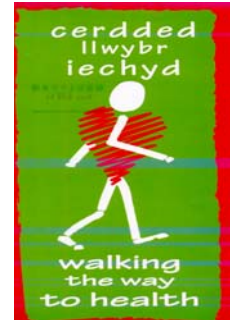


Walking the Way to Health

Get Up and Go!



ISSUE 4

December 2005

Introduction

We are happy to introduce our second newsletter for 2005. This year seems to have gone very quickly! Looking back, the highlights have been the encouraging start to some of the new walks, and the successful joint events round Cardiff Bay and Forest Farm. 34 walk leaders have been trained for Cardiff over the past year and we would like to thank all those who have volunteered.

Many thanks, Jane Williams, Project Co-ordinator

First Aid for Walk Leaders

A free session will be held at Insole Court, Fairwater Road, Llandaff, on Wednesday 15 March, from 2.00 – 4.00pm. This will be a basic life support course including resuscitation, recovery position, choking, bleeding etc. Please contact Jane Williams if you wish to book a place.

Is your certificate up to date?

All walk leaders should hold a first aid certificate, so if you do not have a current certificate, why not join us on the 15th March. Certificates last for 3 years so please check to see if yours needs to be renewed.

Volunteer Refresher Day

A useful session took place at the Carers' Centre on Friday 18 November, with 17 walk leaders. This provided an update on insurance issues, documentation and gave those present a chance to get to know each other. It is hoped this will become a regular event in the calendar.

Volunteers Required

We are still hoping to recruit more **walk leaders**, both to support existing walks and to enable us to start some new ones.

In particular, we would like more support to help with the walks in **Trelai Park, Ely, St Mellons and Gabalfa/Llandaff North**.

The next free, one day, training session for walk leaders is scheduled for **Friday 20 January at the Powerhouse, Llanedeyrn from 9.30 - 4.00**. Lunch will be provided. If you know any potential trainees please contact Jane as soon as possible.

In addition to walk leaders, we are hoping to recruit volunteers to help with the promotion and publicity of all the walks and with the planning of routes. These volunteers can be any age from 16 upwards and would be very welcome to join a walk of their choice.

New walks for the spring are being planned for:

- Llanrumney
- Splott/Tremorfa/Adamsdown
- Heath Park
- Llanishen

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New Walks for Cardiff in 2005

The first new walk was the **Rhiwbina Walk**, which takes place every Thursday morning and is led by Robin and Val Hamilton, supported by Carole Wainwright, Mary Hosking and Maureen Davies. The walk began at the end of March and has proved popular throughout the summer, with a core of regulars walkers.

The walk is not entirely flat – there is a gentle slope upwards from the library towards the top of Rhiwbina Hill. Usually the walkers go along the side of Whitchurch Golf Course (a public right of way) across a small wood at the top of the hill and then back down into the village, through one of several paths near the park.



At the beginning of June, a walk in **Cardiff Bay** commenced, starting at the Channel View Centre. The walkers sometimes cross the bridge over the River Taff, or take a brisk walk to the wharf area. They are led by Andrew Burns and Gabriel Operanta, backed up now by Franklyn Parris and Peter John. The walk is gradually getting more popular and sometimes there are as many as fifteen walkers. The walk is relatively flat, with few hazards.



Two new walks started in mid June. The **Llanedeyrn** walk on a Thursday afternoon soon became popular, thanks in part to the support from the Powerhouse and

the Llanedeyrn Medical Centre. This walk does have one or two hills, due to the rather hilly terrain in Llanedeyrn. However it is very picturesque, and passes through some beautiful woods and past a lovely fishing lake. The walk is led by Jeff Bonsey, backed up by Josie Crimmons, Robert Walker and Eddie Barrow.



In June, the **Llanrumney** walk was launched, starting from Eastern Leisure Centre. The walk was led by Doreen Smith, backed up by Carl Manley. As this walk generated only limited interest, it has been decided to rethink the time and venue of the walk, following discussions with the local community groups. Watch this space, Llanrumney!

In September, the **Roath Park** Walk, commenced on Thursday afternoons, starting from the Roath Community Hall. This is a mainly flat walk on a good surface and should prove popular throughout the winter. The walk is fortunate enough to have several walk leaders, led by Joan Brooks, Brian and Margaret Barrett, and Sheila Lane. They have recently said goodbye to Liz Unser, (a trained walk leader) for six months as she has taken off to California for our winter. She promises to return in April, suitably rejuvenated!



The last walk to commence in 2005 was the **Llandaff North/ Gabalfa** walk, which goes from the Colwill Rd Education Centre every Tuesday morning. The walk leaders are Alyson Burnell and Bette Griffiths. This is a pleasant, flat walk along the Taff Trail beside the River Taff and back through Llandaff Fields or around Llandaff Cathedral.

Please, tell your friends about the different walks and try them yourselves!



