



# Put Your Best Foot Forward...

Volume 7

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## Incentive Scheme

Put Your Best Foot Forward is delighted to announce that it has a new incentive scheme which is now being launched! Regular walkers will receive an incentive card from their walk leader and on attendance of a Put Your Best Foot Forward walk they can get the card stamped again by their walk leader.

### Prizes are as follows:

**5 walks** - 10% discount at walking stores in Gloucester. Gloucester Millets (Southgate Street), MASH (Innsworth Technology Park) and Regatta (Gloucester Quays).

**15 walks** - Pedometer

**25 walks** - Umbrella (with our logo on)

**50 walks** - Scarf (with our logo on)

**100 walks** - Star Prize!

The terms and conditions for the incentive scheme can be found on the Put Your Best Foot Forward website and the prizes can be claimed by calling Chlöe on (01452) 396861.

## Strolling in Gloucestershire

Strolling In Gloucestershire 2009 took place 18th July - 2nd August and we are now looking at repeating the event this year. The event is a county wide walking festival with walks in Cheltenham, Stroud, Forest of Dean, Tewkesbury, Cotswolds and Gloucester over the two weeks. The aim of the festival is to encourage as many people as possible to start walking their way to health! Walks vary; health walks, history tours, ghost walks and longer walks too. If you are interested in organising a walk or want to sign up to the mailing list for info please email:

[healthwalks@gloucester.gov.uk](mailto:healthwalks@gloucester.gov.uk)

## Get to know our Walk Leaders - Neil Christopher

Neil started walking in Scouts but really got into it about 20 years ago when he and his wife started doing some long distance paths; Cotswold Way, Offas Dyke, Two Moors, Coast to Coast etc. They also did some overseas trekking including Nepal, Portugal and Tuscany. In 1993, Hucclecote Scouts asked Neil to lead a group from Summer Camp up Ben Nevis so he did Hillwalking Leaders and National Navigation Award qualifications to qualify him for the job. He also led teams in the Scout Cotswold Marathon three times, a 36 mile overnight walk around the Cotswolds. He still regularly enjoys walking both locally and in other parts of the country, often from his caravan. Neil also enjoys "Talking Walks" organised by the

University of Gloucestershire and also takes groups of friends on walks. He has a particular interest in the history of areas that he walks in.

Neil is now more or less retired so when he saw an appeal in The Citizen for Health Walk leaders, he thought it may be interesting. He now has a great group of walkers who join him for walks in Abbeydale and Barnwood and, once a month, out into the countryside.



**GLOUCESTER**  
CITY COUNCIL



# Put Your Best Foot Forward

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## 1st February - 30th April Schedule

Below is our new schedule for the coming months, as you can see we have a new weekly walk starting on the 3rd of March. This walk will be led by one of our newly qualified walk leaders Paul Drinkwater from the car park of the Turmut Hoer pub in Abbeymead and will be on a Wednesday morning (11am). Paul has a number of walks that can be adapted to suit any individual so whether you are wanting to find a new sociable group while becoming healthier or you are a more seasoned walker then go along and give it a try and support Paul!

We also have a one off walk happening in Quedgeley on Easter Monday (5th April), the walk will be led by Amanda from The Pilot Inn's car park and is expected to last between one and two hours.

Area (Level)	Day & Time	Meet	Contact
Abbeydale (1/2)	Tuesday 10am First Tuesday of month = 9.45am meet (Country Walk)	Abbeydale Community Centre	Neil (01452) 619815
Abbeymead (1-2) <b>STARTS 3<sup>rd</sup> MARCH</b>	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 (1-2)	Tuesday 2pm	Hempsted Cross (Rea Lane)	Don (01452) 524654
Kingsholm (1)	Saturday 10.30am	Hillfield Gardens	Vanessa 07877 071355
Quedgeley (2) <b>ONE OFF WALK</b>	<b>Monday 5<sup>th</sup> April</b> 11am	The Pilot Inn Car Park	Amanda (01452) 396126
Robinswood Hill (3)	Friday 11am	Reservoir Road Car Park	Edward (01452) 542990

[www.bestfootforwardglos.co.uk](http://www.bestfootforwardglos.co.uk)