

Free Walk Leader training

The Walking for Health initiative is looking for enthusiastic people to come forward and train as walk leaders

East Hampshire District Council coordinates the scheme which aims to improve people's health and wellbeing through regular walks led by trained volunteers.

The training is over one day and is fun and informal and at the end of it you will receive a certificate qualifying you to lead walks safely.

You will be fully supported to become integrated as a volunteer with one of your local walks, or even start up a new one if you wish.

The commitment we ask from you is totally flexible. Some people like to get involved every week, while others simply want to help out once every few months. The choice will be entirely yours.

You do not need to be extremely fit to become a leader, you only need to be able to walk comfortably for about an hour, but the qualities you do need are to be friendly and approachable with a desire to help people.



"I am a retired soldier and about six years ago, I fell ill with Hepatitis so I joined the local Walking & Health group. I found this was just what I needed. A cheerful group of like minded people from all walks of life. At the end of the walk, most of us gather in the local coffee bar. I am now over 80 and look forward to Wednesdays and walking with my friends."

"I joined my local Walk for Health group more than two years ago. The weekly walks certainly helped after I hurt my ankle in a fall, but the social side is just as important as any benefits to health. We have a lot of laughs and I've made many new friends."

Get Active...
East Hampshire

Walking for Health East Hampshire



For more information, please contact the
Active Lifestyles Coordinator,
East Hampshire District Council
01730 234067
louise.christie@easthants.gov.uk



Short, safe and sociable walks in your local area!

Walking for Health in East Hampshire



East Hampshire Walking for Health is an accredited scheme which is free to attend and suitable for people of all abilities from beginner to the more experienced walker. It is a great way to improve your health and wellbeing, whilst meeting new people.

The easy nature of the walks means they are ideal for people who would like to improve their health by increasing their physical activity levels and at the same time discover their local area and the beautiful countryside and scenery it has to offer.

Most of the walks last about one hour and are led by trained walk leaders who are there to offer information and support on the walk. Please note that some of the monthly walks last for about two hours, but this will be clearly stated in the walk description overleaf.

New walkers will be asked to complete a brief health questionnaire before the start of the walk and it is recommended that you arrive a few minutes before the start of each walk for registration.

You will need suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need if applicable.

**Just turn up and join in...
it's fun and it's free!**

For more information on walking for health take a look at our [website www.getactivenow.org.uk](http://www.getactivenow.org.uk)

Monthly walks...

Bordon

Mondays - 10.30am

A fun walk on the 2nd Monday of each month for parents and carers with children. The walks are suitable for pushchairs and buggies and last for about an hour. Come and make new friends for you and your children on this well organised walk.
Meet at Chase Childrens Centre, Budds Lane, Bordon GU35 0JB

**Contact: Chase Childrens Centre
01420 476272**

Kingsley

Mondays - 10.30am

Meeting on the first Monday of each month we explore the beautiful Kingsley countryside for about an hour. All abilities welcome, especially those with limited fitness. You will walk at your own comfortable pace and the walks are designed to be fun and informal. We stay at the Kingsley Centre after the walk for refreshments and socialising so it's a great way to get fit and meet new friends.

Meet at the Kingsley Centre, Main Road, Kingsley, Nr Bordon GU35 9ND

Contact: Kingsley Centre 01420 479000

Petersfield

Mondays - 10am

Longer walks on the last Monday of each month (if it falls on a Bank Holiday the walks will take place the week before). Walks are between 4-6 miles long and take in spectacular views over the South Downs and other local countryside. Walks last about 2 hours.

Meet at Grange Surgery, The Causeway, Petersfield, GU31 4JR

Contact: Louise 01730 234067

Alton

Saturdays - 9.30am

Monthly walks on the first Saturday of each month of between 5-6 miles lasting about 2 hours. Come and join us and meet new friends whilst being healthy and getting fit.

Meet at Alton Sports Centre (car park by skate park), Chawton Park Road, Alton GU34 1ST.

Contact: James 07824 313843

Headley

Sundays - 11am

Longer walks around Headley and surrounding areas on the 1st Sunday of each month. Approximately 5-6 miles (2 hours).

Meet at Headley Village Hall, Arford Road, Headley GU35 8LJ.

Contact: Jo Smith 01428 712892

Weekly walks near you...



Buriton

Mondays - 10.30am

Our friendly weekly walks last about an hour and you walk at your own pace through the beautiful Buriton countryside. All welcome, especially beginners. Coffee and socialising afterwards.
Meet at the Master Robert Inn, Petersfield Rd, Buriton, Petersfield GU31 5SW

**Contact: Terry 01730 266206
Louise 01730 234067**

Alice Holt Forest

Tuesday mornings - 10-11am

January, February, March, September, October, November and early December.

