



STEPPING OUT Newsletter

The East Surrey Walking for Health Scheme

Message from the Steering Group

MEMBERSHIP SUBSCRIPTIONS

East Surrey Walking for Health once again invites members to contribute a voluntary donation of £10 for the year. This is a suggested sum. If every walker contributed, it would help to ensure that there are enough funds to support the running of the scheme. Thank you to all those who contributed last year.

You will be receiving a separate message with a Subscription slip for 2016/17 and details of payment methods including a Gift Aid form. Please take the time to complete the slip and return it to Julie Haslett at the address in Contact Details below.

Please Note: If you joined and paid Subscriptions in January, February or March 2016 you do not need to pay again until April 2017.

We value your continued support of the Charity.

Thank you also for completing the new Walker Registration Form and the recent Members' Health Walks Survey.

We still need additions to our team of Volunteer Walk Leaders (who are the life blood of the scheme) and our Scheme will continue recruiting and training new leaders. See page 2 overleaf for *Why I Volunteer*. If you are interested in becoming a volunteer walk leader please contact Julie as below.

The Walking for Health Organization



The Walking for Health organization is a joint venture between the Ramblers and Macmillan Cancer Support which gives accreditation and support for participating local walking schemes across the country. Details of other walks around the country can be found on its website which can be visited at www.walkingforhealth.org.uk

NEW WALKS



The Epsom Downs Pram Walk

This new additional walk, which takes about an hour, starts from The Family Centre, Epsom Downs Primary School, St Leonards Road, Epsom, KT18 5RJ. It meets every Tuesday at 2.00pm.



Please see page 2 overleaf for articles on *Why I Volunteer* and another in our series of *Walkers' Stories*.

LONDON WALKS WITH TERRY JENKINS

After recent health problems, one of our walkers, Terry Jenkins, best-selling author of the books *Another Man's London*, *London Lives*, *London Tales*, *Further Afield*, *Return to London*, and *The Madam who pulled up the Drawbridge*, will be back once again leading some more of his free guided walks & talks around London this year.

The second is Shoreditch on a date to be confirmed, meeting outside Hoxton Overground Station. The third is on 17th July, meeting at The Blackfriar Pub, 174 Queen Victoria Street, EC4V 4EG.

Tours start at 11.30am and take around 1¾ hours or so. To book a place on these tours please either see Terry, or send him an Email at:

terry31@zebedee108.plus.com

(Also, although unusual, late date changes can happen.)

Email distribution of Newsletter

If any walker has a new or changed email address could they please let us know as email distribution helps to reduce postage costs. Thank you.

Contact Details

Contact us by Email: julie.haslett@ymcaeast Surrey.org.uk, or Post: Julie Haslett at YMCA Sports & Community Centre, Princes Road, Redhill, RH1 6JJ; Telephone: 01737 779979 or visit www.ymcaeast Surrey.org.uk/walks Registered Charity No 1075028

YMCA EAST SURREY

WHY I VOLUNTEER – Judith Edwards, Nutfield Marsh Volunteer Walk Leader

I joined Walking for Health about 10 years ago. Right from the beginning I realised the benefits of walking in a group from both the health and social aspects. As I live very close to Nutfield Marsh, I thought it would be an interesting area for walkers due to the lakes which have become nature reserves and are a home for wetland birds. Having suggested the Marsh to the Organizer, I soon found myself on a Leaders' Course!!!

What I have found very satisfying has been the steady growth in the number of walkers over the years, together with their comments on how much they have enjoyed the scenery and wildlife. The health benefits to walkers are numerous, and I frequently find that many of them are walking to aid recovery after illness, which really makes me feel that the walks are so worthwhile. Another, and equally important benefit, is the social contact, particularly for those walkers who live alone. Many friendships have been formed among walkers, and they provide each other with moral support and encouragement when needed. The social aspect is further enhanced by a visit to the pub at the end of the walk!

Finally, I am always pleased to hear compliments about the Surrey countryside. We are lucky to live in such a beautiful county, and it is a pleasure to introduce walkers to picturesque areas, which they did not know existed.

I can honestly state that becoming a volunteer for Walking for Health is an activity which has given me considerable satisfaction.

ANOTHER STORY OF A WALKER WHO FOUND THE WALKING GROUP HELPFUL

Richard Harrington.....My Story. (Richard does the Langshott Lanes at Horley Walk)

It was early in the morning on the 2nd June 2010 that I awoke with tight chest pains and feeling unwell, and, thinking that it will shortly go away, I attempted to go back to sleep. Cutting a very long story short, within 1 hour I found myself in Redhill Hospital, and yes, I had had a heart attack, which came as a great shock as I never had any signs, family history or symptoms usually associated with heart attacks and I had always kept myself fit and had played local sport for over 30 years. My main heart artery had been completely blocked and I was fitted with a stent almost immediately. After spending 6 days in hospital I was allowed home to start my slow recovery. Initially I was instructed to undertake very short walks to the bottom of my garden and back, twice a day and gradually increase the distance (end of road etc.) as I grew stronger. Ian Rigby, an old friend of mine, visited me and accompanied me on these initial small walks and first told me about "Walking for Health". I had to attend weekly physiotherapy sessions at Hospital to aid my recovery and it was towards the end of my course that Carol Pollock came to talk to patients who were undertaking this recovery programme about what Walking for Health was all about, the weekly walks on offer, and the benefits of continuing regular walking as a means to improving and retaining your health. (She had already been primed by Ian that I was a member of her audience that day of her talk) and we soon met up and she had persuaded me to join a local group.

By this time I had decided to retire from my work as a school Bursar and my first attendance on a Walking for Health walk was at Reigate Hill (not the easiest walk to start with) on a Monday morning in September. I soon became a regular as I found the friendliness of everyone and the benefits of the walking had made the sessions thoroughly enjoyable. I started to attend the Nutfield Marsh walk also and it was at about this time that Carol approached me and asked if I would be interested in becoming a volunteer walk leader as a brand new walk was being planned to start up on my home patch of Horley. I readily agreed and very soon found myself attending Dai and Brenda's first aid course and became a leader and joined Heather Keen at Horley for the start-up of the Horley walks. Our first walk only had 3 people (myself, Ian and Heather) but very soon word had spread and it was not long before we were getting regularly 10 plus fellow walkers joining us.

I have been a member now for 6 years and have made many new friends as a result of Walking for Health and apart from the physical benefits gained it gets me out the house every Monday morning, rain or shine, and fits in nicely with my other social activities, which, as a retired person, I can now enjoy.