



Walking for Health Newsletter

Get Up and Go!

Spring 2010

Welcome!

Welcome to the 12th edition of the Cardiff Walking for Health Newsletter, "Get up and Go"!

I will be retiring in August and this will be my last newsletter. I plan to continue walking and hope to see you around.

Thanks to all the walkers and Walk Leaders who support our scheme!

Best wishes,

Jane

Walking for Health Funding

We have some good news and some sad news...

The good news is that the funding for 'Let's Walk Cymru' has been extended until April 2013 by the Welsh Assembly Government (subject to agreed objectives being met each year). This means that the Co-ordinator's post will now be extended after September, which is fantastic news for the scheme!

However, the sad news is that Jane Williams our very dedicated Co-ordinator will be retiring in August! Jane has been a great advocate for the scheme over the years and will be sorely missed. This means that in the coming months we will be looking for someone to take over the mantle. If you, or someone you know would be interested in the post, please get in touch with Jane to find out more about her role. The post would be part-time and you would be required to have basic computing skills, presentation skills, training skills in order to deliver the Walk Leader Training and an ability to communicate well with walk leaders, walkers, other partner organisations, etc.



Nordic Walking

Pont y Werin - The People's Bridge

The Pont Y Werin – The Peoples Bridge will take you over the Ely River and will complete a 6.5 mile (10.5 Kilometres) circuit around Cardiff Bay. It will make for a glorious walk or cycle ride and become a favourite promenade for residents and visitors alike. Following the formal opening of the route across the Cardiff Barrage as part of the Coastal Access path, the crossing of the Ely River is now the only break in the circuit and this bridge will make an essential link between the city centre and Penarth. Both Cardiff and the Vale have been waiting for this bridge, which will serve as an excellent leisure and commuter route.

We are hoping to take in the Pont Y Werin during our summer walk in August. We will let you know more detail in the coming weeks.



The Rhiwbina Boys' Canal Walks

Winter Walk

On Tuesday, 16 February, 54 for of us met at the Colwill Road Education Centre for our winter walk. The walk took us along the river Taff, firstly going north into and round Hailey Park and then south through the Llandaff Cathedral cemetery. We then went into Bute Park to the Weir Bridge before returning to the Colwill Road Centre. The walk was 4.5miles in distance and lasted almost two hours.

We were fortunate with the weather apart from one shower and everybody seemed to enjoy themselves! Thanks to Gareth Stamp and Kevin Date, the Park Rangers who explained some of the recent features of the park and the Weir. Thanks also to Penny Bowers from the Friends of Hailey Park, who was able to explain the latest work in Hailey Park.



The Rhiwbina Boys' walk diaries.**Bath in the Rain****Eric, Joe, Mike and John venture once again across the boarder, this time to Bath.****Wednesday 21st October, 2009**

After breakfast in Cardiff we took the train to Bath and a further short bus journey to Keynsham to start our walk. Starting on the Avon walkway alongside the river, we soon met up with our friend from the Worcester Walk. After stopping for lunch and taking shelter from a rain shower at the Avon Valley Country Park, we climbed up the Bristol and Bath Railway Path and continued on this pleasant route back into Bath city centre, visiting the original end of line station building with its original platform and ticket office.

Distance: 8 miles. An excellent start for our 3 day event**Thursday 22nd October, 2009**

Today we advanced along the pleasant Avon and Kennet Canal to Bradford-on-Avon. The canal was originally completed in 1810 for the purpose of carrying coal and is approx 80 miles in length reaching Reading before entering the River Thames. It was re-opened by Her Majesty The Queen in August 1990 and today is once again bustling with narrow boats. Along the walk we crossed the Avoncliff Aqueduct which stands high above the river and railway and on approaching Bradford-on-Avon we passed an old tithe barn. The weather had not been kind to us with some very heavy prolonged showers.

Distance: 10 miles. A very interesting and informative walk**Friday, 23rd October, 2009**

We journeyed by bus to Devizes, famous for its spectacular 16 lock climb to Caen Hill - a segment forming the middle section of the Devizes flight of 29 locks giving a total rise/fall of 237 feet over 2¼ miles. Today, we were in for a long walk but we were in good spirits with the sun on our backs. During our walk we had a first-hand account on the 'workings' of the lock by our boat expert Eric and Joe came into his own as our expert on wild life, covering birds, fish, mammals, plants and flowers. After enjoying lunch we felt revived as we went on our way passing a number of swing bridges over the canal as we approached journey's end.

Distance: 12 miles.

The 30 miles covered over the 3 days was a great achievement and it was encouraging to see the 'lads' enjoying the experience. "Walking for Health" was very much in our minds and the distance walked shows our commitment to keeping our bodies active.

Total: 30 miles over 3 days.**Many thanks boys for a wonderful 3 days!****Monmouthshire and Brecon Canal (Cwmbran to Newport)****And then there were 8 – Byron, Colin, Denis, George, Malcolm, Mike, Peter and John****Monday, 15th March, 2010**

On a glorious morning eight members from the Llanishen and Rhiwbina walking groups got together for the 6½ mile walk from Cwmbran to Newport. After catching the bus up, we joined the waterway at the southern end of Cwmbran. The countryside was attractive and noticeable efforts had been made to maintain an active walking/cycling path. The noticeable number of disused locks (10) highlighted how busy the 18th/19th century waterway must have been. There are many original bridges over the canal which would have been used by farmers and drovers and it was at one of these bridges that we decided to have some lunch.

