

WELLBEING WALKS

Test Valley
2022



The Wellbeing Walks are free, a great way to get fit and provide opportunities to explore what's on your doorstep in the company of others.

Each walk is led by qualified volunteer walk leaders and most will cater for a faster and slower pace. They last around 60 minutes with the distance being between 2-3 miles. Shorter walks can be accommodated.

INTERESTED IN BECOMING A WALK LEADER?

Test Valley Wellbeing 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 might not otherwise get.

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 and leading a safe, fun and enjoyable walk.

For more information about becoming a Wellbeing Walk Leader, or information on the Wellbeing 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 368000**.

Alternatively, visit the national website:

beta.ramblers.org.uk/go-walking/wellbeing-walks

TEST VALLEY WELLBEING WALK SCHEDULE

WALK	DATE	TIME	MEETING POINT
ROMSEY AREA	Monday	10am	1st and 3rd Monday Romsey Sports Centre (next to Romsey Rapids) SO51 8AF 2nd & 5th Monday Braishfield Village Hall, Braishfield Road SO51 OPN (4th Monday 'away walk' location)*
BRAISHFIELD	Tuesday	10 am	Braishfield Village Hall, Braishfield Road SO51 OPN
ANDOVER	Alternate Tuesdays*	11am	The Lights Theatre, West Street, SP10 1AH
PICKET PIECE	3rd Tuesday of the month	10.30am	Picket Piece Village Hall, Picket Piece, SP11 6LU
WELLOW	Wednesday	1.30pm	1st Wednesday Wellow Village Hall, Buttons Lane, SO51 6BR All other Wednesdays Canada Common car park, SO51 6DH
NORTH BADDESLEY	Thursday	10am	North Baddesley Sports & Recreation ground, Castle Lane, SO52 9EA (Last Thursday of the month 'away walk' from different location.)*
STOCKBRIDGE	Alternate Fridays *	10am	Various start points depending on the route *
VALLEY PARK	Saturday	10.30am	St Francis School car park, Valley Park SO53 4ST

*Some of the walks will have 'away walks' when they start from a different location, therefore it is recommended that you contact us before you join a walk for the first time.

Prior to your first walk, please contact **Louisa Rice** or **Andrea Harris** to discuss which would best suit you on wellbeingwalks@testvalley.gov.uk or **01264 368000**.

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