

walk this way

Walkers Spring 2018 Newsletter Issue



Wokingham Health Walks

Welcome to the spring edition of the Wokingham Walking for Health newsletter.

*"Volunteers are not paid
-- not because they are
worthless, but because
they are priceless."*

This later than usual edition of the spring newsletter focuses on the impact and importance of our loyal band of volunteers. Our walk leaders, backmarkers and administrators are all volunteers. They love what they do and the value that they add to our programme. They are a unique band and turn up in all weathers, attend regular meetings and love the challenges they face being a leader/backmarker. They organise social events to promote social engagement and raise money for local charities. They welcome new walkers with a smile and they commit to helping the Wokingham walks grow and thrive. We cannot thank them enough. If you have thought about volunteering for Walking for Health, now is the time to join in.

In this edition, we interview one of our walk leader volunteers and provide you with news from the recent social events. We also congratulate our latest graduates from our recent walk leader/ back marking training and offer up a beautiful poem on joys of walking for health.

Glenn

Wokingham Walking for Health



Spotlight on.....Ian Tress

Ian completed the walk leader training in 2017 and has quickly established himself as an important member of the Walking for Health programme. He shares his experiences in the short period he has led walks and we are grateful for his efforts.

How did you first become involved in the Walking for Health programme?

A neighbour of mine, Peter Roberts, introduced me to the Monday and Friday Healthwalks that he participated in during June 2016. I then tried some of the other walks to find out what they were like.

When did you become a Walk Leader?

Officially in May 2017 following my Leader training but I had been helping out unofficially from February that year.

What walks do you lead?

I lead the walks from Evendons Lane on a Monday, Finchampstead on a Wednesday and Cantley Park on a Friday. Typically, I am leading about seven walks a month.

What makes leading the walks so rewarding for you?

The combination of the health benefits and the social side with new friendships demonstrates to me the vital role provided by the Healthwalks programme, something I am helping to maintain by leading walks.

How has the programme changed since you first started?

Having been involved for a relatively short time with the programme the most noticeable change is the introduction of hi-vis to complement the traditional red leader clothing.

What interests you outside of walking?

My interests include anything to do with cars and motorsport, model making and photography.

Have you met anyone famous?

I was pleased to meet Nigella Lawson a couple of years ago having made some of her recipes on occasion.

Do you have any funny stories from the walks that you would like to share?

On the Monday walk I was leading and found a stray horse blocking the path. Luckily for me, Fred led it into a pen while we alerted the nearby equestrian centre. Comments afterwards were how we should ask Glenn for horse handling to be added to the leader training.



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) www.ramblers.org.uk
Macmillan Cancer Support is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604) www.macmillan.org.uk

Walk, Garden Visit and Cream Teas

On Wednesday 18th April seventy eight health walkers and partners hit the jackpot when they took part in the “Walk, Garden Visit and Cream Tea”. It was the sunniest and warmest day of the year (at that time) and the fifty four who did the walk set off from Arborfield in good spirits.

Paul King had devised a lovely walk of around 2.5 miles through open fields and woodland from Arborfield to Farley Hill Place Garden. Assisted by David Provins and David Wilmott, three groups set off at 1.30 pm arriving at the garden around 2.30 pm. ----- ready for a rest and some refreshments! They were joined by twenty four others who drove to the garden.

Margaret Finch, the owner, gave a brief talk on the history of the house and garden after which people were free to walk around the 2 acre site --- or just relax on the patio with a delicious cream tea! By 4 pm., with batteries recharged, the walkers set off on the return trip back to the car park at Arborfield.

This was the first time we have held this event so thanks must go to Valerie Astill for the idea and taking all the bookings. Thank you to those Walk Leaders who helped promote the event and to the leaders on the day.

The Social Events Committee would be interested to hear any views from those who took part so we can decide whether to repeat the event next year.



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Spring Walk, Quiz and Celebration Lunch

Saturday 19th May, was a day of choices. A decision had to be made between three important events. To watch “The Wedding” and see history in the making with the marriage of Meghan and Harry, watch the F.A. Cup Final or come along to the Health Walkers Spring Walk, Quiz and Celebration Buffet Lunch with ‘fizz’ and wedding cake.

The seventy-one people who opted for the third choice were not disappointed. Thanks to Margaret Argent and David Wilmott, two beautiful walks of 3.5 and 1.5 miles were enjoyed through woodland illuminated with dappled sun-light, across fields and around sparkling lakes. After a reviving cup of coffee, it was time to exercise our brains as teams of six answered the challenging questions amid much laughter and friendly banter.

Thanks to Valerie Astill, Joan Hughes and their team of helpers, a superb celebratory buffet lunch was served, after which Brian Hughes, the Chairman, proposed a toast in honour of the happy couple and as glasses clinked the wedding cake was cut.

Spent with good friends this was a day we will all remember. As expressed by one walker – ‘A Day of Pure Happiness’. I couldn’t have put it better myself.

Our next event is the Hog Roast on Saturday 30th June. Hope you can join us.

Jean Hill



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Congratulations to our latest volunteers

Our volunteers come from all walks of life. Some are loud and the life of the party. Some go about their business with a calm confidence. The Wokingham Walk for Health programme relies heavily on the goodwill and service from a number of committed volunteers. No two volunteers are the same.

We couldn't run our walks without our volunteers. Every day they're supporting people to live happier, healthier lives through short group walks. From volunteer walk leaders to admin and promotion roles, our volunteers ensure as many people as possible enjoy and benefit from walking. We'd love for you to be a part of that too.

Without their commitment, many of the walks would not take place or they would need to be scaled down. Whether you are an experienced walker or new to the programme, we are always on the lookout for new volunteer walk leaders and back markers.

Congratulations to those people who attended the recent leader/backmarker training and we hope to see you leading and back marking very soon.

The next walk leader training day is scheduled for November 2018.

For more details on how to volunteer, contact Glenn at Healthwalks@wokingham.gov.uk or contact 0118 974 3729

Social Events 2018

HEALTH WALKS PROGRAMME OF SOCIAL EVENTS FOR 2018		
EVENT	DATE AND TIME	VENUE
Skittles Evening with Fish & Chips Supper	Saturday 6 th October at 7 pm	Barkham Village Hall
Christmas Dinner and Dance	Wednesday 12 th December at 7 pm	Sonning Golf Club

Booking Forms available from Walk Leaders or on www.healthwalks.org.uk



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TWENTY YEARS AGO

I'd got this yearning passion
To be healthy, fit and slim
Should I go out and buy the Lycra?
Should I join the local gym?

Trotting on a treadmill
Going nowhere on a bike
While my boots were there pulsating
And just waiting for a hike

What were the alternatives?
I could watch the day-time telly
With my feet up eating junk food
Growing flab around my belly

Although there is no guarantee
Walking plays a part
For making me more mobile
Helping keep a healthy heart

So with retirement looming
And planning what to do
With life-style evaluation
I carefully thought it through

Wokingham Health Walkers
Was the group to fit the bill
I joined them twenty years ago
And walk daily with them still

By Jean Hill
(The Walking Poet)



Contributions

If you have any interesting stories, articles or photos,
please send them to Healthwalks@wokingham.gov.uk



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