

Health Walks

Newsletter Issue 1 April - June

2010



Welcome to Manchester Health Walks 1st Newsletter! This newsletter hopes to provide you with all the information you may need to know about Health Walks in Manchester including what walks are being run, other walking events and walk routes. If there is anything you'd like to see in future newsletters please get in contact via the details on the back page.

why walk??

- Make you feel good
- Reduce blood pressure
- Help manage weight
- Keep your heart strong
- Reduce stress
- Give you more energy!

Health walks In Manchester

For more information on individual walks contact the lead organisation—see contacts on back page.

Day	walks	Lead
Mon	Restarting 26/04/10 Crumpsall Park (Ladies) - 9.30 pm	PARS
	Zion Methodist Church (Blackley) - 10.30 am	PARS
	NEW Moss Side Leisure Centre - 11.00 am	GWKW
	Levenshulme Library - 12.30 pm	PARS
	Chorlton Water park - 1.00 pm	PARS
	Platt Fields Park - 1.00pm	Parks
	Fletcher Moss Gardens - 2.00 pm	Parks
	Clayton Vale - 1.30 pm	PARS
	Chorlton Water Park - 2.00 pm	PARS
Velodrome Indoor Walk - 2.00 pm	PARS	
Tues	Clayton Methodist Church - 10.00 am	PARS
	Debdale Park - 10.30 am	PARS
	Newton Heath Sure Start Centre - 12.30 pm	PARS
	Wythenshawe Park (quicker walk) - 1.00 pm	PARS
	Boggart Hole Clough Strollers - 1.30 pm	Parks
Wythenshawe Park - 2.00 pm	PARS	
Wed	Clayton Vale - 10.00 am	PARS
	Hardy Lane (brisk 5-7miles) - 11.00 am	PARS
	Alexandra Park Strollers - 1.30 pm	Parks
	Velodrome Indoor Walk - 2.00 pm	PARS
Thur	City Stadium Nordic Walking - 9.30 am	PARS
	Alexandra Park -10.00 am	Health Trainers
	Debdale Park Social Walk - 10.15 am	
	St Luke's Church (Ardwick) - 2.00 pm	
Fri	Velodrome Indoor Walk - 11.00 am	PARS
	NEW Withington Methodist Church - 1.30 pm	GWKW
Sun	Heaton Park—11.00 am	Parks

what is a health walk?

The short definition of a health walk is: "a purposeful, brisk walk undertaken on a regular basis" and it can include any walk which is specifically designed and carried out for the purpose of improving an individual's health. They normally last between 30mins- 1 hour and are led by trained walk leaders. Taking part in walks provides an opportunity to socialise, to explore local green spaces, is a distraction from everyday stresses as well as helping to improve your fitness and maintain your weight.

Natural England's 'The Walking For Health Initiative'



Walking for Health (WfH) is the largest national body promoting and setting the standards for led health walks. It is a Natural England initiative supported by the Department of Health. This project trains local people to lead regular Health Walks and is open to anyone who wants to become more active. To facilitate its expansion, Natural England provides a framework of support within which new local health walk schemes can be established and existing schemes expanded. It also provides advice and support through its team of regional advisers to enable this. This support structure includes:

- Walk Leader Training through a cascade training programme
- Scheme accreditation renewed annually
- Public liability insurance for walk leaders
- Evaluation through the Outdoor Health Questionnaire & database
- WfH Website and the provision of promotional materials.
- Networking
- Support & Advice to schemes

Check out www.wfh.naturalengland.org.uk for more information!



Who's running walks in Manchester?

There are currently 3 main organisations running health walks in Manchester as outlined below:

Previously known as PACE, ALFA and SMILE the Physical Activity Referral Service (PARS) Team aims to improve the health and well being of the people of Manchester through physical activity. You can be referred onto the scheme through your GP or a health professional and gain access to many different activities including health walks. The Health walks are also open to all adults so you do not have to be a member of the referral scheme and they are run throughout the borough on a weekly basis (including Nordic Walking). The scheme is responsible for developing new walks with organisations like ZEST and supporting existing health walks working closely with GWKW as well as providing training and support for volunteer walk leaders. Other activities delivered by the referral service include Tai Chi and Gentle Exercise.

