



St. Helens Council



Halton and St Helens
Community Health Services

February - March 2010 Walks Programme

Welcome to St Helens 'Get Yourself Lively...Walking' scheme, managed and supported by Halton & St Helens Primary Care Trust. The aim of the scheme is to promote the benefits of walking across St Helens through a programme of volunteer led health walks.

All of our walks are led by friendly volunteer Walk Leaders. Simply choose the walk that best suits your ability and fitness using the grading table below.

Grade	Description
	Walk distance between ½ mile and 2 miles. Very light intensity - ideal for beginners.
	Walk distance between 2 miles and 4 miles. Light intensity
	Walk distance between 3 and 6 miles. Moderate intensity - something to aim for!

Sutton Children's Centre Walk



They are planning a weekly Pramble walk throughout the month. For more information contact Nichola on 01744 822160

Date

Time

Venue

Monday 1st February

1.30pm
(Lasts approx 1 hr)

Sherdley Park Walk
Meet at Pets Corner, Sherdley Park, WA9 5DE

Wednesday 3rd February

11.00am
(lasts approx 1 hr)













Thatto Health Walk
Meet at Haven Centre, Balmer Street
WA9 5QS



















Wednesday 3rd February



1.30pm
(Lasts approx 2 ½ hrs)

Mesnes Park - Newton-le-Willows
Meet at the Ranger Centre, Park Rd North,
just off Newton High Street, WA12 9DT

Wednesday 3 rd February		1.30pm (lasts approx 1 hr)	Parr Walk (Walk Visits Ashtons Green Open Space) Meet at Ashtons Green Allotments Moorfoot Road, WA9 2DY	
Thursday 4 th February		1.00pm (Lasts approx 30 mins)	Inglenook Farm Walk Moss Nook Lane, Rainford, WA11 8AE	
Thursday 4 th February		1.30pm (Lasts approx 2 hrs)	Inglenook Farm Walk Moss Nook Lane, Rainford, WA11 8AE	
Thursday 4 th February		1.30pm (last approx 1½ hrs)	Town Centre Walk Meet at Re:new Town Centre Office, 77b Standish Street, WA10 1HY	
Saturday 6 th February		10.30am (Lasts approx 2 hrs)	The Dream Walk Includes Environmental Talk Meet at Smithy Manor Pub, Jubits Lane WA9 4BB http://www.sthelens.gov.uk/dream/	
Sunday 7 th February *** New Walk ***		2.00pm (Lasts approx 30 mins)	Taylor Park Walk Meet at the Car Park off Prescott Road WA10 3HX	
Sunday 7 th February *** New Walk ***		2.30pm (Lasts approx 2 hrs)	Taylor Park Walk Meet at the Car Park off Prescott Road WA10 3HX	
Monday 8 th February *** New Walk ***		1.00pm (Lasts approx 30 mins)	St Michael's Walk Meet at St Michael's Church, Gartons Lane Sutton Manor, WA9 4RA	
Monday 8 th February		1.30pm (Lasts approx 1 hr)	Clinkham Wood Walk (Ranger Lead) Meet at the Black Horse Pub car park, Moss Bank Road, WA11 7DF	
Wednesday 10 th February		1.00pm (Lasts approx 2 hrs)	Moss Bank and Billinge Walk Meet at the far car park round the back of the Black Horse pub, Moss Bank Rd, WA11 7DF PLEASE NOTE THERE MAY BE STEEP HILLS	
Sunday 14 th February		2.00pm (Lasts approx 1.15 hrs)	Rainhill Walk Meet at Manor Farm Pub car park, Mill Lane, Rainhill, L35 6NE	

