

# Lifestyle Walking Groups

## 2020 March Health Walks by LWG

Closer to Home  
Walking Network



When	Start	Postcode	Location	Meeting Place	Grade	Leader
17 Tue	10am	ST6 5SH	<b>Goldenhill</b>	Mobberley Rd rear Goldenhill WMC	3 to 4	Graham
19 Thu	2pm	ST4 8JG	<b>Trentham Canal</b>	by Garden Centre Trentham Gardens	2 to 3	Derek
24 Tue	10am	ST2 9RJ	<b>Berryhill Fields</b>	bench by retirement village Arbourfield Drive	1 to 2	David
26 Thu	2pm	ST5 6TA	<b>Silverdale Country Park</b>	car park by Athletic Club Sutton Av	2 to 4	Derek
31 Tue	10am	ST6 6EE	<b>Tunstall Park</b>	by Floral Hall - car park off Queens Av	1 to 2	Graham
2 Thu	2pm	ST7 4HX	<b>Bathpool</b>	car park after junction Ravenscliffe Rd/Boathorse Rd	1 to 3	Derek
7 Tue	10am	ST1 3BB	<b>Hanley Park</b>	car park off The Parkway	1 to 2	David
9 Thu	2pm	ST4 8FR	<b>Hem Heath Woods</b>	car park Trentham Road	1 to 2	Graham
14 Tue	10am	ST5 7LB	<b>Apedale</b>	Heritage Centre car park Loomer Rd	2 to 3	David
16 Thu	2pm	ST4 8SN	<b>Hanchurch Hills</b>	car park by water tower off Drayton Rd	2 to 3	Graham

Grade	1	2	3	4
	Easy	Medium	Medium +	More Challenging
	Mainly flat, surfaced paths.	Paths, some tracks and gentle inclines/declines.	Similar to medium walk with extra challenges, perhaps in bad weather.	Could be uneven, some mud, inclines/declines, other obstacles.

Walks are usually 60 minutes, with 90 minutes maximum. Special Walks take 2-3 hours & are extra challenging. Please wear appropriate clothing & comfortable shoes with good grip as it can be slippery or muddy. Please bear in mind our changeable climate. Please arrive in sufficient time to enable a prompt start.

### Walks are Free

email: [walking20101@outlook.com](mailto:walking20101@outlook.com)

### Walk Leaders

Sometimes walks will be amended.

Guests are welcome.

**07774 167607 David**

We try our best to keep everyone informed.

Children must be accompanied

**07756 506330 Derek**

Please only use the latest walk list.

by an adult.

**07568 536050 Graham**

**ALL ACTIVITIES SUSPENDED UNTIL AT LEAST TO 31ST MAY, SUBJECT TO CORONAVIRUS DEVELOPMENT! Karen**

New walkers are recommended by a health professional or an approved volunteer organisation, using the

New Walker form available at our walks. **We are happy to help**

More information? Please ask. 10.03.20

## *Lifestyle Walking Groups*

### **Lifestyle Health Walks**

*by LWG*

The Tuesday and Thursday Lifestyle Health Walks began as part of the City Council funded Lifestyle Programme in 2008. After being referred by a local GP, clients were helped to make lifestyle changes to improve their well-being, physical and mental health.

Since 2012, our Free Health Walks have been run by volunteer led Lifestyle Walking Groups.

Our 2 groups are called LWG1 and LWG2.

We are members of the Closer to Home Walking Network, accredited by Ramblers Walking for Health.

Regular walks use 32 locations in and around the city. Companions are welcome.

Graded on difficulty and distance, at a reasonable pace they mostly take 40 to 60 minutes, maximum 90.

Special walks are longer, more challenging and usually further afield.

Progressing to more difficult walks, or not, is the walker's choice.

Walking works!

Research into the life-threatening consequences of inactivity concluded that walking is the answer.

This is supported by Public Health England.

New walkers are recommended by a health professional or an approved voluntary organisation, using the New Walker form available from our walks.

Interested or unsure? Get in touch.

Mobile: 07756 506330 Email: [walking20101@outlook.com](mailto:walking20101@outlook.com)

*We are happy to help*