



Why Walk?

If you find it difficult to get active, why not start walking? It is easy to get started and it counts towards your recommended amount of physical activity.

Benefits include:

- Maintaining a healthy weight
- Preventing or managing various conditions including heart disease and high blood pressure
- Strengthening your bones and muscles
- Improving your confidence
- Improving your balance and co-ordination
- Opportunities to socialise, meet new people and explore new places

Interested in becoming a Walk Leader?

Test Valley Health Walks would not exist without our fantastic volunteer walk leaders.

As a volunteer walk leader, you will be helping people in your community to get active and healthy, providing vital support that they otherwise might not get.

As well as ensuring walks are friendly, safe and well run, walk leaders are also our ambassadors showing that exercise really can make a big difference to people's lives.

You will need to be able to demonstrate your enthusiasm for walking and the benefits it gives, be friendly, welcoming, reliable, and have good communication skills.

Full training will be provided and you will receive on-going support from Test Valley's scheme co-ordinator. Duties include welcoming new and existing walkers to each walk, taking an attendance register, assisting new walkers to complete a health questionnaire, co-ordinating other walk leaders and leading a safe, fun and enjoyable walk.

For more information about becoming a Health Walk Leader, or information on the Health Walk scheme please visit the Cycling and Walking page in the Community and Leisure section of our website www.testvalley.gov.uk or call **01264 368649**.

Alternatively, visit the national website: www.walkingforhealth.org.uk

Test Valley Health Walks



Test Valley Health Walks are free, a great way to get fit, and provide opportunities to explore what's on your doorstep and make new friends.

Join one of our free and friendly short walks today.

Test Valley Health Walk Schedule

Walk	Date	Time	Meeting point
Romsey*	Every Monday	11am	Romsey Comrades Club, SO51 8GJ
Andover*	Every Tuesday	11am	The Lights Theatre, West Street, SP10 1AH
Wellow	First Wednesday of the month	1.30pm	Wellow Village Hall, Buttons Lane, SO51 6BR
	Last Wednesday of the month		Dandy's Ford Fisheries, Dandy's Ford Lane, Sherfield English, SO51 6DT
	Wednesdays other than first or last		Canada Common car park, West Wellow, SO51 6DH
North Baddesley	Every Thursday	10am	North Baddesley Sports Pavilion, Sandy Lane, SO52 9EA
Stockbridge	Every Friday	10am	Stockbridge Town Hall, High Street, SO20 6HE
Valley Park	Every Saturday	10.30am	Cleveland Bay Public House, Pilgrims Close, SO53 4ST
King Somborne	Third Wednesday of the month	10am	King Somborne Village Hall, Recreation Ground, Romsey Road, SP20 6PP
Abbotswood	Second Tuesday of the month	10am	Abbotswood Community Centre, 14 Abbotswood Common Road, SO51 0BX
Picket Piece	Third Tuesday of month	10am	Picket Piece Village Hall, Picket Piece, SP11 6LU
Braishfield	First, third and fourth Tuesday of the month	10am	Braishfield Village Hall, Braishfield Road, SO51 0PN

Each walk is led by qualified walk leaders, identifiable by their high visibility vests. At your first walk, you will be expected to complete a health questionnaire. The walks accommodate for all abilities, with each walk catering for faster and slower walkers. Distance of the walks vary. No walk is further than 3.5 miles, with most walks being between 2 - 3 miles. All walking routes have been risk assessed.

Memory Walks

Memory walks are suitable for people living with a memory problem. **Walkers must be accompanied by a carer.**

Date	Time	Meeting point
First and third Monday of the month	10.30am	Marie Louise House, Newton Lane, SO51 8GZ
Every Thursday	10am	North Baddesley Sports Pavilion, Sandy Lane, SO52 9EA

*Out of town Walks

Once a month, on a Monday and Tuesday (dates stated below) we replace the **Romsey** and **Andover** walks with an out of town walk to explore the surrounding areas. These walks meet at a predetermined location ready for an **11am** start. All walkers are welcome to attend. For further information, please speak to a Walk Leader or contact **01264 368649**.

Romsey

Date	Meeting point
14 Jan	Hillier Gardens
11 Feb	Braishfield Village Hall
11 Mar	Testwood Lakes
8 Apr	Hillier Gardens
13 May	Ampfield Village Hall
10 Jun	Timsbury Village Hall
8 Jul	Hillier Gardens
12 Aug	World of Water
9 Sep	Abbotswood Community Centre
14 Oct	Hillier Gardens
11 Nov	Braishfield Village Hall
9 Dec	Hunters Inn, Crampmoor

Andover

Date	Meeting point
5 Feb	Rosebourne Garden Centre
5 Mar	Danebury Ring
2 Apr	Longparish Village Hall
7 May	Chilbolton, West Down Car Park
4 Jun	Abbots Ann, Poplar Farm
2 Jul	Goodworth Clatford
6 Aug	Hawk Conservancy
3 Sep	Longparish Village Hall
1 Oct	Rosebourne Garden Centre
5 Nov	Abbots Ann, Poplar Farm
3 Dec	Stockbridge Downs