

Getting active can be difficult. But we're here to help. With Walking for Health, you can take part in a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. For over 12 years, we've helped thousands of people like you discover the many benefits of regular group walks. From reducing stress, to losing weight, to sharing laughs, Walking for Health has something for everyone.

Why walk?

Walking is truly accessible – almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

Walk Well Derby is your local Walking for Health scheme. Our walks are free, fun and friendly – perfect to help you get active and meet new people. If you want to know more before you start, just get in touch on 07812 302022 or paul.mcgintry@derby.gov.uk

Would you like to be a volunteer?

If you are interested in leading a walk in your area, or helping out in other ways such as planning or promoting walks, please get in touch using the details above. Full training and support is provided.

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk



Supporting you to get active and stay active

Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping more people – including those affected by cancer – discover the joys and health benefits of walking.

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)
Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604)



step right up

Walk Well Derby

Walks programme

From January 2017

The Walk Well Scheme links closely with the Livewell Service, which helps people in Derby to lead a healthy lifestyle. For more information on Livewell, please go to livewellderby.co.uk



A Derby City Council Project

If you'd like to take part in one of the walks, simply meet at the relevant start point a few minutes early.

Mickleover Community walk - Mondays 10.15am (60-90mins)

Meeting point: In the café - Mickleover Community Centre, Uttoxeter Road, DE3 0DA. Refreshments & toilets available

Walk Leaders: Sandra, Ruth, Jane

Arboretum Park walk - Mondays 1.30pm (30-45mins)

Meeting point: In front of the café – Arboretum Park, DE23 8FR.

Refreshments available

Route information: 10-30 minute walk available

Walk Leader: Rania

Oakwood Woodland walk - Tuesdays 10am (40-60mins)

Meeting point: In the reception area – Springwood Leisure Centre, Springwood Drive, Oakwood, DE21 2RQ. Refreshments & toilets available

Route information: Some uneven ground and wooded paths

Walk Leaders: Pete, Rania

Darley Park walk - Tuesdays 1pm (60-90mins)

Meeting point: Meet outside the main entrance of the Council House (Corporation Street). Refreshments available to purchase. Toilets available.

Route information: Some slopes & some uneven ground.

Walk Leader: Andy

Markeaton Park walk - Wednesdays 10am (45-60mins)

Meeting point: In the reception area – Mackworth Library, 85 Prince Charles Ave, DE22 4BG. Refreshments & toilets available

Walk Leader: Joe

Programme subject to change – for most up to date information go to walkingforhealth.org.uk/walkfinder/walk-well-derby

Please dress suitably for the weather conditions, wear comfortable, supportive footwear and bring a drink

Sinfin Nature Reserve walk - Wednesdays 1.30pm (30-50mins)

Meeting point: In the reception area – Sinfin Library, District Centre, Arleston Lane, DE24 3DS. Refreshments & toilets available

Route information: Optional grassy routes

Walk Leader: Stephen

Normanton Park walk - Thursdays 10am (30-45mins)

Meeting point: At the main entrance (Warwick Avenue) – Normanton Park, Warwick Ave, DE23 8DA

Route information: 10-30 minute walk available

Walk Leader: Sufyaan

Alvaston Riverside walk - Thursdays 12noon (45-60mins)

Meeting point: Outside the café on Alvaston Park, Derby, DE24 8QQ. Refreshments & toilets available

Walk Leader: Aimee

Mickleover Perimeter walk - Thursdays 6.45pm (60-90mins)

Meeting point: Meet inside Mickleover Library. Holly End Rd, Derby DE3 0EA. Toilets available

Route information: Some uneven ground. Not suitable for pushchairs

Walk Leader: Sandra

Old Canal Path walk - Fridays 10am (60-90mins)

Meeting point: Osmaston Park Community Centre, Moor Lane, DE24 9HY. Refreshments & toilets available

Route information: Some uneven ground. Not suitable for pushchairs

Walk Leaders: Phil, Carole

Walks follow flat, even surfaces, unless stated
