

Walking for Health

Walking for Health

2022

		Walk leaders
March		
24th	Lurgan Park	David Cameron, Hazel Swan
April	Quoile, Downpatrick	Alastair Peoples, Hazel Swan
21st		David Cameron, Ann Peoples
May	Clare Glen	David Cameron, Alastair Peoples, Ann Peoples,
19 th		Hazel Swan
June	Whiterock	Alastair Peoples, Hazel swan,
16 th		Ann peoples, David Cameron

In order to keep us all safe we may not be having our usual Coffee/Tea and scones indoors, at least for this season.

We choose locations for our walks to suit as many fitness levels as we can. On arrival at our destination we divide into our designated groups, each group with a front and back leader. The exact length of the walks may vary at different locations, but will be approximately as described below.

Date and locations may be subject to change.

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RULES

1. Before walking with the group, it is necessary to complete a Health Walk Questionnaire. If you haven't done so, please contact the Walk Coordinator.
2. It is important to choose the group most suited to your level of fitness. Walkers should not join a walk that is too fast for them otherwise the walk leader will have to make a decision on this.
3. It is important to identify the Leaders of your section at the beginning of each walk.
4. Always stay with your group and never leave before, or pass your Walk Leader.
5. It is advisable to wear suitable footwear. A hooded rain jacket is better than an umbrella. A light backpack is easier to carry than a bag, leaving both hands free when walking. A walking stick can be helpful, so please don't be embarrassed to use one!
6. If the pace proves to be too fast for you, please don't be afraid to say so. You should be able to carry on a conversation while walking.
7. It is imperative that you inform your Walk Leader, if for any reason, you have to leave your section before the end of the designated walk.
8. Please note that any walker who does not inform the Walk leader in Charge that they cannot attend having put their name down causes great inconvenience to all.



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- If you wish to join us on any of the walks you must ensure you have registered your name and filled in the Health Questionnaire. To ensure you retain your place it is important that you inform the walkco coordinator as soon as possible before the walk date.
- If for any reason, you are unable to attend at short notice please contact the walk coordinator **on 07966 541746**. This will ensure that we don't wait unnecessarily for you on the day.
- Our walk leaders, who will be present to guide us on each walk, are trained by the South Eastern Trust's Health Development Department. They can be easily identified as they wear yellow fluorescent vest or red polo shirt, dependent on time of year.
- Please note that the walks leave Maze PC promptly at 9.30 am so please be there in good time.
- We plan, as far as possible to go for coffee/tea and a scone after the walks.
This will be at a cost of £3

WALK COORDINATOR

ALASTAIR PEOPLES MOB 07966 541746

Email alastair_peoples@hotmail.com