



Put Your Best Foot Forward...



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August 2009

Strolling in Gloucestershire

The walking festival took place from the 18th July to 2nd August. It was our aim to encourage as many people as possible to start walking their way to health, and while the weather for the two weeks was poor, the majority of the walks were well supported with only a couple cancelled.

We managed to squeeze a lunchtime walk at Alney Island in between rain showers which was a hit with a wide range of people; the youngest walker was only 8 years old who was accompanied by his family including his Grandad.

A walk led by Don Stockwell entitled "The Old and the New, the Beautiful and the Ugly!" left from the docks, along the edge of the tip, through old Hempsted and along the canal path. It was attended by six hardy walkers who battled through the wind and the rain.

We hope that the festival will become an annual event so hopefully next year will be bigger and better!



Walkers striding out in the beautiful countryside surrounding Hempsted.

Walk Leader Training

Having had a lot of people wanting to become a walk leader we ran another training date on the 11th of August at the Oxstalls Tennis Centre. Liz Lansley and recently qualified Cascade trainer Caroline Henley joined forces to deliver the training to 15 keen volunteers.

We hope that these volunteers will have started to lead walks in their areas of Gloucester by September so keep your eyes open for walks happening near you!

We know a lot of keen volunteers can't make week day sessions so we will try to make our next session will be an evening or weekend

Walk Schedules

We are now publishing a schedule for the regular walks happening.

For the time being new schedules will be produced monthly and these will available to download from our website:

www.bestfootforwardglos.co.uk

However if you would prefer a hard copy sent to you then please contact Chlöe Joslin on 01452 396861 or chloe.joslin@gloucester.gov.uk

We are distributing copies in surgeries and libraries. If you think of a local venue where people may be interested in the information then please let us know.



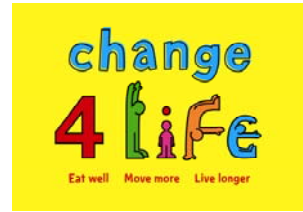
GLOUCESTER
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Put Your Best Foot Forward



Top Tip

Increase both your daily steps and the time you socialise with family or friends. How about going out for a family stroll after you have eaten your tea? Or instead of meeting up with friends for a catch up over a cup of tea and a biscuit why not all go for a walk together!



The view from Robinswood Hill on August 14th.



Abbeydale walkers walking and talking on August 11th.

Robinswood Hill (Level 3)

Fridays (**NOT** 28th August) at 2.30pm. Meet in the Gloucestershire Wildlife Trust Car park.
Contact Chlöe Joslin - 01452 396861

Alney Island (Level 2)

Thursdays at 12.30pm. Meet at the Old Antique Centre Warehouse (next to North Warehouse).
Contact Chlöe Joslin - 01452 396861

Hempsted (Level 1 or 2)

Wednesdays at 2pm. Meet at Hempsted Cross (Where St Swithuns Road & Real Lane Meet).
Contact Don Stockwell - 01452 524654

Abbeydale (Level 1)

Tuesdays (18th August, 15th & 29th September) at 10am. Meet outside Abbeydale Community Centre.
Contact Neil Christopher - 01452 619815

Barnwood (Level 1)

Thursday 1st October at 10am. Meet outside Barnwood Church Centre.
Contact Neil Christopher - 01452 619815

Elmbridge (Level 1)

Monday 24th August at 7pm. Meet at Old Richians Sports Club, Sandyleaze.

Enquiries To:

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