

HEALTH WALKS

South Kesteven

October 2019 - March 2020

Lincolnshire



WEEKDAY HEALTH WALKS

All health walks are weekly unless stated otherwise.
Walk lengths are approximate. All walks start promptly at the times stated.

MONDAY

Caythorpe 10am
The Pavilion
Old Lincoln Road, NG32 3DW

The first Monday of each month is an away walk and car share is available. Please contact one of the walk leaders for further details - Gordon & Margaret 07779 214209 / Andrew 07834 338949

Ancaster Strollers 10am
Ancaster Playing Fields
Ermine Street, NG32 3PW

TUESDAY

The Deepings 9.45am
1Life Deepings Leisure Centre
Park Road, Deeping St James, PE6 8NF

Striders 9.45am

Strollers 10am

WEDNESDAY (Excluding Bank Holidays)

Ancaster 10am
Ancaster Playing Fields
Ermine Street, NG32 3PW

The group frequently have away walks and car share is available from the Ancaster Playing Field. Please contact one of the walk leaders for details and a walk programme: Jan Barratt 01400 230989/ Brian Squires 07783 374309



Health walk 60-90 minutes
Stroller walk 50-60 minutes



45-60 minutes



60-90 minutes

45-60 minutes



60-90 minutes

WEDNESDAY CONTINUED

Grantham "Best Foot Forward" Walk Group 1pm
Manners Street Community Room
NG31 8AR



45-60 minutes
60-90 minutes

FRIDAY

Grantham "Funky Feet" Walk Group 10am
Sure Start Centre, Belton Lane Primary School
Off Princess Drive/Queensway, NG31 9PP

The group frequently have away walks and car share is available. Please contact one of the walk leaders for details and a walk programme - Sue Ellison 01476 560569 / Jill Short 07397 186590



60-90 minutes

1life Bourne Leisure Centre 11.45am
Queens Road, PE10 9DX



45-60 minutes

SATURDAY WALKS

In addition to the weekly timetable, Ancaster also offer monthly walks on the last Saturday of each month in different locations - car share is available. These walks are aimed at those who want a more challenging walk, and are 3-4+ miles long. Please note, these are not classified as health walks. All walks start at 10am.

Ancaster Medical Practice, Ermine Street, NG32 3PP

Please contact one of the walk leaders for details and a walk programme - Jan Barratt 01400 230989 / Brian Squires 07783 374309

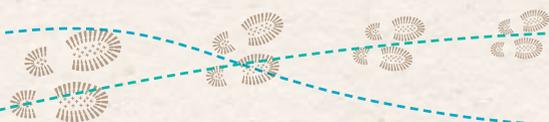
WALKING SYMBOL KEY

The symbols shown below relate to the different facilities available during or following the walk.

 Refreshments available after the walk

 Toilet facilities available

 Wheelchair access



WHAT IS A HEALTH WALK?

A Health Walk is a short, led walk undertaken on a regular basis. All our walks are free of charge, and open to everyone - you don't need to preregister, just come along and join in. The routes start and finish at the same location, as advertised, and last between 30 and 90 minutes. All walks are at your own pace, and led by our friendly and trained volunteer walk leaders.

WHY WALK WITH US?

There are numerous benefits to joining the South Kesteven Health Walks, including meeting new people and getting to know your local area. Our walks are very sociable, and always finish with refreshments. Walking is a great way to improve your physical health, here's a few positive things that walking can do for your health:



Helps to lower blood pressure



Improves sleep patterns



Improves the flexibility and strength of joints



Maintain/lose weight



Reduces stress levels



Reduces the risk of various diseases and illnesses

MORE INFORMATION

To find out more about any of our walks, please contact our health walks co-ordinator:

T: 01522 544 632

E: healthwalks@lincolnshire.coop

W: lincolnshire.coop/health-walks

Please wear suitable clothing and footwear, and be aware that some walks may be in muddy places. It is advisable to bring a drink with you, particularly in warmer weather. Please arrive **15 minutes early** on your first walk, as you will be required to complete a short registration form. All walks are subject to change, and we advise contacting the health walks co-ordinator prior to attendance.

If you wish to walk with your dog, please check in advance with the health walks co-ordinator that the walk is suitable. All dogs must be on a lead and kept under control at all times.