Monday 15 th February	1.30pm (Lasts approx 1 hr)	Sherdley Park Walk  Meet at Pets Corner, Sherdley Park, WA9 5DE
Wednesday 17 th February	11.00am (lasts approx 1 hr)	Thatto Health Walk  Meet at Haven Centre, Balmer Street WA9 5QS
Wednesday 17 th February	1.30pm (last approx 1 hr)	Parr Walk  (Walk Visits Ashtons Green Open Space) Meet at Ashtons Green Allotments Moorfoot Road, WA9 2DY
Wednesday 17 th February	 1.30pm (Lasts approx 2½ hrs)	Mesnes Park - Newton-le-Willows  Meet at the Ranger Centre, Park Rd North, just off Newton High Street, WA12 9DT
Wednesday 17 th February	 1.30pm (Lasts approx 2 hrs)	The Dream Walk  Includes Environmental Talk Meet at Smithy Manor Pub, Jubits Lane WA9 4BB http://www.sthelens.gov.uk/dream/ (Special community walk for Four Acre, but all welcome)
Thursday 18 th February	 1.00pm (Lasts approx 30 mins)	Moss Lane  Liverpool St Helens RUFC, Windle, WA11 7PL
Thursday 18 th February	 1.30pm (Lasts approx 2 hrs)	Moss Lane  Liverpool St Helens RUFC, Windle, WA11 7PL
Sunday 21 st February	2.00pm (Lasts approx 2 hrs)	Rainford Walk  Car park opposite Village Hall, Rainford WA11 8HB
Monday 22 nd February	 2.00pm (Lasts approx 1 hr)	Siding Lane Nature Reserve Walk  &  Meet at the Ranger Centre, Siding Lane car park off A570 Rainford.
Wednesday 24 th February	 1.00pm (Lasts approx 2 hrs)	Moss Bank and Billinge Walk  Meet at the far car park round the back of the Black Horse pub, Moss Bank Rd, WA11 7DF PLEASE NOTE THERE MAY BE STEEP HILLS
Saturday 27 th February	10.00am (last approx 1½ hrs)	Town Centre Walk  Meet at Re:new Town Centre Office, 77b Standish Street, WA10 1HY



St. Helens Council



Halton and St Helens
Community Health Services

Grade	Description
	Walk distance between ½ mile and 2 miles. Very light intensity - ideal for beginners.
	Walk distance between 2 miles and 4 miles. Light intensity
	Walk distance between 3 and 6 miles. Moderate intensity - something to aim for!

March Walks

Sutton Children's Centre Walk



They are planning a weekly Pramble walk throughout the month.
For more information contact Nichola on 01744 822160

Date

Time

Venue

Monday 1st March

1.30pm
(Lasts approx 1 hr)

Sherdley Park Walk &
Meet at Pets Corner, Sherdley Park, WA9 5DE

Tuesday 2nd March

1.00pm
(Lasts approx 2 hrs)

Bankes Park Walk - Billinge
Meet at main entrance off A571, Billinge
WN5 7HE

Wednesday 3rd March

11.00am
(lasts approx 1 hr)

Thatto Health Walk
Meet at Haven Centre, Balmer Street
WA9 5QS

Wednesday 3rd March



1.30pm
(Lasts approx 2½ hrs)

Mesnes Park - Newton-le-Willows
Meet at the Ranger Centre, Park Rd North,
just off Newton High Street, WA12 9DT

Wednesday 3rd March

1.30pm
(lasts approx 1 hr)

Parr Walk
(Walk Visits Ashtons Green Open Space)
Meet at Ashtons Green Allotments
Moorfoot Road, WA9 2DY

Wednesday 3rd March

1.30pm
(last approx 1½ hrs)

Town Centre Walk

Meet at Re:new Town Centre Office,
77b Standish Street, WA10 1HY



Thursday 4th March



1.00pm
(Lasts approx 30 mins)

Inglenook Farm Walk

Moss Nook Lane, Rainford, WA11 8AE



Thursday 4th March

1.30pm
(Lasts approx 2 hrs)

Inglenook Farm Walk

Moss Nook Lane, Rainford, WA11 8AE



Saturday 6th March



10.30am
(Lasts approx 2 hrs)

The Dream Walk

Meet at Smithy Manor Pub, Jubits Lane
WA9 4BB



<http://www.sthelens.gov.uk/dream/>

Sunday 7th March

2.00pm
(Lasts approx 1.15 hrs)

Rainhill Walk

Meet at Manor Farm Pub car park,
Mill Lane, Rainhill, L35 6NE



Sunday 7th March
*** New Walk ***

2.00pm
(Lasts approx 30 mins)

Taylor Park Walk

Meet at the Car Park off Prescott Road
WA10 3HX



Sunday 7th March
*** New Walk ***

2.30pm
(Lasts approx 2 hrs)

Taylor Park Walk

Meet at the Car Park off Prescott Road
WA10 3HX



Monday 8th March
*** New Walk ***

1.00pm
(Lasts approx 30 mins)

St Michael's Walk

Meet at St Michael's Church, Gartons Lane
Sutton Manor, WA9 4RA



Monday 8th March

1.30pm
(Lasts approx 1 hr)

Clinkham Wood Walk (Ranger Lead)

Meet at the Black Horse Pub car park,
Moss Bank Road, WA11 7DF



Wednesday 10th March



1.00pm
(Lasts approx 2 hrs)

Moss Bank and Billinge Walk

Meet at the far car park round the back of the
Black Horse pub, Moss Bank Rd, WA11 7DF
PLEASE NOTE THERE MAY BE STEEP HILLS



