

Darlington Doorstep Walks



Monthly Newsletter

Promoting and increasing the amount of walks in Darlington

January 2009

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The Rejuvenation of Darlington Doorstep Walks

Darlington Doorstep Walks is a walking scheme that has been very successful in the past and has the potential to be very successful again in the future. I have come into post as the Outdoor Activity Coordinator for Darlington Borough Council and within my role I am looking to develop and promote participation in walking in Darlington.

As the scheme coordinator I will help promote and develop walking groups in the community and organisations, offering training and support upon procedures and keeping everyone up to date with events.

So why not walk your way to health and discover areas of Darlington you may not have seen before. Improving your fitness, make new friends and reconnect with nature.



Volunteers

Walk volunteers have shown huge amounts of enthusiasm and commitment to help rejuvenate Darlington Doorstep Walks.

Special thank you goes to, Barbara Shorney, Linda Simpson, Ian Black and Maureen Mann for all their advice and support they have offered in the beginning months of the scheme.

Well done to the following who have completed Voluntary Walk Leader training: Ivor Mckee and John Simpson who will be leading walks in Middleton St George alongside Barbara Shorney. Ross McMonies, Angela Welford, Jessica Cheesman and Pippa Smaling who will be leading a variety of walks in Darlington.

If anyone is interested in becoming a voluntary walk leader please contact Rachael Pringle.

FACT

Walking one mile in 15 minutes burns about the same number of calories as running a mile in 8 and a half minutes.



Darlington NHS Primary Care Trust

Darlington One Life

Darlington One Life is a GP Referral Exercise scheme, ran at the Dolphin Centre in Darlington. This scheme offers people to access the gym through being referred by a GP professional and having the support of fully GP Referral trained staff.

After liaising with Paula Forrest Darlington One Life coordinator we have acknowledged the need to offer exit routes and diversity to the gym, therefore we are leading a walk every Thursday starting from the Dolphin Centre. If you would like more information on Darlington One Life please contact your GP or Paula Forrest on 01325 388904.

Led Walks

Middleton St George walks are led by Barbara Shorney, for further details please contact Rachael Pringle.

Age Concern walks are led by Sylvia Hird next walk will be 9th February. Meet at South Park main gates 10:30am for 10:45 start. For more information please contact Sylvia on 01325 362832 (Sylvia is only available to call Thursday and Friday).

Darlington One Life every Thursday 9:30am meet at Dolphin Centre reception, for more information contact Paula Forrest on 01325 388904.

Walks in Maidendale Nature Reserve and West Park area will be starting in February.

Prambles Walks in a variety of localities will be starting in February. For more information on the Prambles walks please contact your local Children's Centre or Rachael Pringle.

All Darlington Doorstep Walks are advertised upon the Walking the Way to Health website www.whi.org.uk

Independent Walking Material

The Darlington Doorstep Walk Leaflet featuring a range of walks suitable for everyone.

This independent walking pack includes a variety of 8 walking routes in and around Darlington. The routes have been planned to suit as many people as possible but some may be more appropriate for you than others.

Each route card provides detail on walking distances, surfaces, gradients and any step/stiles and gates included.

These leaflets are available from Tourist Information Centre, Eastbourne Sports Complex, Town Library, Cockerton Library or by contacting Rachael Pringle.

Remember

Walking helps prevent Osteoporosis, Diabetes, Arthritis, Strokes, Depression AND it's FREE

If anyone has any further questions surround Darlington Doorstep Walks or would like to put an article in next months newsletter please contact:

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If you would like to be added to the mailing list for the newsletter please contact me, details above.



Darlington
Primary Care Trust