Meet at the Holt Café, Alice Holt Forest, Bucks Horn Oak, Nr Farnham GU10 4LS

Tuesday evenings - 6.30-8pm

April, May June July and August.

Meet at Education Room, Alice Holt Forest, Bucks Horn Oak, Nr Farnham GU10 4LS.

Both walks cater for differing abilities and take in the stunning countryside at Alice Holt Forest.

Contact: Kat 01420 520212

Headley

Wednesdays - 10.30am

We have a variety of walk routes in and around Headley village. Come and explore and meet new friends at this well attended and fun group of walkers. All welcome to join in. We walk for about an hour and then stop for coffee afterwards at a variety of local hosteleries.
Meet at Headley Village Hall, Arford Road, Headley, GU35 8LJ

Contact: Parish Office 01428 713132

Rowlands Castle

Wednesdays - 10am

Weekly walks through beautiful woodland and countryside lasting between 1 – 1¼ hours. A welcoming group where you will meet other like minded people in an informal and friendly environment. We usually stay for coffee or refreshments after the walk at the local café or pub.

Meet on The Green, (opposite Lloyds Bank) Rowlands Castle, PO9 6BN.

On the 1st Wednesday of each month meet at Havant Thicket Car Park, Manor Lodge Road, B2149 between Horndean and Rowlands Castle.

Contact: Ann 023 9241 2599

Sheet

Fridays - 10am

Friendly and easy walks lasting about an hour for people wanting to enjoy walking and meeting new people in an informal and fun atmosphere. Refreshments and more socialising after the walk.
Meet at Half Moon Pub, London Road, Petersfield GU31 4BE.

Contact: Terry 01730 264181

Alton

Tuedays - 10.30am

Our weekly walk is friendly, fun and sociable and lasts between 1 – 1¼ hours through the beautiful Hampshire countryside. All welcome to join.
Meet at Alton Sports Centre (car park by skate park), Chawton Park Road, Alton GU34 1ST.

Contact: Ted 01420 563520



Liphook

Wednesdays - 10am

A variety of stunning walks through the beautiful local countryside with points of interest along the way. Walks last for about an hour and you will walk at your own comfortable pace.
Meet at Newtown Surgery, Station Road, Liphook GU30 7DR

Contact: Louise 01730 234067

Liss

Thursdays - 10.30am

Gentle walks for people wanting to get back to fitness. Walk lengths vary but last no more than one hour and people with health conditions or recovering from operations are encouraged to attend. You will walk at your own comfortable pace.

Meet at the Triangle Centre, Mill Road, Liss GU33 9DX

Contact: Triangle Centre 01730 301000

Four Marks

Fridays - 10.30am

Friendly and sociable walks that last about an hour, exploring the Four Marks and surrounding countryside. Refreshments and more socialising after the walk.

Meet at the Recreation Ground, Brislands Lane, Four Marks, near Alton GU34 5AF.

Contact: Celia 01420 563299

Whitehill Bordon

Mondays - 10.30am

We meet every Monday morning for fun, safe and sociable walks exploring the local countryside in Whitehill/Bordon. Come and see the wonderful views whilst meeting other like minded people. All welcome, especially new comers and those with limited fitness. Afterwards we congregate in the Woodlark for refreshments.

Meet at Woodlark Pub, Petersfield Road, Whitehill/Bordon, GU35 9AH.

Contact: Carol 01420 477861

Liss

Tuesdays - 10am

Gentle walks for people wanting to get back to fitness. Walk lengths vary but last no more than one hour and people with health conditions or recovering from operations are encouraged to attend. You will walk at your own comfortable pace. Refreshments after.

Meet at the Triangle Centre, Mill Road, Liss GU33 9DX

Contact: Triangle Centre 01730 301000

Petersfield

Wednesdays - 10am

We offer two walks each week, one slower paced and the other brisker, both an hour long. As the group offers two different ability walks they will suit a variety of fitness levels. Those with health conditions or recovering from an operation are most welcome. All abilities are catered for and all are welcome to join in. You will walk at your own comfortable pace and we can provide shorter walks if necessary. We stay for coffee or refreshments after the walk at different hosteleries in town.

Meet at Winton House, 18 High Street, Petersfield, GU32 3JL.

Contact: Louise 01730 234067



Clanfield/East Meon

Sundays - 10.30am

Short, safe and sociable walks every Sunday enjoying the fresh air and fantastic views over Clanfield and the East Meon Valley.

Refreshments afterwards at the centre café.
Meet at Sustainability Centre, Droxford Road, East Meon GU32 1HR.

Contact: Ash 023 9236 3652