



Walking for Health Newsletter

Get Up and Go!

Summer 2009

Welcome!

Welcome to the 11th Cardiff Walking for Health Newsletter "Get up and Go"!

The scheme continues to expand despite losing one or two walks. In the first two quarters of 2009, there were 372 walks, with 3140 "person walks".

49 Walk Leaders were trained this year for Cardiff and elsewhere in the area.

There are currently 15 regular weekly walks taking place across the city, weather permitting!

Thanks to all the walkers and walk leaders who support our scheme!

Jane



Rhiwbina Boys
Walk in Worcester



Cardiff
Walking for Health
Winter Walk

Walking for Health Funding

We have just applied to the Welsh Assembly Government for the third year of their funding allocation for the "Get up and Go Scheme." If the bid is successful, this will last until summer 2010.

It is possible that this will be the last year of Welsh Assembly Government funding for the Co-ordinator's post held by Jane Williams.

Discussions are ongoing with the Sports Council for Wales regarding the best way forward for the future. One suggestion is that the whole scheme be turned into an independent walk club for Cardiff, managed by the volunteers. There may be other options and these will be considered in the future months.

One focus group has already been held to consider the options and further focus groups will be set up this autumn. We would welcome the support of walkers and walk leaders over the next few months, to develop the best way forward for our scheme. The future picture of health walks in Cardiff may change, but the demise of the scheme is not an option!

Spring Walk

On 15 May the Cardiff Walkers explored a stretch of the River Ely which has been opened up as part of the Ely Trail. We started from St. Fagans and walked along the river towards Ely. It was a little damp, but the rain kept off and we all enjoyed the chance to walk along the river bank. After the walk a number of us had lunch in the Plymouth Arms. Once again thanks to those who came along.

Jane



First Aid for Volunteer Walk Leaders

A free Heartstart first aid training session will be held at the Star Centre, Splott Road, Splott on Friday 2nd October, from 2:00pm until 4:00pm. The Heartstart training covers basic first aid and includes resuscitation of adults and children, the recovery position, choking, bleeding etc.

All Walk Leaders should hold this first aid certificate. Certificates expire after 3 years, so please check to see if yours is in date. If you would like to book a place on this course please contact Jane Williams.

Worcester in the Spring: `From Source to Sauce`

Eric, Joe, Mike and John venture across the boarder.

In our last newsletter Eric, Joe, Mike and John brought us a tale of their walk in Hereford. The boys have been on their travels again and here we bring you the next installment - a three day walking trip to Worcester.

Monday 20 April 2009

After a hearty breakfast in Cardiff we took a train to Worcester via Cheltenham, arriving at 12.30pm. With glorious sunshine we were soon on our way along the Worcester and Birmingham Canal, a pleasant flat walk. After a 'refresher' at a well situated canal pub, we continued our journey along the Monarch Way on to The Diglis Basin - a docking area for canal boats where the canal meets the River Severn. Our walk took us under 17 bridges, alongside 9 locks and underneath the railway twice. We returned to Worcester along the Severn Way diverting into the town by the Cathedral. Here, near the banks of the River Severn, we found a wall marked with river flood indicators. The most recent severe flood there was in 2004 when the river rose 8 feet above normal land level. Today was an excellent start, covering **7½ miles**.

Tuesday 21 April

It was another glorious morning as we left for our walk heading in the direction of Worcester County Cricket Ground. A new pitch had recently been laid following damage from heavy rains the previous year. *(In the past, Joe and Mike had both been keen cricketers and had been nominated as "12th" man for the Glamorgan side, but unfortunately failed to make the team.)* We left Worcester and walked to Powick Village with its famous old bridge and weir, where at one time electricity was generated but sadly the building has now been turned into flats. We continued on through the countryside, past some large lakes called 'The Fisheries' before rejoining the river and breaking for lunch. We continued north, until we arrived at Elgar's birthplace – the highlight of the day! The original building has been altered to house a museum, but well worth a visit! Later, we headed back towards Worcester via another place where Mike has a weakness, the racecourse! We had had another great day, covering **11 miles**.

