

For further information please contact:

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www.activenorthumberland.org.uk
www.walkingforhealth.org.uk
f - Active Northumberland Health Walks







If you are interested in becoming a walk leader please contact the Health Walks Coordinator.

Thursday

Newbiggin Health Walks

Walks take place every **Thursday** meeting at **10:00am** at **Newbiggin Sport & Community Centre**.

CS -  Car Share PT -  Public Transport C -  Coach

Date	Location	Transport
05 Jul	Local Walk	
12 Jul	Local Walk	
19 Jul	Local Walk	
26 Jul	Amble	CS 
02 Aug	Local Walk	
09 Aug	Local Walk	
16 Aug	Local Walk	
23 Aug	Hauxley	CS 
30 Aug	Local Walk	
06 Sep	Local Walk	
13 Sep	Local Walk	
20 Sep	Northumberlandia	CS 
27 Sep	Local Walk	
04 Oct	Local Walk	
11 Oct	Local Walk	
18 Oct	Kirkley Hall	CS 
25 Oct	Local Walk	
01 Nov	Local Walk	
08 Nov	Local Walk	
15 Nov	Rising Sun	CS 
22 Nov	Local Walk	
29 Nov	Local Walk	
06 Dec	Local Walk	
13 Dec	Blyth	CS 
20 Dec	Local Walk	
27 Dec	NO WALK	

Newbiggin and Wansbeck Walking Club

This progression walk takes place every 15 days at places of interest across the region. Please call Tony Edwards on 07836270539 for further information.

Thursday

Widdrington Health Walks

Walks take place on **Thursday** afternoons, meeting at **12:45pm** at **Area Training & Activity Centre (ATAC)**, Davide Mather House, Mile Road, Widdrington Station.

Walks are at a leisurely pace and on average will cover 3-4 miles. The group welcomes new members, simply turn up at the ATAC building 10 minutes early to register and then join us on our walk.

Morpeth Heritage Progression Walks

The walks are between 4 and 5 and half miles in length and take place at **12:30pm** every **Thursday**. They usually feature a site of heritage interest within 20 miles of Morpeth.

Meet at the Elliot Bridge (near Riverside Leisure Centre, Morpeth). A longer all day 8-11 miles walk at three weekly intervals on a Friday over the summer period takes the group further afield in Northumberland.

Contact: David Barker
Telephone: 01670 515351



Friday

Hirst Health Walks (Ashington)

Meet at **10:45am** every **Friday** at the **Hirst Welfare Centre, Alexandra Road, Ashington** for a one hour local walk.

For more information contact the Hirst Welfare Centre on 01670 857810.

Pegswood Health Walks

Regular **Friday** morning walk meeting **10:00am** at the **Union Building, Pegswood**. Walks in the local area include the Community Woods at Colliers Hill and the Country Park.

Seaton Sluice Health and Progression Walks

Meet at **10:00am** every **Friday** outside the **Community Centre/Library area** on Albert Road *behind the Premier shop). This walk stops halfway for a coffee break.

Walkers on the health walk will return by bus (need bus pass or bus money) and progression walkers will walk back.

The walks take in areas such as Blyth Beach, Whitley Bay and Holywell Dene.



Friday

Seghill Progression Walks



Seghill group meet **10:00am** every **Friday** at the **Blake Arms Pub car park**. Walks are done at a brisk pace and usually cover 5-6 miles.

During the summer months longer picnic walks covering 7-9 miles take place. At other times of the year a service bus is used to venture further afield so please bring a picnic and your bus pass or bus fare with you to these walks.

Date	Location	Transport
06 Jul	Weetslade (Picnic Walk)	
13 Jul	Burradon Farm (R)	
20 Jul	Keel Row (R)	
27 Jul	Alexandra Park (R)	
03 Aug	Bacon Sarni Walk	
10 Aug	Three Horse Shoes (Picnic Walk)	
17 Aug	Holywell Pond (R)	
24 Aug	Earsdon (R)	
31 Aug	East Cramlington (R)	
07 Sep	Dudley (R)	
14 Sep	Silverlink Park (Picnic Walk)	PT 
21 Sep	Valley Park	
28 Sep	Holywell Dene	
05 Oct	Burradon Farm	
12 Oct	Jesmond Dene	PT 
19 Oct	Keel Row	
26 Oct	Alexandra Park	
02 Nov	Bacon Sarni Walk	
09 Nov	Holywell Pond	
16 Nov	Blyth Ridley Park	PT 
23 Nov	Earsdon	
30 Nov	East Cramlington	
07 Dec	Dudley	
14 Dec	Valley Park (R)	
21 Dec	Holywell Dene (R)	
28 Dec	NO WALK	

