



Put Your Best Foot Forward...

Volume 5

October 2009



Accreditation

Congratulations and thank you to everyone involved with Put Your Best Foot Forward. We have been awarded accreditation by Walking for Health, a Natural England initiative.

The Gloucester Health Walks scheme became accredited on 23rd September having successfully demonstrated that we meet the required criteria. This includes offering led walks for beginners, meeting the 'Walking for Health' safety and insurance standards for all walks and collecting monitoring information.

As an accredited scheme we will benefit from being seen as part of a nationally evaluated scheme as well as being formally recognised by health professionals, prospective partners and funders.

William Bird, Strategic Health Advisor for Natural England says:

'The new accreditation scheme has been essential in ensuring high standards across the WfH network and providing frontline health professionals with added confidence when referring their patients on.'

Put Your Best Foot Forward welcomes new walkers throughout the year. If you'd like to join a local group, or train as a Walking for Health Volunteer Walk Leader, please contact Chlöe Joslin on 01452 396861 or e-mail healthwalks@gloucester.gov.uk

Barrow Wake Walk

On Monday 19th October the regular walkers from Abbeydale all went by car to Barrow Wake viewpoint near Birdlip. Barrow Wake is said to be one of the best known viewpoints in the south west of England with far reaching views which encompass the Malvern Hills, the Severn Vale and distant glimpses of Wales (on a clear day!).



*Abbeydale walkers
at Barrow Wake
viewpoint, Birdlip*

www.bestfootforwardglos.co.uk



GLOUCESTER
CITY COUNCIL



Put Your Best Foot Forward

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Get to know our Walk Leaders - Don Stockwell

Don leads our Hempsted walk every Wednesday at 2pm from The Cross in the village. The walk varies week to week and explores the beautiful countryside surrounding the village.



Don at the end of the South-West Coastal Path.

Don has been leading walks for over 26 years. In the early days he was one of the founders of Tewkesbury Walking Club (TWC). With the experience he gained setting up and leading for TWC he was accepted as a leader for HF Holidays Ltd, a company that specialises in walking holidays amongst other things. He led many of the long distance trails in this country for HF, and started with a 3 week walk

along the Pennine Way. Due to that holiday he was not able to join the TWC when they walked the South West Coast Path. So in 2002 when the Gloucester Group of the Ramblers Association decided to start the walk he joined them and as the picture shows he completed the walk on Sunday 6th September. For the last 26 years he has also been a member of the Ramblers Association, and has collaborated with Tewkesbury Borough Council and Gloucester City Council in producing walks leaflets.



The other picture was taken on a recent walking holiday organised by TWC in Switzerland.

Don at 11782ft at the top of Jungfrauoch Mountain in Switzerland

Current Regular Schedule - November Onwards

Tuesdays at 10am - Abbeydale.

Meet outside Abbeydale Community Centre. Contact Neil Christopher - 01452 619815 (*The first Tuesday of each month will be a country walk, level 3, leaving at 9.45am*)

Wednesdays at 2pm - Hempsted.

Meet at Hempsted Cross (Rea Lane meets St Swithuns Road). Contact Don Stockwell - 01452 524654

Thursdays at 12.30pm - Alney Island.

Meet outside the Old Antique Centre Warehouse (next to the lock bridge). Contact Chlöe Joslin - 01452 396861

Thursdays at 10am - Barnwood.

Meet outside Barnwood Church. Contact Neil Christopher - 01452 619815

Fridays at 11am - Robinswood Hill.

Meet in the car park off Reservoir Road. Contact Edward Lawson-Kimberley - 01452 542990

Saturdays at 10am - Kingsholm.

Meet in Hillfield Gardens. Contact Vanessa Anderson - 07877 071355

Sundays at 10am - Barnwood.

Meet outside Barnwood Sainsbury's. Contact Peter Barnes - 01452 372061