Wednesday 22 April

The third day was the hottest and we set out to walk north along the canal, a route that took us under the M5, passing 6 locks and under 5 bridges before diverting east to a railway crossing of the Birmingham mainline. The heat increased as we headed southwards, slowly passing various farms and old cottages along the way before having a welcome break and stopping for refreshments. Our path then took us west, then north, back to the canal and back to our starting point having covered another **10 miles**.

In total we had covered **28½ miles in 3 days**. The experience of being out in the fresh air, walking leisurely and without pressure is a positive way of life. Walking outside of Cardiff is another step forward in "Walking for Health", and increases your confidence in your own ability. Many thanks boys for another wonderful 3 days and thanks Mike for the sweets!

Our next trip is pencilled in for Bath in October 2009, and another canal to attack!!

Best wishes, *John*

Active Travel

Cardiff Council's Transport Policy team works both within the Council and with organisations across Cardiff to encourage the use of sustainable modes of transport. Promoting healthy and active travel – walking, cycling and even running – is a key part of this. A number of initiatives have been developed to do this. All new staff at the Council are provided with an Active Travel Information pack, which includes information about walking, cycling and running routes, a "Calorie Burnometer" and a step-counter.

Step-counter packs are also available, on a six week loan, for other staff who would like to walk more and facilities (e.g. lockers, changing rooms) are available at major Council sites for staff using active modes to travel to work or for leisure. Cardiff Council's online journey sharing scheme, Carshare2Cardiff, even includes an option to find someone to walk to work with!



More information is available from travelplans@cardiff.gov.uk or Tel: 029 20 873722.

Winter Walk



Despite heavy rain, 46 of us went for our Cardiff Winter Walk round the Forest Farm Nature Reserve on 3 March. Thanks to all those who braved the weather.

Thanks also to Paul Davies from the Cardiff Rangers and to BTCV who kindly hosted us for tea and cakes afterwards!



Cardiff's Countryside Team

The Countryside Team are continuing to work to develop and provide information about a range of different walks in Cardiff. Information for individual walks can be downloaded from the website at www.cardiff.gov.uk/countryside. An interactive walking map of Cardiff provides information on the start for more than 20 walks in Cardiff. These include walks along the Taff and Ely Trails, and circular walks such as those included in the Taff Trail and Walking for Health packs, and longer and more challenging circular countryside walks.

There are now two signposted circular country walks with information boards starting in St Fagans (on Castle Hill), and the (former) Quality Hotel, Tongwynlais. There are also links to 20 Cardiff Ramblers' circular walks that can also be downloaded from their website. Most of these routes are also way-marked to help independent walkers find their way. This year we hope to sign-post the Rhymney Trail, provide leaflets to help people follow it, and work on extending it.

The Countryside Team also continues to help with the Walking for Health scheme, and this year is providing aerial photographs of circular walks, including a circular walk from the Rhymney Trail, starting at Llanrumney High School, to help publicise walks and help people walk the routes independently.

Profile - Doreen Smith



Doreen is originally from Halesowen in the West Midlands. She and her husband and two young children came to Cardiff in the early 1960's. Whilst the children were young, Doreen stayed at home but eventually went back into clerical work for a few years and then became the Llanrumney High School Secretary from 1976 – until she retired in 1983.

After Doreen's husband passed away in 2004, she began to look round for things to do and was persuaded to train as a walk leader for the new health walk in Llanrumney. The initial walk had taken place near Eastern Leisure Centre, but was not attracting many walkers. Doreen's advice was taken and the walk was moved to the area of the River Rumney near her home. She has renewed her links with the High School by helping to organise the "after walk cuppa" in the School's Community Centre.

Doreen is a busy lady and keeps herself occupied by attending the Healthy Wealthy and Wise group in Llanrumney run by Gloria Yates, as well as leading the Wednesday Walk and also volunteering with Age Concern. She also has 5 grandchildren and many friends to visit in different parts of the country.

We are very proud of Doreen, who at 80 is probably our oldest active walk leader and has been extremely active despite some health problems.