Physical Activity Referral Service



Manchester Community Health

Manchester Council



There are regular health walks available in parks across the city. The walks are organised and led by Manchester Council's Park Wardens, lasting from one hour to two. There is no need to book, just turn up on the day, but it is advisable to check in advance with the park management team. They also produce a health walks in parks leaflet which can be downloaded at www.manchester.gov.uk/leisure/events. For contact details for Manchester Parks see the back page.



GWKW is an urban walking project designed to get more people active across Manchester. They promote walking for all with a huge variety of age, black, minority and ethnic and community groups. They encourage people to walk for health, well being, social and environmental benefits, by setting up 4 week walking programmes across Manchester and where there is interest link with PARS to sustain that group. All participants get a step-counter, walking pack and 4 different led walks in the local area.

Get walking Keeping walking



Getting Manchester Moving is a project designed to encourage and support Manchester people to get more physically active, eat more healthily and in some cases to lose weight. The campaign is supported by your local NHS Community Trust, Manchester City Council and Manchester City Football Club. Check out the website: www.gettingmanchestermoving.org For activities running across Manchester and much more.



Star Walker!

After suffering from a stroke in August 2007, Peter Taylor (pictured), decided to join Physical Activity and Community Exercise (Pace). This scheme is now part of the Physical Activity Referral Service (PARS). As part of his



Peter Taylor

rehabilitation programme he was advised to have a consultation with a referral officer from PACE who then put Peter on an exercise programme to suit him. Straight away Peter decided to take part in Gentle Exercise sessions and also to attend the indoor Health Walks at the Velodrome. The walks have improved Peters stamina and his walking has progressed. Whilst attending the walks Peters condition has improved immensely and has given other members with a similar condition great encouragement. The indoor walks are good for people new to regular walking or returning to exercise as the walk is on a continually flat and even surface.

Check out when our indoor walks run on the front page! Send us your suggestions for star walker!

Expert Patients Programme

Do you live with a long-term health condition? The Expert Patients Programme is a free course for anyone with long-term health conditions who would like to find ways of managing their illness more positively in order to improve their quality of life. Courses run across Manchester. Contact the team for more info on 0161 219 9424 or visit the website at www.manchester.nhs.uk and search for Expert Patients Programme



Going somewhere? Take a step in the right direction.

Forget the traffic. In urban areas like Manchester it can be easier to walk. Just type in where you're going from and to and it'll plan your route for you, complete with map, directions and even how many calories you'll use (as well as how much carbon you'll save by not driving)! There's a lot more on the website too, like what a difference walking will make for you, the environment and more. www.walkit.com

GMPTe 'Places to Go' guides: give great ideas for walks, places to visit and things to see in Greater Manchester and the surrounding areas. The guides are free and each one gives you helpful information about the places featured, recommended routes for superb walks and details of how to get there and back by public transport. They can be collected from a GMPTe Travelshop (bus stations) or visit www.gmpte.com or phone Traveline 0871 200 22 33.

Featured walking Route

This issues route is provide by *Get Walking Keep Walking*:



Gorton Upper Reservoir

Time: 70 Mins Distance: 2.8 Miles Grade: Easy

Starting from: The Aviary, Debdale Park

Directions:(1) Come out of the community room and walk back to toilets and formal flower bed. With your back to the toilets walk down the path between the rose bed and children's play area. The path curves round in front of the Community Orchard. (It is worth going in to look at the willow framework - mind your head though!) Continue along the path in front of the orchard. It passes two pieces of fence on the right hand side, covered in plants, which are screens to stop the golf ball from the pitch and put hitting any one or go on into the reservoir. Despite the screens keep your eyes peeled for flying golf balls!

