



Suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are usually between 30-45 minutes.



Suitable for people who are looking to increase their activity levels. They are between 30-60 minutes and may include some moderate slopes and uneven surfaces. Ideal for building up to our progression walks.



[Progression Walks] – These walks are more than 90 minutes in duration and are likely to include slopes, steps, stiles and uneven surfaces walking at a brisk pace.



Welcome to our Walks Programme. We have a range of different walks including Health Walks and Progression walks which are led by qualified, friendly, volunteer walk leaders, St Helens Council rangers and Healthy Living Team staff.

Volunteer Lead Walks

These walks are led by volunteers who have trained to become walk leaders.



Ranger Lead Walks

These walks are led by Rangers who look after our parks and Green spaces. They are extremely knowledgeable about the areas they look after.



St Helens Wellbeing Walks

These are walks that are led by members of the team who will be happy to give you any other information about all our services.

St Helens Wellbeing Service are proud to be an accredited Walking for Health scheme, who's aim is to have people able to attend FREE walks whatever the weather, for however long that is suitable to them.

Walking can:

- ♥ Keep your heart strong.
- ♥ Give more energy.
- ♥ Reduce high blood pressure.

& remember:

- ♥ All our walks are free of charge.
- ♥ Please come prepared with suitable footwear and clothing.
- ♥ Bring a drink of water.
- ♥ All new walkers need to arrive at the walk 10 minutes before the walk starts.



Frequently asked questions...

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

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

Weather: Walks usually take place whatever the weather.

How much should I do? The recommended amount of physical activity is at least 30 minutes a day, 5 times a week. This can be achieved in bouts of 10 minutes or more. However if you currently do no or little physical activity it is recommended that you start at a low level 1-2 days for 10-15 minutes and gradually build up to the recommended amount.

How hard should I work? The recommendation is 5 x 30 minutes of moderate to vigorous intensity physical activity. The best way to judge if you're 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) Adults should also aim to do at least two days of activity to improve muscle strength and minimise the amount of time spent being sedentary.

What happens if the walk leader doesn't turn up? If a walk is cancelled, we will try and contact all walkers prior to the walk, update our website and tweet. 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.

Is there anything else other than the walks programme that can improve my fitness? Of course we have! We have an exercise referral scheme, which is a 12 month programme to get you exercising and feeling fitter and healthier! A Health Trainer scheme which includes health plans on a 1-1 basis with goal settings and being weighed. Cook and Taste 4 week programmes for people struggling to learn how to cook or need some more information. Infant feeding services supporting new and expecting mothers with breastfeeding and introducing solid foods. Escape pain courses that are ran side by side with the hospital physio's to help people become more active with knee and hip problems. Volunteering experiences for people who want to understand our service a little more, who want to help people get more active and want a bit more understanding around health and wellbeing.

Change in Health Status: If you're health changes please inform your walk leader and complete a new physical activity readiness questionnaire.



Monday

13th, 20th, 27th January 13:00pm
 3rd, 10th, 17th, 24th February Lasts approx. 30 mins.
 2nd, 9th, 16th, 23rd 30th March

Lunch Time Lap Town Hall Walk

Meet at the Town Hall Steps, WA10 1HF and enjoy the walk around Fosters Park.



Thursday

9th, 16th, 23rd, 30th January 12:30pm
 6th, 13th, 20th, 27th February Last approx. 30 mins.
 5th, 12th, 19th, 26th March

Victoria Park Stroll

Meet at Bistro near Mansion House, WA10 2UE.



Friday

10th, 17th, 24th, 31st January 10:00am
 7th, 14th, 21st, 28th February Last approx. 45-90 mins.
 6th, 13th, 20th, 27th March

Wargrave Walk

Meeting at Newton Community Centre, Park Road, WA12 8EX. Everyone welcome, children must be accompanied by an adult.





Progression Walks



Monday

20th January 13:30pm
17th February Lasts approx.
16th March 90 mins

Rainford Siding Lane Reserve Walk
Meet at Visitor Centre, Siding Lane, Car Park off
A570 Rainford, WA11 7SR. This walk is
approximately 3.5 miles.



Tuesday

28th January 13:30pm
25th February Lasts approx.
24th March 2hrs

Bankes Park
Meet at main entrance of A571, Billinge, WN5 7HE.
Some steep hills.



Tuesday

14th January 13:30pm
11th February Last approx.
10th March 2hrs

Sankey Valley Walk
Meet at the visitor centre, Blackbrook Road, St
Helens, WA11 0AB.



Wednesday

5th February 13:30pm
4th March Last approx.
2hrs

Mesnes Park – Newton Le Willows
Meet at the Ranger Centre, Park Road, North, just
off Newton High Street, WA12 9DT.





Wednesday

8th, 29th January

13:30pm

19th February

Last approx.
2hrs

11th March

Wheatacre Walk

Meet at Burtonwood Playground Carpark, Gorsey Lane, WA5 4HP. Includes steep slope as going over Bold Moss – alternative route available.



Thursday

20th February

13:30pm

Last approx.
2hrs

Inglenook Farm - Rainford

Moss Nook Lane, Rainford, WA11 9AE.

Some rough terrain.



Thursday

16th January

13:00pm

19th March

Lasts approx.
2hrs

Fir Tree Farm Walk

May be some steep hills, meet at Fir Tree Farm, Pimbo Road, Kings Moss, WA11 8RD.



Thursday

23rd January

13:30pm

20th February

Lasts approx
2hrs

19th March

Bold Loop Walk

Starting at the Griffin Inn, Warrington Road, Widnes, WA8 3XT.





Saturday

13:30pm

Lasts approx.
90 mins.

Dream Clock Face Country Park

Meet at the Car Park Notice Board opposite Clock
Face Colliery, Gorsey Lane, WA9 4SE.



Sunday

12th January

14:00pm

16th February

Lasts approx.
2hrs

8th March

Rainford Walk

Car Park opposite Village Hall, Rainford.
WA11 8HB.



Follow us on Twitter: **@HealthySTH**

Facebook: **Healthy Living Team St Helens**

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Walks Symbols:

Suitable for Pushchairs



Wheelchair Access

Parking



Café

Toilets



Travel website: For buses from where you live to the walk please check out:

<http://www.merseytravel.co.uk/pages/welcome.aspx>