



Registered Charity no 1101579

Stepping Out

The East Surrey
Walking for Health Scheme

Winter Issue No. 51
December 2009

LATEST NEWS

LEADERS AWAY DAY – PICNICS AND PUBS

WALK THIS WAY

An average of 200 walks a week were walked across East Surrey during the Autumn season this year. Walk attendances increased by 20% on 2008 with membership increasing by 30%. "Action for Life" is now one of the largest schemes in the South East Region. The feedback I get from new walkers is the friendliness and welcome they get from the Walk Leaders and their walkers which encourages them to come back, again and again!

Carol Pollock – Co-ordinator

WE NEED YOUR SUPPORT!

Running and promoting a successful scheme walking for health programme takes time and money. Up until now AFL has been financially supported by local Government, Councillors awards, small grants, NHS funding and membership subscriptions. Over the years the majority of this funding has been withdrawn. We are now in a situation where we are reliant on continued funding from the NHS and membership contributions. Annual membership subscriptions are only £7.50 and although voluntary, if every member paid, we could be financially secure through 2010.

In the next Newsletter, due out in March, you will receive a pink slip and an envelope to complete and return your annual subscriptions for 2010/11 to the Treasurer.

We value your continued support of the charity.

Mike Ormerod (Chairman)



The sun shone brightly on the Walk Leaders Away Day in the Mole Valley. Taking the opportunity to be led, rather than leading a walk, 21 leaders gathered at Dorking Station for a choice of two walks, both conveniently converging for lunch at the Stepping Stones Pub in West Humble.

The Pram Walk Leaders from across East Surrey also got the chance to meet up with each other in Reigate Priory Park for a picnic and a play in the sandpit (the children, not the leaders!) Despite the windy weather, ice creams were enjoyed outside the café, followed by a walk to the pond to feed the ducks

Walk Leaders Training Courses

CONGRATULATIONS TO OUR NEWLY TRAINED WALK LEADERS!

Debbie Bright, Charlie Dooley, Keith Halford, Miriam Hancock, Anne Neville, Barabara Turner, Hannah Dawson, Karen Hodgson, Tracey Hudson-Foreman, Katherine Jones and Rebecca Vetori

COURSE DETAILS – SPRING 2010

PRAM LEADERS COURSE TUESDAY 2nd FEBRUARY 2010 at the YMCA, Redhill. 9.00am – 12.00noon. Free crèche facilities are available for babies over 3 months.

SHORT FIRST AID COURSE TUESDAY 9th FEBRUARY 2010 at the White Hart Barn, Godstone. 2-5pm (*An optional course for Walk Leaders*)

ASSISTANT LEADERS COURSE TUESDAY 23rd FEBRUARY 2010 at the Merstham Community Facility, Portland Drive, Merstham. 1pm-4pm.

Interested? Contact Carol on 01737 355304

Or e mail carol_pollock@hotmail.co.uk

MEMBERSHIP CARDS. If any members require a membership card please contact Mary Watson Tel: 01737 225722. Please bring your card to the walks as is indicates to the leader that you are registered as a walker

WINTER WALKING PROGRAMME DECEMBER 2009 – MARCH 2010

Please note: There will be no walks between 24th Dec.2009 & 3rd Jan. 2010 apart from a NEW YEARS DAY WALK on Reigate Heath. Leaving the Black Horse Pub, West St. Reigate at 11.00am, followed by entertainment from the "Mummers" at 1pm.

Day	Walk	Miles	Time	Meeting Point
Sunday 1 st in month 3 rd in month	Reigate Heath	3.0	11.00 am	Black Horse Pub, West Street, Reigate
	The Buckland Walk	4.5	10.30 am	Skimmington Castle Pub, Bonny's Lane, Reigate
	The Clears Walk	4.5		
Monday 1 st & 3 rd	Nutfield Marsh Nature Walk	3.0	11.00 am	The Inn on the Pond, Nutfield Marsh Rd, South Merstham
Monday 2 nd & 4 th	Discover Gatton	2.0		Wray Lane Car Park, Reigate Hill
Monday (Short & Long Walks)	Lingfield Byways	1.5, 2 & 3.5	10.15 am	The Lingfield Community Centre, Lingfield
Tuesday	Canadian Fields	3.0	11.00 am	The Redhill Football Club Car Park, Three Arches Rd, Redhill
	The Coal Tax Walk	3.0	11.00 am	The Blue Ball Car Park, Walton-on-the-Hill
Wednesday 1 st & 3 rd 2 nd & 4 th	The Wildlife Walk	1.5	11.00 am	Banstead Sports Centre, Merland Rise, Tadworth
	The Pram Walk	1.5		St Agatha's Hall, Hurst Green
	The Bletchingley Way	3.0		The Village Hall, Bletchingley
	The Godstone Way	3.0		The White Hart Car Park, Godstone
Thursday 1 st & 3 rd	The Pram Walk	1.5	11.15 am	YMCA, Princes Rd, Redhill
	The Access for all Walk	1.5	11.00 am	
	Earlswood Common & Lakes	3.0		YMCA Princes Rd, Redhill
	Limpsfield Chart	2.0		The Woodhatch Centre, Hornbeam Rd, Redhill
	The Pram Walk	1.5		The Carpenters Arms Car Park, Limpsfield Chart
	The Headley Hike	4.0		The Lingfield Community Centre Lingfield
Friday	Priory Park	1.5		11.00 am
	Queens Park	1.5	The Douglas Brunton Centre, Caterham-on-the-Hill	
	Banstead Buggy Walk	1.5	YMCA Centre, The Horseshoe, Banstead.	
	Banstead Town Trail	2.0	The Day Centre, The Horseshoe, Banstead.	

WET WEATHER REMINDER

Walks can be wet and muddy so please remember to wear a pair of good shoes and don't forget a waterproof or an umbrella.

IMPORTANT – MEDICAL CONDITIONS

When you sign in to go on a walk would you please let the Leader know if there has been any change in your medical condition since the last time you walked.