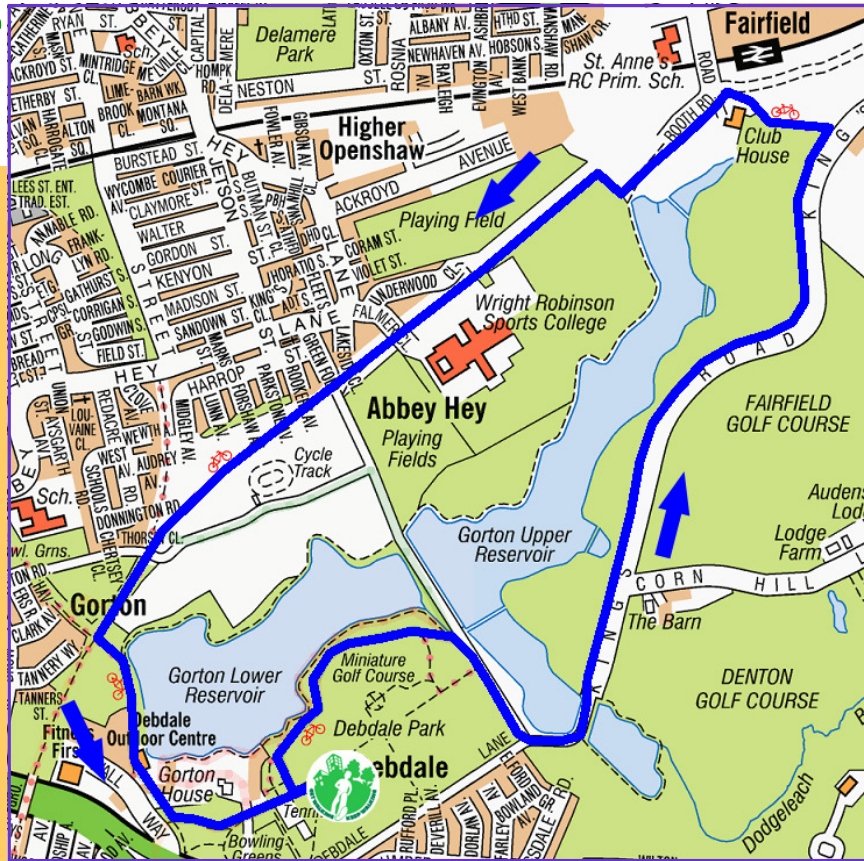
(2) Continue until you get a low hedge on both sides of the path, and you see a gap in the left hand hedge. Go through the gap and up a rather muddy path to a sign board and gate. Go through the gate. You are now on the upper reservoir dam turn right and walk along the broad path to the end. Then turn left, onto an unmade road, with allotments on the right, and a spur on the reservoir on the left. Take care on this road, it is a private road, and there should be very few cars, but occasionally there are. The road runs between Denton Golf Course on the right and Fairfield Golf course on the left. The road soon reaches Corn Hill Lane (faded sign on small substation). This lane was the main route from Manchester to Denton, until Hyde Road was built as turnpike road. First it was cut off from Gorton by the flooding of the Gorton reservoirs, and then by the Audenshaw reservoirs and now by the motorway. It is a pleasant lane but leads nowhere.

(3) We continue along the road. Soon on the right we see landscaping work going on. This is the area until the motorway was built occupied by part of the Audenshaw number 3 reservoir. Notice the stone walls on either side of the road, almost 150 years old. The road twists and turns a little, but immediately after the stone wall on the left ends, and before a metal fence starts, turn left down a path, which leads to the back of the golf Clubhouse. It can be a little wet and slippery, so take care. This path comes onto the road by Fairfield Railway station. (Station to the right)

(4) Turn left towards new houses, don't go into the club houses car park, by either the first gate open or the second closed, but follow the wall, which then goes behind the first house. The path then goes between a back garden fence and the wall. At the end of the wall, a fork goes off left through a gate. This was the traditional route back round the reservoirs. Once water is back into the upper reservoir it would be very attractive, but it can be very muddy.

