



Put Your Best Foot Forward...



Volume 4

September 2009

Get Moving Week

From the 3rd to the 11th of October a Time to Change campaign will be running called "Get Moving Week". Time to Change is England's most ambitious programme to end discrimination faced by people who experience mental health problems. The week will aim to bring people together in fun social activities while promoting mental and physical wellbeing for all.

"1 in 5 people have dandruff. 1 in 4 people have mental health problems. I've had both."

Read Ruby's story

time to change
let's end mental health discrimination

One in four of us will experience mental health problems at some time or another, yet people are still discriminated against because of their mental health. It was shown in a recent survey that 87% of people with mental health problems reported experiencing discrimination or fear of discrimination.

Put Your Best Foot Forward not only aims to improve the health of participants but also the mental well being of all the walkers. We therefore are supporting the campaign and hope to play our part in helping to fight the

New Logo!

The Walking the Way to Health (WHI) initiative has had a name change and a new logo has been created! The national body that promotes and sets the standards for led health walks is now known as:

W a l k f o r H e a l t h (W f H)

Their website will continue to have the domain name www.whi.org.uk for the time being but for all other purposes the whole initiative will be known by it's new name.

The walking man symbol with a heart surrounding him has been retained because it is such an important part of the identity of the initiative but the new logo now must be displayed with the Natural England logo.



Walking for Health's New Logo

Top Tip

Walking is one of the best cardio exercises you can do, and by walking for just 30 minutes every day, you'll burn off around 180 calories. So pop on your trainers and get out there!



GLOUCESTER
CITY COUNCIL

Put Your Best Foot Forward



Chloe Joslin

Physical Activity Co-ordinator, Gloucester City Council
3rd Floor Phillpotts Warehouse

The Docks

Gloucester

GL1 2EQ

Tel: 01452 396861

E-mail: chloe.joslin@gloucester.gov.uk

Robinswood Hill Walk

The Friday walk on Robinswood Hill has recently been taken over by Edward Lawson-Kimberley a newly qualified walk leader. Edward has only been living in Gloucester for years but is keen to lead some regular walks in Gloucester. He is an ex-army officer from the special forces and used to teach survival as well as advanced navigation (there is no chance of his walkers getting lost on Robinswood Hill)! Every Monday, regardless of the weather Edward goes out walking and usually covers 14-20 miles and his favourite walk is Wainwright's Coast to Coast.

If you want to attend the Robinswood Hill walk then they meet in the car park off Reservoir Road at 2.30pm on Fridays. The walks normally last about an hour and although the terrain is un level with some sloping paths, the views are beautiful and the walk can be altered to suit the ability level of the participants. The time of the walk may change to the mornings so it is advisable to contact Edward before attending - 01452 542990 or check the website.



The Gloucester Old Spot Pig that is seen weekly at Robinswood Hill Walk!

Current Regular Schedule

Tuesdays at 10am - **Abbeydale.**

Meet outside Abbeydale Community Centre.
Contact Neil Christopher - 01452 619815

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 2.30pm - **Robinswood Hill.**

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

Sundays at 10am - **Barnwood.**

Meet outside Barnwood Sainsbury's.

This walk is very children friendly and food will be provided to feed the ducks in Barnwood Park!

Please Contact Peter Barnes - 01452 372061 as this walk may not be happening every week!

www.bestfootforwardglos.co.uk



GLOUCESTER
CITY COUNCIL