall. Our thanks to those walkers who attended the funeral. Our deepest sympathy to Margo, mother of Amanda and Michael, who is one of our walkers.
Amanda Jane Brewitt
1963 - 2017

Suddenly and sadly we lost one of our longest serving Walk Leaders in May, Amanda, who was so well-liked by everyone and often took her little dog with her on walks.

Amanda has walked many miles with us since joining in August 2009 - when we were just a few! She trained as a walk leader in 2011 and has led many walks since. Mostly her walks were on Tuesdays and Thursdays from Linskill and occasionally some of the longer Saturday Walks.

She will be sadly missed but remembered. Suggestions have been made to name one of her favourite walks that we do and to have her name on a park bench or seat. We have thought for some time that some of our regular walks ‘lack seats’ and this would be an opportunity and incentive for us to do something.

If you have any ideas or suggestions please pass them on to one of the walk leaders.
Walk One Mile — with us!

We have three short health walks every week, in Wallsend and North Shields/Tynemouth, they can be from 30 minutes to an hour depending on who is walking that day.

These walks are flexible, we can adjust them to suit the pace needed by walkers. While brisk walking is the target, what is brisk for one person may be a route-march for another! Of course those who find it too easy can get 'kicked upstairs' to a Health Walk Extra!

We use Northumberland Park and Wallsend Parks a lot, they give us options of including a 'little hill' now and again — which for some people could be a mountain — to make it challenging! If we have walkers recovering from illness or ops, or they have problems with hip or knee joints, we can slow the pace a bit by getting out pocket books on birds and plants and have a good old Nature Stroll!

Above and right: Monday walkers in Wallsend Parks.

Walking One Mile with us involves walking through a local park, having a friendly chat in good company and enjoying the fresh air.

Below: Tuesday walkers in Northumberland Park

Might not be brisk but it's great for getting people to think, talk and interact with others. Does wonders for confidence!

Thoughts on a new health walk are ongoing, this could be Byker (we only have 'Extra' walks there) or Wallsend. We have piloted short Saturday Walks and may Launch these in the Autumn.

The 'Extra' Walks are on Tuesday's (Byker) Thursday's (Byker & North Shields/Tynemouth) and two Saturdays every month (1st & 3rd).
We’ve had trips to Cooks Monument and Sutton Bank with the trip to Saltburn still to come! In addition we have two extra trips this year — Bamburgh/Seahouses and Alnwick!

The Summer Trip to Helmsley, Sutton Bank and Thirsk — the walkers walked a section of Sutton Bank ending at the viewpoint. The non-walkers spent some time in Helmsley before heading to the Sutton Bank visitor centre for some tea and a short stroll to the viewpoint — where they met up with the walkers. Followed by a short break in Thirsk before heading for home.
Linskill Healthy Walkers stride across the sands, Bamburgh to Seahouses. It was a very windy day!

The Castle at Helmsley

Captain Cook’s Monument

Roseberry Topping — as seen from Captain Cook’s Monument

There are those among us who will forever be young!

The ‘Wild Bunch’ at Captain Cook’s Monument
If you buy bananas while they still have a bit of green on them they can last a few days before they turn yellow all over and you can enjoy eating them as they are ripening. But — as they start developing brown spots, which eventually cover the entire banana — you throw them out because you think they are rotten and no longer of any benefit to you. 

Think again!

Researchers have found that an increasing number of brown patches on a banana means it isn’t just riper, it contains qualities to strengthen your immune system.

Those qualities are contained in Tumor Necrosis Factor, or TNF, which is found in bananas. It’s a substance that fights cancer!

Combined with high levels of antioxidants, which bananas also contain, they help to boost white blood cells and thereby strengthen our immune system. So eat those bananas rather than toss them in the bin!

Indeed, the old saying “eat an apple a day keeps the doctor away” could be rewritten to include a banana as the required fruit.

There are other ways in which bananas can help keep your body healthy.

They help to lower blood pressure:
as they are low in sodium and high in potassium, making them a heart-healthy food.

They treat acid reflux:
as eating a banana can bring relief to heartburn and reduce the symptoms.

They are a source of iron:
and Anaemia can be reduced through the intake of dietary iron, which is present in bananas. It helps to encourage the production of red blood cells and haemoglobin, which can strengthen the blood that flows through your body.

They provide energy:
for work-outs in the gym or other exercises. Munching on a banana or two before you start your work-out will provide you with additional energy that can last an hour or two. Your body’s endurance is increased by the low glycemic carbohydrates as well as the minerals and vitamins that are found in bananas and the potassium found in bananas helps to guard against cramps in your muscles.

They are safe on the stomach:
and people who suffer from ulcers are often advised to avoid certain foods. Bananas, however, can be safely eaten by those suffering from stomach ulcers as they are soft and smooth. If anything, the pulpy texture of a banana protects the stomach lining from acids and other forms of irritation.

