

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.

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

This section is for you to complete about your scheme, for example... Liverpool 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 0151 233 4414 or email: sylvia.wensley@liverpool.gov.uk

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk



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



• Liverpool Walk For Health Walks Programme



Newsham Park

When: Monday 10.30am

Meeting: @Liverpool Irish Centre L6 5JG

For more information please contact:

Clodagh Dunne 0151 237 3987 or
07710854973

clodagh.healthtogether@iccm.org.uk

Liverpool University

Wellbeing Walk

When: 1pm Monday – 12pm Wednesday

Open to staff, students and the public.

Meeting outside the entrance of the University of Liverpool Sports and Fitness Centre, L69 7ZN. Please arrive promptly.

Duration 30-45mins

Please contact to book a place Vikki Marshall 0151 794 4924 Hayley Walsh 0151 794 2030

Stanley Park Walk

When: Monday 1:30pm

Meeting: start of Priory Road at the Goodison Park end of the road, by an entrance to Stanley Park. L4 2SL

Duration: 90 minutes

For more information contact:

Lynn 548 6511

Woolton Wood

When: Every Tuesday at 1:30pm

Meeting: at the first bus stop along High Street, near junction with Woolton Street, Woolton, L25 7TA.

Duration: 45 minutes

For More information please contact: Carmel

Dersch: 07711 291458

Email: carmel.dersch@blueyonder.co.uk

Liverpool Cricket Club

When: Every Wednesday 10am

Meeting at Liverpool Cricket Club main gate L19 3QF

For more information please contact:

Debbie 07934646546 or Helen on 07540450328

Albert Dock

When: Every Wednesday at 12:00noon

Meet: By bus stop on left as you enter Albert Dock, before reaching the Pumphouse, Liverpool L3 4AN

Duration: 45minute

For more information please contact:

Carmel Dersch: 07711 291 458

Email: carmel.dersch@blueyonder.co.uk

World Museum City Walk

When: Friday 11am

Meet in the café on the ground floor of the World Museum Liverpool.

Duration: 50-80 minutes depending on the route, the first walk of the month is always an easier walk route suitable for beginners

For more information please contact: World Museum: 0151 4784393 <http://www.liverpoolmuseums.org.uk/about/>

Mersecare

This group is mainly for women suffering from depression and mental health conditions, mainly recruited from Mersecare and Talk Liverpool walks from the Albert Dock.

For more information please contact:

Christine 07545200319 or Yvonne 07872466676

Liverpool Carers Centre

This walk is only open to Adult Carers- you must phone and book your place

0151 705 2308

healthandwellbeing@localsolutions.org.uk

For further information:

<https://www.walkingforhealth.org.uk/walkfinder/liverpool-walks>

Please arrive 10 mins before the start of walk for registration on your first session.

If you are interested in setting up a walk group or volunteering on this program please contact:

sylvia.wensley@liverpool.gov.uk

0151 233 4414

