If you live in Hambleton there is a friendly group who provide risk assessed led walks around the market towns of Hambleton, Northallerton, Bedale, Thirsk, Easingwold, Great Ayton, Stokesley and the surrounding villages. Perhaps you have seen us on our walks or gathering for a start outside your Doctors surgery.

The walks last around one hour and are designed for people who have perhaps not walked before or who are coming back from a health problem and want to get fit.

For those of you who do not think you can walk for an hour we can shorten the walk. No-one will be left behind and no-one will be made to feel they are slowing the others down, and we always finish our walks with a drink and a chat.

Walking is low impact and FREE, all you need is a good pair of shoes.

Walking is proven to be beneficial for a number of medical conditions such as Depression, Heart Problems, Cancer, Type 2 Diabetes, Obesity, Dementia, Osteoporosis and other conditions.

Why not come and join us for one of our walks. You can find details of all of our walks by picking up a leaflet which are available in Libraries, Doctors Surgeries, Tourist Information Offices and Leisure Centres.

The leaflet gives details of the local walks for three months at a time.

All our walks start at 10.30 am but we ask people to arrive at 10.15 am - we ask all new walkers coming for the first time to complete a Health Questionnaire.

All our groups are friendly and welcoming – come on your own or bring a friend.

Get fit and meet new friends.

We also need new Walk Leaders for all areas. Full training will be given. All we ask is that you commit to helping with a walk at least once a month – this will take 2 – 3 hours. You will be helping to keep people active and this has been proven to save lives and keep people out of hospital.

So please come on one of our walks and see what is involved.

For further information visit www.walkingforhealth.org.uk or telephone 01609 771624 and speak to Paul Fisher - Walk Coordinator.
Walking for Health is a national organisation which has been in existence for over ten years. There are over 600 Walking for Health groups across the country helping over 35,000 people each week join in a led health walk in their natural environment.

Over 42,000 people have trained as walk leaders across the country and over 1 million people have been encouraged to get out walking by the scheme.

The health benefits of walking are proven and helping people to get out and walk can have a real impact on people’s quality of life.

For more information have a look at the national website

www.walkingforhealth.org.uk

If you have any problems or would like information about our walk packs which give details of six short walks around the market towns of Hambleton you can contact Paul Fisher on 01609 771624 or by e-mail paul.fisher@ageuknorthyorkshire.org.uk

Hambleton Strollers
your local
Walking to Health Group

Start Walking
and
Feel the Benefit