EVENTS

The 2005 Launch

The 2005 Cardiff Walking for Health scheme was launched in Cardiff Bay on a beautiful sunny, but cold day in May.

Nearly 60 walkers met in the Cardiff Yacht Club and Dr Penny Owen gave us an encouraging talk and explained the value of walking. We then walked through to the Royal Hamadryad Gardens, back past Techniquest, and through the wetlands near St Davids Hotel. Thanks go to Chris Powell the Parks Conservation Officer who gave us an interesting commentary on the new developments in the area.



The Trip Round the Bay

Thanks to Cardiff Harbour Authority, a group of 41 walkers were taken on a trip round Cardiff Bay in August. We met at the turning circle in Cathedral Road and were taken by coach to Penarth Marina. We met our guides who showed us around the barrage and explained the complicated technical operation. Then we walked along the barrage for about half a mile and were taken by boat for a trip round the Bay. We went up the River Ely, a new experience for most of us, and then across the entrance to the Taff, and back to Mermaid Quay.

Finally we were treated to tea and cakes at the Millennium Centre, before being taken back on the coach to our starting point. This was a very pleasant morning out, enjoyed by us all.



Autumn Walk

It was good to see almost 40 people turn out for the Autumn Walk, which this year took place at Forest Farm on 19 October. We all enjoyed the walk along the canal and the opportunity to watch the birds from the hides. We spent a pleasant time at the weir and saw salmon leaping and a large heron.

Finally we were refreshed with a cup of tea and a choice of delicious home made cakes back at Forest Farm. Many thanks to Nic Perkins (British Trust for Conservation Volunteers) and her staff for hosting the event and leading the walk.



Happy Christmas!

Finally we would like to wish all our readers a very Happy Christmas and prosperous New Year. Thank you all for supporting the Cardiff Walking for Health scheme – please keep coming along!

Jane, Chris and Jacquié - Health Partnership Team

LINKS WITH OTHERS

The Pink Plod(s)

Cardiff Walking for Health helped to support Breast Cancer Care with two walks, or “Pink Plods” which they held this year. The first was held in Bute Park on a beautiful day in June (see picture) and the second



was a sponsored walk at Roath Lake at the end of Breast Cancer Care month in October. The weather was not quite so good, but walkers enjoyed the day. Thanks to Jill Symonds and Liz Unser for their help leading the June walk.

The Kelloggs Great Walk

On August 17, Cardiff Walking for Health supported the Kelloggs Great Walk as it passed through Cardiff, on its way from John O’Groats to Lands End.

The Cardiff leg consisted of a 6k walk around Bute Park on a particularly hot day! Thanks to Alyson Burnell and Nic Perkins for their help as leaders and marshals (seen here “warming up”!)

CARDIFF WALKING FOR HEALTH WINTER PROGRAMME

WHEN?	WHERE?	MEET AT
Monday 2.00pm	Victoria Park Canton	At the Rangers’ Office in the park. Walk leaders are Richard Harris and Leighton Hale.
Tuesday 2.00pm	St Mellons	In Tesco Foyer. Walk leaders are Sally Ball and Jo Brookman, Tel 20417333
Tuesday 10.30am	Llandaff North/Gabal fa	Outside Gabalfa Community Education Centre, Colwill Rd. Walk Leaders are Bette Griffiths and Alyson Burnell
Wednesd ay 10.30 am	Llandaff Fields	The Turning Circle at the top of Cathedral Road. Walk leaders are Jill Symonds, Lilian Boden and Eileen Tariq
Wednesd ay 2.00pm	Trelai Park, Ely	Outside Farmfoods / Aldi, Cowbridge Road West (Vincent Road) Walk leader is Iona Gordon
Thursday 10.30am	Rhiwbina	Outside Rhiwbina Library, Pen-y-Dre. Walk leaders are Robin and Val Hamilton, Mary Hosking and Maureen Davies.
Thursday 2.00pm	Llanedeyrn	Outside the Powerhouse, Roundwood, Llanedeyrn. Walk Leaders are Jeff Bonsey, Robert Walker and Eddie Barrow.
Thursday 2.00pm	Roath Park	Outside Roath Community Hall, Recreation Ground, Roath Park. Walk Leaders are Joan Brooks, Brian and Margaret Barrett, & Sheila Lane
Friday 9.30am	Cardiff Bay	Outside Channel View Centre, Jim Driscoll Way, Grangetown Walk leaders are Gabe Operanta Andrew Burns, Franklyn Parris and Peter John. Tel 029 2037 8161
<ul style="list-style-type: none"> The time and venue for a walk in Llanrumney is being reviewed this autumn so the current walk has been cancelled. Some walks may stop briefly over the Christmas period – please check with the walk leader or call the number below 		

For further details of how to get involved, please contact Jane Williams 029 2087 3633 e-mail JaneWilliams@cardiff.gov.uk or visit www.cardiffhealthalliance.org