



# Cherwell Health Walks

# Walks Programme

2020

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Getting active can be difficult. But we're here to help. With Ramblers Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 14 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Ramblers Walking for Health has something for everyone.

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## Why walk?

Walking is truly accessible - almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol



## How you can get involved

Cherwell Health Walks is your local Ramblers Walking for Health scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like. If you want to know more before you start, just get in touch on

[physical.activity@cherwell-dc.gov.uk](mailto:physical.activity@cherwell-dc.gov.uk)

or call 01295 221803

For all national enquiries, please contact Walking for Health on 0207 339 8541 or [walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk)

Supported through funding from players of People's Postcode Lottery and Macmillan

## What to expect...

Volunteer Walk Leaders will introduce themselves, identify the intended route and warn of any 'hazards' along it.

Generally, one of the Walk Leaders will walk at the front and the other at the back of the group. All Walk Leaders have been trained and will carry appropriate equipment.

Walks consist of a gentle warm up walk, followed by a 'more brisk' pace, getting the heart pumping a little, then a gentle cool down as the walk comes to an end.

Our Grade 1 walks are ideal for beginner walkers or for those who are recovering from an illness or have a long - term condition.

## What to wear or bring...

You should wear loose, comfortable clothing and comfortable footwear, such as trainers, walking boots or sturdy flat shoes, all appropriate to the weather.

You may also like to bring a small bottle of drinking water with you.

## Afterwards...

You will be invited to join the other walkers and the Walk Leaders for tea and coffee.



## Volunteer with us...

If you would like to offer your help to support this scheme as a volunteer by becoming a Walk Leader, please contact Jo Round, the scheme co-ordinator, to find out about the free training, support and guidance available.

### Grade 1 -

up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.

### Grade 2 -

between 30 and 60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

### Grade 3 -

between 45 and 90 minutes and may include steeper slopes, steps, uneven surfaces and stiles

### Progression Walks –

longer than 90 minutes and are likely to include slopes, steps, stiles and uneven surfaces.

### Banbury – Spiceball Park

- Tuesdays 10.30am
- Meet outside The Mill Arts Centre
- Grade 1/2/3

### Banbury – Sainsbury's

- Wednesdays 10.30am
- Meet in the lobby area
- Grade 1/2/3

### Begbroke/Yarnton

- Wednesdays 10.30am
- Meet in the car park outside The Royal Sun
- Grade 1/2

### Bicester – Coker Close

- Saturdays 11.30am
- Meet in the Health Centre car Park
- Grade 1/2

### Bicester – Langford Village

- Sundays 11.30am
- Meet outside Langford Medical Centre
- Grade 1/2

### Bicester – Bure Park

- Tuesdays 6.30pm
- Meet outside North Bicester Surgery
- Grade 1/2

### Bicester – Bure Park

- Thursdays 11.30am
- Meet outside the chip shop near the surgery
- Grade 1/2

### Bicester – Whitelands

- Thursdays 10.00am
- Meet at Whitelands Farm Sports Ground
- Grade 1/2

### Bloxham

- Wednesdays 10.30am
- Meet on the green by the war memorial opposite The Joiners Arms
- Grade 1/2

### Islip

- Thursdays 10.00am
- Meet at the Village Hall
- Grade 1/2

### Katharine House Hospice

- Fridays 10.00am
- Meet in Hospice reception
- Grade 1/2

### Kidlington

- Tuesdays 10.30am
- Meet in the precinct off the High Street
- Grade 1/2

### Launton

- Tuesdays 2.00pm
- Meet at The Bull Inn
- Grade 1/2

### Longford Park, Bodicote

- Thursdays 10.00am
- Meet at Cotefield Garden Centre
- Grade 1/2

### Thrupp

- Mondays 10.30am
- Meet in the public car park, Thrupp
- Grade 1/2/3

### Woodstock

- Tuesdays 10.15am
- Meet at Brook Hill/Upper Brook Hill junction by Spencer Court
- Grade 1/2/3