When the weather is hot you might want to remember that eating a banana can lower your body temperature.
Five Signs Your Walking ‘Exercise’ is Too Easy

by JODI HELMER

For walking to lead to health benefits like decreased risk of heart disease, stronger bones, weight loss, improved sleep and a mood boost, you have to do more than put one foot in front of the other.

If you’re not sure whether your walking is meeting the criteria for a brisk walk, here are five signs that might show your walking routine is too easy.

Not breaking sweat?
Increasing the pace of your walking activates your sweat glands, the faster you walk the more likely you are to break a sweat. Find your pace that makes you sweat ‘a bit’ (but still able to talk!) and aim to spent at least 15-30 minutes at that pace. When you do, you’ll surely ‘break sweat’.

Not hitting weekly targets?
The current medical advice is for at least 150 minutes of moderate-intensity physical activity per week. You’ll hit the recommended number of minutes by taking a brisk stroll around the block for 30 minutes five evenings per week.
Brisk 10-minute walks before work, during lunch and in the evening still count toward your weekly exercise goals.

Your muscles never ache.
Walking is a great low-impact exercise but that doesn’t mean it shouldn’t feel like a workout. Your goal is a light muscle ache. If you’re too sore to move the next day, you’ve overdone it!
You don’t have to give up walking for running or another workout. Picking up the pace, increasing the distance or changing the terrain can help increase the calorie burn.
Find some hills and sweat a little, we say!!

You follow the same route.
Over time, your body gets used to a certain pace and terrain; the more you follow the same route, the easier it gets.
Changing your route on some days can keep it a challenge. There is no such thing as a ‘bad’ walk.
When your goal is walking for exercise and health benefits, it’s essential to make sure your walking routine isn’t too easy!!

You can talk a lot?
If you’re able to chatter endlessly about the latest episode of a TV soap without ‘huffing and puffing’, you need to pick up the pace. As the intensity goes up, you should notice that you’re able to say fewer and fewer words between breaths.

Adapted from an article by Jodi Helmer.
Jodi Helmer writes about health and wellness for publications like WebMD, AARP, Shape, Woman’s Day, Arthritis Today, among others. You can read Jodi’s work or follow her on Twitter @helmerjodi.

Below: Heading down to the Fish Quay
A short definition of a health walk might be: 'A purposeful, brisk walk undertaken on a regular basis.'
Any walk which is specifically designed and carried out to improve one’s health is a health walk. The impact on health will depend on the person, how often and how intense the walk is.
Brisk, purposeful walking (i.e. more than just a stroll) is proven to have a benefit to cardiovascular health (the heart).

Organised walks, such as Linskill Healthy Walks, offer the chance to get outdoors (often in a natural environment) and meet people. We hear time and time again about walkers who have greatly reduced stress and made lasting friendships because of the social element of our health walks.

This is a health walk.

Regular Healthy Walks every week on:

**Mondays: Wallsend**
*Wallsend Nature Strolls* — Meet 1.00pm inside Wallsend Forum (Shopping Centre) — Short ‘Health Walks’ of up to an hour. Wheelchairs, pushchairs and buggys welcome. Walks will finish at a suitable venue with coffee and a chat!

**Tuesdays: Byker & North Shields**
*Byker Health Walks Extra* — Meet 10.00am at advertised starting points (every other week leave from East End Pool, other weeks bus or metro station). These walks are ‘Exra’ health walks, brisker pace than a health walk, but not more than 90 minutes walking. The group like to end at a cafe for a cuppa and a chat!
*Afternoon Health Walks* — Meet 1.00pm at Linskill Centre, except the 1st Tuesday of the month when we meet at Tynemouth Station. Afternoon health walks in local parks or along the coast in North Shields/Tynemouth.

**Thursdays: Byker & North Shields**
*Byker Health Walks Extra* — Meet 10.00am at East End Pool. These walks are ‘Exra’ health walks, brisker pace than a health walk, but not more than 90 minutes walking. The group like to end at a cafe for a cuppa and a chat!
*Linskill Health Walks ‘Extra’* — Meet 10.15am at advertised starting points (every other week at Linskill Centre, other weeks at a bus or metro station.) These walks are ‘Exra’ health walks, brisker pace than a health walk, but not more than 90 minutes walking. The group like to end at a cafe for a cuppa and a chat!
*Linskill Health Walk* — Meet 10.45am at Linskill Centre, except the 1st Thursday of the month when we meet at a bus or metro station. Afternoon health walks in local parks or along the coast in North Shields/Tynemouth.

**Linskill Weekend Walks:**
*Saturday Walks (and some Sundays):* The first and third Saturdays(Sundays) of the month. Meet at a Metro Station (10.30am) or a Bus Station (10.00am).
Longer walks, not quite ‘rambles’ but more than a regular health walk. Around 6 miles mostly, You will need proper walking shoes, waterproof coat and a packed lunch. Walks sometimes finish at a suitable venue with coffee and a chat!

Call Andy 07442 175 283 or Jim 07954 965 164 for all details and meeting times.