(R) Route walked in reverse

Health walks



Times and Information
July to December 2018
Central and South East
Northumberland



ACTIVE
NORTHUMBERLAND



@ActiveNland



Active Northumberland

Welcome to Central and South East Northumberland Health Walks

We offer two types of walks on our scheme:

Health Walks

These walks encourage you to walk at your own brisk pace. “Brisk” walking means that you breathe a little faster, feel a little warmer and have a slightly faster heart beat. The following symbols will help you find the right walk for you.

- These walks are approximately 30 minutes long over easy terrain.
- These walks are up to 60 minutes long. May include some slopes, steps and uneven surfaces.
- These walks are 60-90 minutes long. May include steeper slopes, steps, uneven surfaces and stiles.

Progression Health Walks

These walks are 2 hours or longer and roughly about 6 miles in length. A faster pace than the Health Walks and likely to include slopes, steps, uneven surfaces and stiles.

General Information

- Our walks are FREE (apart from away days) and you can walk with as many different groups as you like.
- Just turn up wearing weather appropriate outdoor clothes and supportive shoes or boots.
- At your first walk on the scheme you will need to fill in a registration form so please arrive 10 minutes early.
- The walks are led by trained volunteers who are there to help you but please understand that you undertake the walk at your own risk.
- It is a good idea to carry some water and some small change as some groups stop for a hot drink during or after the walk.
- Only assistance dogs are allowed on the walks.
- Please do not ever leave the group without informing the leader or back marker; if you are feeling unwell please inform one of them.

Walking can help and/or prevent conditions such as coronary heart disease, high blood pressure, type 2 diabetes and arthritis. Regular walks can also help combat depression and loneliness. As well as being a great way to exercise, the walks are an excellent way of meeting others.

Monday

Cramlington Health and Progression Walks

There are 3 walks on offer every **Monday** at **10:00am** leaving from **Concordia Leisure Centre, Cramlington**.

Date	Location	Transport
02 Jul	Local Walk	Coach
09 Jul	Local Walk	
16 Jul	Local walk	
23 Jul	Local Walk	
30 Jul	Holy Island	
06 Aug	Local Walk	Coach
13 Aug	Local Walk	
20 Aug	Picnic Walk	
27 Aug	NO WALK - B/H	
03 Sep	Local Walk	
10 Sep	Chester-le-Street	Coach
17 Sep	Local Walk	
24 Sep	Local Walk	
01 Oct	Local Walk	
08 Oct	Picnic Walk	
15 Oct	Local Walk	Coach
22 Oct	Local Walk	
29 Oct	Newburn	
05 Nov	Local Walk	
12 Nov	Local Walk	
19 Nov	Local Walk	Coach
26 Nov	Local Walk	
03 Dec	Local Walk	
10 Dec	Xmas Lunch	
17 Dec	Local Walk	
24 Dec	NO WALK	

Concordia Health Walk 1

This group walks to Azure Garden Centre and stops for refreshments before returning to Concordia.

Concordia Health Walk 2

This group walks for 90 minutes, covering between 3 and 4 miles.

Concordia Progression Walk

This group walks for 2 hours at a speed of 3 miles per hour.

Away Days - The bus leaves at 9:30am and you need to book at Concordia Leisure Centre reception in advance. This is a cost to cover the bus expenses. Please bring a picnic.

Picnic Walk - Please bring a picnic and a bus pass or change. Details will be displayed in advance on the walkers notice board.

Tuesday

Morpeth Health Walks

Walks take place every **Tuesday**, meeting at **10:30am** at **Riverside Leisure Centre, Morpeth**. The planned routes of the walks are shown below.

