

FOOTNOTES SPRING 2007

Welcome to Spring At last!

Are the days of cloud, rain and mud passing at last? Writing this in the garden in glorious sunshine, with the washing drying on the line and the flowers full of colour, I feel spring must be on its way; longer days, walking in sunshine....

Well done to all of you who have kept walking in spite of the wet, gloomy days. You will be reaping the benefits of better circulation, more comfortable joints, improved fitness and clearer minds for the rest of the day, as well as the sense of achievement a good walk brings.

NEWS OF RECENT ACTIVITIES

Thanks to all of you who patiently walked with us the Monday morning when the BBC came to film. It was all very sudden so apologies for not being able to warn you all before but we're sure you will all agree the walks looked great on TV and we have had several enquiries as a result.

It was also a pleasure to have the Mayor of Test Valley, Jim Neal, walk with us recently. He thanked all the volunteer leaders for their dedication and the walkers for turning up come rain or shine. The Mayor thoroughly enjoyed getting out and about whilst heading up the group as they walked through Romsey Town promoting physical activity within the borough.



SPONSORSHIP!

We are very pleased to announce recent sponsorship from local offices of HSA (Simply Health Group) and Stannah who are supporting the Test Valley Health Walks. The donations received will be put into the general Health Walks fund and used towards printing costs of cards and newsletters, walking packs and general administration cost to help develop the walks further for your safety and enjoyment.

Funding for the Health Walks is always gratefully received, so if you are a local business or know of any organisation that would be prepared to help us in this way, please let Eileen know on 01794 527920 or by email; emunday@testvalley.gov.uk

TAXI WALKS

Taxi walks have been operating successfully in North Baddesley for some time now and have been trialled more recently for Romsey walks at the request of walkers and leaders. They were designed to add variety to the existing walks, but still walking within the local area. We encourage 'car sharing' to the venue by walkers to reduce the number of cars parked as often it is on private land and we always try and endorse greener forms of travel.

The walks are always planned routes that have been risk assessed for your safety by a trained walk leader. It is not always possible to pre plan, though I know many of you have asked to be advised which route we will be walking, as it often depends on the weather conditions for that day, which as we all know, are ever changeable! In Romsey, the leaders have been desperately searching for suitable Taxi routes that can be used under the criteria of a Health Walk but have struggled to find any walks in the area that are not too wet or muddy in the winter months. We have realised that we may not always be able to provide a Taxi route until the weather dries up and we will just play it 'by ear' on the day. Sorry to disappoint! However, Romsey walks will still continue from the Rapids at 11.00a.m on a Monday, so please bear with, us keeping in mind that we may walk somewhere different on the second Monday of each month!

Taxi Walks - Tips and Etiquette!

- Registration is always at the regular venue yet the Health Walk itself does not start until everyone is at the start venue. You will be covered under your own insurance to give lifts to fellow walkers to the venue, as it is just like giving a lift to a friend. The walks insurance only covers personal accident during the walk.

- Please note the Taxi walks will start and finish a little later to allow travelling time to the venue, after registration at the usual time.
- Please ensure you go and return with the same driver to avoid any confusion, or if you are finding an alternative, or your own way back, then please let your original driver know!
- As a polite gesture, if travelling in others' cars, please bring a change of shoes with you if it is wet, particularly in the winter months!

North Baddesley Taxi Walks are the LAST Thursday of every month.

Romsey Taxi Walks are the SECOND Monday of the month, weather permitting.

COMING EVENTS – Diary dates

* **Sun 18 March – Breakthrough Breast Cancer Crocus Walk at Sparsholt College.** Choice of 1, 2 & 7 mile walks. Registration 10am to 2 pm. *Only £1.00 to enter.* For more information, or to pre register, get maps and a sponsorship form if you wish to raise any extra money call 01962 797259 or email info@thewessexcentre.co.uk

* **Fri 30 Mar – Special Walk from the Milkham Enclosure Car Park to the Red Shoot Inn, Linwood** for a pub lunch. 3 mile walk EACH WAY.

Either meet at the Milkham car park itself (Grid ref 217 103) at 11.00 or for directions meet at the Lamb Inn, Nomansland at 10.30. Please see Alan (Wellow), Ray & Avril (North Baddesley) or Ian (at Romsey) for more details and to let them know you will be coming.

* **Mon 2 Apr, Wed 4 Apr & Thu 5 Apr** – Easter Egg Hunts.

Children are also welcome at these walks in the school holiday to find the tokens along the walk to claim an egg!

* **Sat 21 Apr – 60s & 70s Party at the Crossfield Hall** 7.30 p.m to midnight. In aid of Ian's trek raising money for the Alzheimers Society. Live band and prize draw. See Ian for tickets £6.50 each.

* **21-25 May Cancer Prevention Week**

As always Health Walks will be supporting this worthy event with our 'fruity walks' in aid of Cancer Research

* **Fri 25 May 'Tall Trees' Walk at Rhinefield.**

Meet for a 10.30 start in the car park (with toilets) along the ornamental drive (Grid ref 268 047). Take A35 from Lyndhurst towards Christchurch and turn left into Rhinefield. Car Park about a mile on left. You may like

to bring a picnic with you. Different lengths of walks available, as always.

Fri 29 Jun – Special Walk on IOW. Details to be confirmed.

Wednesday Wanderers – for those of you wanting a longer walk; as always, meet on the first Wednesday of the month 9.30am at the Rapids.

Warm Front is a government funded scheme which provides grants of up to £2700 to make homes warmer, healthier and more energy efficient. To find out if you can get a **Warm Front** grant call FREE on 0800 316 2814 (lines open Mon to Sat from 8a.m to 6p.m)

In an effort to reduce costs and save paper we would like to send newsletters by email. If you have access to this facility, please let us know your email address and we will have your Footnotes emailed instead of posted in future.

For your information, you can find details of our walks on www.romseynet.org.uk and www.testvalley.gov.uk

FOOTNOTES is written and edited by **Liz Vicary and Eileen Munday** at Test Valley Borough Council.

Anyone who would like to contribute to this newsletter is welcome to do so.

Walking the Way to Health is a national initiative promoted by Natural England by and the British Heart Foundation, the website is www.whi.org.uk

Health Walks are funded and managed by Test Valley Borough Council and Hampshire PCT in partnership with Stannah and HSA

