



# Alvaston Park Walking for Health



## Meeting Point

St Osmund's Church Hall, London Road, Wilmorton (Nr Wickes)

## Next Walk

Contact Jean to find out when the next walk will take place

**Walks are free, no need to book.  
Everybody is welcome**

**Alvaston Park Walking for Health aims to promote walking for health and enjoyment and to increase access to Alvaston Park.**

## Starting Time

You will need to complete brief health and registration forms before your first walk. On subsequent walks you will need to sign the register. To allow time for this please arrive a few minutes before the start of the walk.

## General Information

- There is no need to buy any equipment to take part, just turn up on the day.
- Dress sensibly for the weather and wear appropriate footwear for the conditions.
- You might like to take a bottle of water with you, particularly in warmer weather.
- Dogs are not allowed, with the exception of guide dogs.
- Smoking is not allowed during the walks or at the meeting point.
- If you have any health concerns, you may wish to check with your doctor before taking part and please bring any medication you may need.
- Children under 14 would need to be accompanied by an adult.
- If you are unsure whether a route will be suitable for you, please phone so that your needs can be discussed in advance with a walk leader.
- All walkers are welcome to join the group for refreshments following the walk.
- Find out more about Walking for Health at [www.whi.org.uk](http://www.whi.org.uk)

**For further information please contact  
Jean Macdonald on 01332 571329**



Do you want longer walks? Why not try  
[www.derbyramblers.org.uk](http://www.derbyramblers.org.uk)



Find out more about Alvaston Park at  
[www.alvastonparkfriends.org.uk](http://www.alvastonparkfriends.org.uk)



Find out more about St Osmund's Church at  
[www.angelfire.com/art/stosmundderby/homepage.html](http://www.angelfire.com/art/stosmundderby/homepage.html)

You might not walk very much at the moment and this could be for lots of reasons. Some people feel they are not safe walking alone, either for reasons of health or confidence. Maybe you have no-one to walk with or simply don't know where to walk.

This programme of free led health walks are suitable for those with heart problems or diabetes, plus those who would enjoy the companionship of other walkers. They provide a fun way to improve fitness and feel healthier, supported by trained walk leaders.

The walks will take place in and around Alvaston Park once a week. They will normally start at 10.00 am on a Thursday morning but if you are new to the group please phone Jean on 01332 571329 to check when the next walk will be taking place.

## **What are Health Walks?**

- They are short walks of between ½ and 3 miles
- They are of moderate intensity (i.e. make you breathe a little faster and feel warmer)
- They have a trained volunteer leader and a back-marker who will go at the pace of the slowest walker)
- They are free
- You do not need any special equipment, however strong and comfortable shoes are recommended.

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