Walk Leader Training

Four Walk Leader training sessions have taken place in Cardiff during 2009. 38 people have been trained, by Jane Williams, to lead walks in Cardiff and 11 from other parts of South Wales.

We recognise that some leaders will not lead walks regularly, but we hope that most of those who have been trained will become involved in some way.

Robin Chapman

Tony Churchman

Tina Clark

John Fellows

Kelly Anne Foley

Rebecca Knight

Ross Lewis

Thoria Mohammed

Mark Morgan

Sheila Mott

Stephanie Peckham

Lena Pellow

Linda Samuel

Femi Sodeine

Gwyneth Statham

Jenny Wiley

Autumn Walk

The Cardiff Walking for Health Autumn Walk will take place on **Tuesday 20 October** at 11:00am.

It will be a 2 hour long circular walk around the Taff Trail, Nantgarw and Taffs Well.

Meet at Taffs Well Station at 11:00am.

Bring a picnic and wear strong shoes or boots.

Please contact Jane Williams or Walk Leaders for more information.



Walk Leader Reminders

- Please encourage the walkers to walk briskly. In order to increase the benefits to health, walkers need to be exercising at a moderate intensity - they should still be able to talk and have a conversation, but should have a raised pulse rate. However, please remember that all walkers have different levels of fitness.
- Please make sure the new Walker Registration Forms are signed by the walkers and please send forms in to Jane on a regular basis.

Walks Programme

Heath Park	Sundays	2:30pm	Meet in Concourse at University Hospital of Wales
Grangetown	Mondays	10:00am	Meet at Channel View Centre, Jim Driscoll Way
Llanishen	Mondays	1:30pm	Meet in Llanishen Leisure Centre
Victoria Park, Canton	Mondays	2:00pm	Meet at Ranger's Office
Gabalfa / Llandaff North	Tuesdays	10.30am	Meet at Colwill Road Community Education Centre
St. Mellons	Tuesdays	2:00pm	Meet in Tesco's Foyer
Butetown	Wednesdays	10:00am	Meet at Butetown Community Centre
Llandaff Fields	Wednesdays	10.30am	Meet at the Turning Circle, Cathedral Road
Llanrumney	Wednesdays	10.30am	Meet at Llanrumney High School gates
Rhiwbina	Thursdays	10.30am	Meet at Rhiwbina Library, Pen-y-Dre
Ely / The Drope	Thursdays	1:00pm	Meet at Michaelston Adult Centre, Michaelston Road
Roath Park	Thursdays	2:00pm	Meet outside Roath Community Hall, Roath Park
Cardiff Bay	Fridays	9.30am	Meet outside Channel View Centre, Jim Driscoll Way
Splott Park & Moorland Park	Fridays	10:30am	Meet at Communities First Offices, 69b Splott Road

Cardiff Health Alliance

Walking for Health is brought to you in association with Cardiff Health Alliance. You can find out more by contacting the Cardiff Health Alliance directly or by visiting their website and by downloading the Health, Social Care & Well Being Strategy 2008-2011 document.

Phone: 029 2087 3870

Fax: 029 2087 3851

Email: healthalliance@cardiff.gov.uk

Internet: www.cardiffhealthalliance.org

Address: Cardiff Health Alliance, Room 337, County Hall, Cardiff, CF10 4UW.

Interesting Websites

The websites which may interest you:

- Cardiff Walking for Health: www.cardiffwalkingforhealth.org
- Health Challenge Cardiff: www.healthchallengecardiff.co.uk.org
- Lets Walk Cymru All Wales: www.lets-walk-cymru.org.uk
- Cardiff Health Alliance: www.cardiffhealthalliance.org
- Outdoor Cardiff: www.outdoorcardiff.com

Contact the Walking for Health Co-ordinator

For more information about the walks or walk leader training please contact the WFH Co-ordinator, Jane Williams:

Phone: 029 2087 3633

E-mail: JaneWilliams@cardiff.gov.uk

Address: Jane Williams, Walking for Health, Room 337, County Hall, Cardiff, CF10 4UW.