(5) However our route keeps to the building site fence, and then turns sharp right, onto the old railway line from Fairfield to Levenshulme. This route was filled in 10 years ago and is now a linear path and cycle route. We walk straight along it, passing or more accurately walking round the remains of three old railway bridges. Just after another old dis-used railway line comes in from the right, a ramp goes down on the right to the old canal, also filled in. Do listen and lookout for bikes! Up until the 1960's main line trains ran along this line from Manchester to Sheffield.

Go down to the old Canal. It doesn't look much like a canal now, but it was! It was built in 1793 as a link from the Ashton Canal to Stockport, to take coal out, and bring cotton in. However it stopped short of Stockport town centre, stopping at Lancashire Hill. It closed to traffic before the Second World War. When it was filled in during the 1960s Manchester Council turned it into an urban walk way. Sadly Stockport Council did not protect it as a right of way. It was also used as the cycle route from the Commonwealth Games Athletes Village at Fallowfield to East Manchester and the Stadium. (6) Turn left through the tunnel, and you come out onto the dam for the lower reservoir. At the far end is the Water Sports Centre. Go past it, straight across the car park, and into Debdale Park, and follow the path left, in front of Debdale House to your starting point.



Useful links & contacts



Key Contact	Contact Details	Service
Physical Activity Referral Service (PARS) Beth Sutcliffe or Dave Clutterbuck—Health Walk Development Officers	T: 0161 681 0940 E: beth.sutcliffe@manchester.nhs.uk E: david.clutterbuck@manchester.nhs.uk	Information on health walks across Manchester and help setting up a new walk
Get Walking Keep Walking (GWKW) Annette Crane Outreach Officer	T: 0161 232 3101 E: annette.crane@ramblers.org.uk Website: www.getwalking.org.uk	For more information about Get Walking, to find out where the walks are or hear about our volunteering roles
Get Manchester Moving Steve Turner Getting Manchester Moving Coordinator	T: 0161 438 7836 E: Steven.Turner@mcfc.co.uk Website: www.gettingmanchestermoving.org	Find out about what physical activity opportunities there are throughout Manchester.
Manchester Council (Parks) Park Wardens	Fletcher Moss Gardens: 0161 434 1877 Platt Fields Park: 0161 224 2902 Boggart Hole Clough: 0161 795 2650 Alexandra Park: 0161 226 3117 Heaton Park: 0161 773 1085	Information on Heath Walks within specific Manchester's Parks
Natural England Dave Perry Walking for Health Lead Advisor	E: David.Perry@naturalengland.org.uk Website: www.wfh.naturalengland.org.uk	See the WfH website for news, events, basic information about health walks and the Walk Finder for details of walks in your area
Community Health Trainer Matt Brown	T: 0161 861 2343 E: Matthew.Brown@manchester.nhs.uk	More information about walks led by Matt.
Zest healthy living project (North Manchester).	T: 0161 655 7889 E: zest@manchester.gov.uk	Information on activities to improve health and well being
South Manchester Healthy Living Network	T: 0161 217 3667	Information on activities to improve health and well being

Events & Training

Volunteer Walk Leader Training.

The walk leader training is an accredited qualification for walkers who want to start leading a group and developing their own routes. The training includes information about the benefits of walking, developing routes and risk assessments and is a one day course. Its good fun, informal and free and you receive a certificate and manual. The next course is June 8th so if you are interested please contact Beth (details below).

Bupa Great Manchester 10k Run!!

Walking and Running club!

If you are interested in taking part in the 10k run this year why not join the PARS team. Meeting every Friday evening 5-6pm from 16th April at Sport City to train whether you want to walk, jog or run it come along to the free sessions. For more information please contact: Jo Dawes (Physical Activity Referral Officer) on 0161 681 0940.



Walkers Corner!

This will be a regular feature where you can contribute to the newsletter by telling us your stories and comments regarding walking in Manchester. If you'd like to contribute please contact Beth (contact details below) & please indicate if you want your name printed or to stay anonymous.



For more information on anything featured in this newsletter or to provide information for future newsletters please get in contact:

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