On our way again, we passed under the M4 and at a junction in the canal you can see where it would have continued to the "docks", but today it comes to an abrupt halt. We continued along the remaining canal as it followed close to the M4, before eventually, reaching the base of the "renowned" 14 locks.

Two members of the group decided to advance to the 14 locks but the rest us took the route to Newport. The path was steep, but we used the old adage "lamppost to lamppost" and we made it to the top. After a short while, one of our group remarked "I've left my bag behind". Oh dear!! The great part about the walk was the fellowship and companionship amongst us, and I have to commend Peter who volunteered to return with our colleague, to recover the bag! We eventually arrived at the station in Newport for some welcome refreshment.

A great day was had by all, most enjoyable. Thanks boys for your company and effort and for a brilliant day. It shows with co-operation we can achieve – which we did!

Best wishes,*John*

Nordic Walking



Following a popular Nordic Walking taster session in Llandaff Fields in February, about 20 people signed up to the five week course offered by Age Cymru. The first session took place on Wednesday 21st April. After being fitted for the correct height poles and undertaking some warm up exercises we set off to try it out. Some of us have found that walking with Nordic poles it is not quite as easy as it looks but most of the group, under the tuition of Glenn and Howell, are quickly finding the benefits to their fitness, posture and balance.

The physiotherapy department at St. Davids Hospital has been in contact with Age Cymru and are interested in using Nordic walking as a technique to help their patients recovery and well being.

If you would like to join a Nordic walking group please contact Glenn Little at Age Cymru, tel. 029 2043 1555 or e-mail glenn.little@agecymru.org.uk. Age Cymru is the new name for the recently merged charities Age Concern and Help the Aged.

Walk Leader Profile - Leighton Hale



I have lived in Cardiff all my life. My occupation was a draughtsman with various organisations in the city, culminating in part-time work after I retired in the late 1980's. After moving house in autumn 2003, I noticed a "Walking for Health" pamphlet in the Doctors surgery where we had registered. Early in the following year I decided to join the Victoria Park contingent where Richard Harris was the leader. He asked if I was interested in attending a Leaders' Course, which I accepted, eventually standing in or assisting him whenever required. Following Richard's untimely death in January 2009, I took over his role at the Victoria Park walk.

I enjoy the walk and the pleasant company of the fellow walkers. The group has at times joined in some of the "Joint Walks" and hope that these will continue with the possible changes in the scheme due to financial constraints.

Leighton

Free Heart Start First Aid Training for Volunteers



We hope to set up a basic first aid course in the next couple of months. The last one was cancelled due to lack of numbers, probably being too close to Easter.

Volunteer Walk Leaders are reminded that the first aid certificate is only valid for three years, so anyone who was trained before April 2007 may wish to renew their certificate. All volunteer Walk Leaders should hold this certificate. No date has been fixed yet, however please contact Jane Williams if you would like to attend the next session, on 02920873633 or by e-mail janewilliams@cardiff.gov.uk.

ICE: In Case of Emergency - A Message from the Ambulance Service

The majority of us now carry mobile phones with names & numbers stored in its memory. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call in case of an emergency?

ICE (In Case of Emergency) is a method of contacting loved ones during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of Emergency). Emergency Service personnel and hospital staff would then be able to quickly contact the right person by simply dialling the number you have stored as 'ICE'. For more than one contact name simply enter ICE1, ICE2, etc.

Please tell your friends and family as it really could help in an emergency situation, or put a loved one's mind at rest.

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 **completed on both sides and signed** by the walkers and please send forms in to Jane on a regular basis.

Poet's Corner

The MICHAELSTON walks are so good,
They'll make your heart beat as it should,
In sunshine and shower
They last for an hour
You'll hear the birds sing in the wood.
Cyril Davies, February 2010.

Walks Programme

Heath Park	Sundays	2:30pm	Meet in Concourse at University Hospital of Wales
Llanishen	Mondays	1:30pm	Meet in Llanishen Leisure Centre
Victoria Park, Canton	Mondays	2:00pm	Meet at Ranger's Office
Cathays Cemetery	Tuesdays	10.30am	Meet at Cathays Library, top of Fair oak Road
Gabalfa / Llandaff North	Tuesdays	10.30am	Meet at Gabalfa Neighbourhood Learning Centre
St. Mellons	Tuesdays	2:00pm	Meet in Tesco's Foyer
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 Penylan Library and Community Centre
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

* Please note that the Monday morning walk from Channel View is no longer taking place.

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.



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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
- Lets Walk Cymru All Wales: www.lets-walk-cymru.org.uk
- Outdoor Cardiff: www.outdoorcardiff.com
- Change 4 Life Wales: www.wales.gov.uk/change4life

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.



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Welsh Assembly Government