Sunday 14th March

2.00pm
(Lasts approx 2 hrs)

Rainford Walk

Car park opposite Village Hall, Rainford,
WA11 8HB



Monday 15 th March	1.30pm (Lasts approx 1 hr)	Sherdley Park Walk Meet at Pets Corner, Sherdley Park, WA9 5DE	
Tuesday 16 th March	1.00pm (Lasts approx 2 hrs)	Bankes Park Walk - Billinge Meet at main entrance off A571, Billinge WN5 7HE	
Wednesday 17 th March	11.00am (lasts approx 1 hr)	Thatto Health Walk Meet at Haven Centre, Balmer Street WA9 5QS	
Wednesday 17 th March	 1.30pm (Lasts approx 1 hr)	Brickfields "Daisyfield Walk" Meet at the Leaf Centre, Chester Lane Library Four Acre Lane, WA9 4DE	
Wednesday 17 th March	 1.30pm (Lasts approx 2½ hrs)	Mesnes Park - Newton-le-Willows Meet at the Ranger Centre, Park Rd North, just off Newton High Street, WA12 9DT	
Wednesday 17 th March	1.30pm (last approx 1 hr)	Parr Walk (Walk Visits Ashtons Green Open Space) Meet at Ashtons Green Allotments Moorfoot Road, WA9 2DY	
Thursday 18 th March	 1.00pm (Lasts approx 30 mins)	Moss Lane Liverpool St Helens RUFC, Windle, WA11 7PL	
Thursday 18 th March	 1.30pm (Lasts approx 2 hrs)	Moss Lane Liverpool St Helens RUFC, Windle, WA11 7PL	
Sunday 21 st March	2.00pm (Lasts approx 1.15 hrs)	Rainhill Walk Meet at Manor Farm Pub car park, Mill Lane, Rainhill, L35 6NE	
Wednesday 24 th March	 1.00pm (Lasts approx 2 hrs)	Moss Bank and Billinge Walk Meet at the far car park round the back of the Black Horse pub, Moss Bank Rd, WA11 7DF PLEASE NOTE THERE MAY BE STEEP HILLS	
Saturday 27 th March	10.00am (last approx 1½ hrs)	Town Centre Walk Meet at Re:new Town Centre Office, 77b Standish Street, WA10 1HY	

Monday 29th March



2.00pm
(Lasts approx 1 hr)

Siding Lane Nature Reserve Walk  &  
Meet at the Ranger Centre, Siding Lane
car park off A570 Rainford.

Wednesday 17th March

11.00am
(lasts approx 1 hr)

Thatto Health Walk  
Meet at Haven Centre, Balmer Street
WA9 5QS

Wednesday 31st March





1.30pm
(Lasts approx 2½ hrs)

Mesnes Park - Newton-le-Willows   
Meet at the Ranger Centre, Park Rd North,
just off Newton High Street, WA12 9DT

Wednesday 31st March

1.30pm
(last approx 1 hr)

Parr Walk  
(Walk Visits Ashtons Green Open Space)
Meet at Ashtons Green Allotments
Moorfoot Road, WA9 2DY

Frequently Asked Questions

Footwear: For each walk we recommend sensible flat shoes or walking boots. No slip on or high heels.

Dogs: Well behaved dogs on a lead at all times are welcome. Owners must take responsibility for their own dogs including getting them over stiles.

Weather: Walks run on a weekly basis whatever the weather.

How much should I do? The recommended amount of physical activity is 30 minutes a day, 5 times a week. However if you currently do no or little physical activity it is recommended that you start at a low level and gradually build up to the recommended amount.

How hard should I work? : The recommendation is 5 x 30 minutes of moderate intensity physical activity. The best way to judge if your working hard enough is that you're breathing slightly faster, feeling warmer and have an increase in heart rate (you should still be able to hold a conversation).

What happens if the Walk Leaders doesn't turn up? : If a walk leader is ill, we will try and contact all walkers prior to the walk. If we are unable to get in touch with you assume the walk is cancelled if the Walk Leader does not arrive within 10 minutes.

**For more information please contact Michael Clinton -
Health Improvement Specialist for Physical Activity at
NHS Halton & St Helens**

Bold Miners Neighbourhood Centre
Fleet Lane
Parr
St Helens
WA9 2NH

Email: michaelclinton@sthelens.gov.uk
Tel: 01744 697433

The logo for 'walk 4 life' is displayed on a yellow rectangular background. The word 'walk' is in blue, '4' is in red, and 'life' is in blue. The letters 'l', 'i', and 'f' in 'life' are stylized to include human figures: the 'l' is a green person, the 'i' is a purple person, and the 'f' is an orange person.