

'Footnotes'

Summer 2010

Hurrah!! Summer has arrived and what a lovely start we have had so far. It is so nice to be able to picnic/BBQ/dine outside, get the washing dry and enjoy all those other activities made possible by the long evenings and beautiful bright mornings. Although it has been very hot, it is good to see so many of you still enjoying the walks on offer within the borough.

Please do remember, especially when the weather is warm, to bring your sun hat, wear skin protection and carry a drink!

Please note the walks start promptly so ensure you do not miss out by always arriving 5-10 minutes before the official start time, particularly if you are new to the group.

Southern Test Valley Walks

** **Mondays** – Romsey Health Walk 11.00.am
From The Rapids

* Second Monday of the month we hold an 'away' walk.

Wednesdays – Wellow Walk – 1.30p.m from Canada Common...although please note...
the first Wednesday of the month the walk leaves from Wellow Village Hall

* The last Wednesday of the month, walk starts at Dandy's Ford Fisheries, Sherfield English

** **Thursdays** – North Baddesley walk 11.00a.m from North Baddesley Village Hall

* Last Thursday of the month an 'away' walk is held

** **Fridays** – Stockbridge Walk. 10.00a.m from The Town Hall.

** **Saturdays** – Valley Park Walk 10.30a.m from the Cleveland Bay Pub

Key

* Away walks are run as a chance to walk slightly further afield and vary the route for your enjoyment

** Easier or shorter routes are offered on these walks

FRIDAY WALKS 2010

Please may we remind you that these walks are run entirely by the volunteer walk leaders themselves. Transport will be necessary to get to and from the meeting point. Lunch is always at a pre booked pub or restaurant. The walks are approx 3 miles there and 3 miles back. Please only come on the walk if you are confident you can complete the whole distance, as although there is the mid day break it is a lot further than a standard weekly health walk.

The remaining walks for this year are as follows:

JULY 23 - ASHURST FROM LONGDOWN. Meet at the Longdown Forest Car Park, Ashurst (past Farm & Owl & Otter Ctr) at 11.00a.m. Maps of how to get to the meeting point can be obtained from your walk leader.

AUGUST 20 - KEYHAVEN FROM MAIDEN LANE

SEPT 24 - FRITHAM FROM CADMANS POOL

OCT 22 - BURLEY FROM HOLMSLEY

A great day out was had by all at the latest Friday summer walk held on the Isle of Wight. See below photo of the days group demonstrating the amazing views from Tennyson Down. Special thanks to Ray and Avril for organising everyone's transport over to the island and then the coach they booked whilst there, ensuring everyone was well catered for and thoroughly enjoyed themselves. As well as walking an impressive number of steps that day of course!



Walkers Comments

“Four years ago I had a heart attack. Whilst attending my 8 week rehabilitation course they told me that I should join a health walks group, because it would be so beneficial for my future health. So I joined Wellow walkers. After my first walk at Wellow Village Hall I really thought that one more walk at that pace would kill me off, but my wife joined and we just love it, the best thing since sliced bread!”

“I started health walks 3 years ago. I have always liked walking and after the death of my little dog I was missing my daily walks. A neighbour showed me a leaflet about the walks and so I started.

My back has given me trouble in the past with sciatica and other disc type problems. Since walking this has really improved. Also my blood pressure was starting to rise again, since walking it has stabilised in the normal range, and lastly I was getting out of breath with walking. I am no longer short of breath, great improvement and MY WEIGHT IS UNDER CONTROL NOT RISING!!!

It is also very friendly, great camaraderie prevails and you see some beautiful places that you would be unaware were on your door stop. (I take no tablets I take health walks instead) they are free!

Thank you to all involved for a wonderful service.”

(Valley Park walker)

Other events/dates for your diary

Sunday 25th July

Romsey Sports fair 10.00a.m til 4p.m

‘Taster’ Health Walk at 2.00p.m from the Test Valley stand. Please come along and support us and show your family and friends who are usually unavailable during the week!!

Contact Donna Carroll on 01794 523037 for more information.

Free event promoting local health, wellbeing and sporting opportunities. Great for all the family.

Saturday 4th September

Eleventh annual Valley Park Community Wood Fair at the nature reserve.

Free event showing tradition woodland management techniques, local conservation groups, chainsaws and big horses! Amongst many other attractions.

Charity Walk for CLIC Sargent, the childrens cancer charity.

A 5.5 mile walk in the New Forest. Start time 10.30a.m at the Royal Oak, Fritham. £10.00 per person including lunch (plus £3 for dogs on a lead.)

Please contact Mrs S A Herbich on 01794 368795 for further details or to make a donation by 21st August. Alternatively application forms can be obtained from Eileen. Please note this is not a health walk.

Wed 8th September

Gardening Fair for Seniors at Sir Harold Hillier Gardens from 11a.m to 3p.m.. Tel no for enquiries 01794 369318.

Come for advice, a tour, gardening ideas and more. Half price entry for seniors! A minibus shuttle service available from Romsey. Call 01794 519495 to book.

Friday 1st October

STOIC (Southern Test Older Independent Campaigners) Autumn Fayre

Crosfield Hall, 10.00a.m til 3.00p.m. Free entry. Refreshments available at a small charge.

Music/Entertainment, crafts, displays, advice, social groups, therapies & taster sessions, wellbeing and health checks. Contact Bernie Newitt on 01794 519495 or email bernie.newitt@carerstogether.org.uk for table space or if you would like to attend.

Friday 8th October

Electric Blanket Testing at Romsey Fire Station By appointment only. Contact 01962 833358 at Hants Trading Standards Office

FOOTNOTES is written and edited by Eileen Munday and Louisa Rice at Test Valley Borough Council. Eileen can be contacted on 01794 527920 or email emunday@testvalley.gov.uk

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 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 Greenview Care Home

**Greenview Residential
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