



Put Your Best Foot Forward...

Volume 8

Spring 2010



Strolling in Gloucestershire 2010

In the previous newsletter it was mentioned that we were planning the 2010 Strolling in Gloucestershire Walking Festival. It has been decided that this year the festival will run for the whole month of July.



A wide range of walks, suitable for all ages, of varying distances and times will be promoted so there should be something for everyone!

Walking Festival 2010 We will soon be producing a county wide brochure containing all of the walks happening during that month, so keep your eyes open! If you can help with the distribution of these please call or e-mail.

St George's Day

Friday 23rd April saw England celebrate St George's day, the traditionally accepted date of his death in 303AD. The Robinswood Hill walkers showed their support by wearing roses which were kindly supplied by Ann Taylor, an integral member of the Robinswood walkers. Below is a photo of the group at the summit of Robinswood hill all displaying their roses!



Sponsored Walk



HELP for HEROES
Support for our Wounded

One of our volunteer walk leaders, Edward Lawson-Kimberley, is soon to be taking on an immense challenge. Starting in September Edward will be attempting to walk the whole of the South West Coastal path, a distance of 632 miles, in just 51 days to raise £10,000 pounds for Help for Heroes. The walk will start on the edge of the Exmoor national park at Minehead in Somerset and finish at Poole Harbour in Dorset taking in some of the most beautiful scenery in the country along the way.

Help for Heroes is a charity which was founded by Bryn and Emma Parry in October 2007 which helps the wounded Servicemen and women returning from Afghanistan and Iraq. It is Help for Heroes belief that anyone who volunteers to serve in time of war, knowing that they may risk all, is a hero. These are ordinary people doing extraordinary things and some of them are living with the consequences of their service for life. Although they may not be able to prevent our soldiers from being wounded, together we can all help them to get better. For more information on the charity you can visit www.helpforheroes.org.uk

If you would like to sponsor Edward in this fantastic challenge then please contact Caroline Henley on (01452) 396707. Alternatively you can visit Edward's online sponsorship form

www.bmycharity.com/edswalk1

Please remember that any amount of money will help Edward reach his target for this truly worthy cause.



GLOUCESTER
CITY COUNCIL



Put Your Best Foot Forward

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Walk Leader Training

On May 18th we will be holding another Walk Leader training at the University of Gloucestershire Oxstalls Campus (Longlevens, Gloucester). The training is currently being attended by volunteers across the county who wish to either help out on their local scheme or set up a regular health walk in their area. The training is to be provided by Jan Hughes and Caroline Henley and will run from 10am - 3pm.

If anyone is interested in becoming a volunteer walk leader to enable them to set up a regular walk in their area then please contact Chlöe Joslin via any of the details shown above to obtain an application form or for more information.

1st May - 30th June Schedule

Area (Level)	Day and Time	Meeting Point	Contact
Abbeydale (1/2)	Tuesday 10am June 1 st = 9.45am meet (Country Walk)	Abbeydale Community Centre	Neil (01452) 619815
Abbeymead (1/2)	Wednesday 11am	Turmut Hoer Car Park	Paul (01452) 542516
Alney Island (2)	Thursday 12.30pm	Lock Bridge Gloucester Docks	Chlöe (01452) 396861
Barnwood (1/2)	Thursday 10am	Barnwood Church	Neil (01452) 619815
Barnwood (1/2)	Sunday 10am	Barnwood Sainsburys	Peter (01452) 372061
Hempsted (1-3)	Tuesday 2pm	Hempsted Cross (Rea Lane)	Don (01452) 524654
Kingsholm (1/2)	Wednesday 6pm Saturdays 9.15am	Hillfield Gardens on London Road	Vanessa 07877 071355
Longlevens (1)	Mondays 1pm Thursdays 1pm - running until 28 th May	University of Gloucestershire Oxstalls Campus, main reception	Sian (01242) 714816
Robinswood Hill (3)	Friday 11am May 7 th & June 4 th = (Country Walk)	Reservoir Road Car Park	Edward (01242) 604568
Quedgeley (2/3)	Sunday 2 nd and 30 th May 2.30pm	Quedgeley Church gate, School Lane	Amanda (01452) 396126
Coopers Hill (3)	1 st & 3 rd Wednesday of month 5.30pm Starting 19 th May	Coopers Hill Car Park On A46	Gavin Roberts 07847 463193