Date	Location	Transport
03 Jul	Abbey Mills	
10 Jul	County Hall	
17 Jul	Golf Course	
24 Jul	Salisbury St & Bankside	
31 Jul	Wansbeck Loop	
07 Aug	Racecourse	
14 Aug	Castle & Allery Banks	
21 Aug	St Georges	
28 Aug	Lancaster Park	
04 Sep	Railway Walk	
11 Sep	Morpeth Common	
18 Sep	How Ghyll	
25 Sep	Dunces Houses	
02 Oct	Station Walk	
09 Oct	AbbeyMills	
16 Oct	County Hall	
23 Oct	Golf Course	
30 Oct	Racecourse	
06 Nov	Bluebell Woods	
13 Nov	Lady's Walk	
20 Nov	County Hall	
27 Nov	Salisbury St & Bankside	
04 Dec	Morpeth Common	
11 Dec	XMAS LUNCH	
18 Dec	How Ghyll	
25 Dec	NO WALK B/H	

Brockwell Progression Walks

Brockwell group meet **10:00am every Tuesday** at **Brockwell Shopping Centre, Cramlington**. Walks are done at a brisk pace and usually cover 5 to 6 miles. Some of the walks are done on a car share basis as walks sometimes take in areas such as Holywell Dene, Whitley Bay, Seaton Sluice and Blyth. The group regularly enjoy a lunch outing after the walk.

East Bedlington Health Walks

The group meet in the cafe at the **East Bedlington Community Centre in Bedlington Station** at **10.30am every Tuesday**. Walks are at a leisurely pace and usually cover 3 or 4 miles in the local area.

Wednesday

Ashington Health Walks

Walks take place every **Wednesday** meeting at **10:00am** at the **Age UK Building, The Round House, Lintonville Parkway, Ashington**. The planned route of the walks is shown below.

Date	Location	Transport
04 Jul	Woodland	CS
11 Jul	Guidepost Woods	
18 Jul	Woodland	
25 Jul	Woodland	
01 Aug	Atlee Park	
08 Aug	Woodland	CS
15 Aug	Woodland	
22 Aug	Riverside West	
29 Aug	Woodland	
05 Sep	Woodland	
12 Sep	Seaton Sluice	CS
19 Sep	Woodland	
26 Sep	Woodland	
03 Oct	Druridge	
10 Oct	Woodland	
17 Oct	Woodland	CS
24 Oct	Cambois	
31 Oct	Woodland	
07 Nov	Woodland	
14 Nov	Warkworth	
21 Nov	Woodland	CS
28 Nov	Woodland	
05 Dec	Hauxley	
12 Dec	Woodland	
19 Dec	Woodland	
26 Dec	NO WALK	

CS These walks operate via car share, you do not need a car to take part.

PT These walks involve using **Public Transport** so if you have a bus pass make sure you bring it along.

MB Walks using minibus - please book seats/pay in advance via Ashington Leisure Centre reception.

Thursday

Macmillan Walk and Talk Group

These walks are for anyone affected by cancer or long term illnesses (including family, friends or carers). Walks are no longer than 3 miles and you can walk at your own pace (approximately 1 hour).

Walks take place every Thursday at 1:00pm meeting at Riverside Leisure Centre in Morpeth. These walks run from mid March to mid November.

If you would like to join the walk or would like further information please contact the Macmillan Support Services Team on 01670 855533. If you live in Northumberland and are affected by cancer the support team also offer free one-to-one support.

They have:

- * someone to talk to
- * someone to help you find information
- * someone to support groups and events
- * support for people bereaved under any circumstances"



Thursday

Blyth Health and Progression Walks

There are 2 walks on offer every **Thursday** meeting at **10:00am** at **Blyth Sports Centre**.

Date	Location	Transport
05 Jul	Hathery Lane	
12 Jul	Park/Beach	
19 Jul	Cramlington	
26 Jul	Furnace	
02 Aug	Low Horton	
09 Aug	Wallsend - Newcastle	Coach
16 Aug	Riverside	
23 Aug	Mineral Line	
30 Aug	Picnic	
06 Sep	Wagonway	
13 Sep	Hathery Lane	Coach
20 Sep	Derwent	
27 Sep	Park/Beach	
04 Oct	Furnace	
11 Oct	Picnic	
18 Oct	Low Horton	Coach
25 Oct	Riverside	
01 Nov	South Shields	
08 Nov	Mineral Line	
15 Nov	Wagonway	
22 Nov	Hathery Lane	
29 Nov	Picnic	
06 Dec	Park/Beach	
13 Dec	Xmas Lunch	
20 Dec	Furnace	
27 Dec	NO WALK	

Blyth Health Walk

This weekly walk is for 90 minutes and covers 3-4 miles.

Blyth Progression Walk

This weekly walk is for two and a half hours and covers 6 miles.

Away Days - The bus leaves at 9.30am and you need to book at Blyth Sports Centre Reception in advance, there is a cost to cover the bus expenses, please bring a picnic.

Picnic Walks - please bring a picnic and a bus pass or change. (The health walks will return by Public Transport).